

Dear all

I hope you're all well. Here is an update on meet ups available for autistic girls and young women this term and developments with plans for more contact between the girls.

1. Forthcoming Meet Ups for Parents/Carers of Autistic Girls and Young Women

Mon 14th Oct 7.30 – 10.00 p.m. Woking – Patches of Horsell, 80 High Street, Woking, GU21 4SZ . Email jo.dilworth@gmail.com if you are planning on attending. •

Thurs 14th Nov 10.00 a.m. Costa Coffee, Spectrum Leisure Centre, Parkway, Guildford GU1 1UP. Drop in, no need to book •

Friday 6th Dec 10.00 a.m. Woking – Twelve Thirty Café , Christchurch, Woking, GU21 6YG. Drop in, no need to book

Further info on 14th October: We have the whole venue to ourselves for this informal meet up where you can buy coffees and teas or bring wine and snacks. Ceramics painting is available if you want to get some gifts ready for Christmas. Louise Connor, a local clinical psychologist with a huge amount of experience in supporting autistic girls and women and their families, will also be coming for a cuppa and a chat.

2. Forthcoming Meet Ups for Autistic Girls aged 7-12 and Their Parents/Carers: October-December 2019

- A. Board Game café: **Sunday 20th October , 11am-1pm**, Unplug and Play in Guildford
- B. Cake and apron decorating: **Sunday 24th November, 10:30am-12:30pm**, Woking venue
- C. Christmas ceramics or Pizza Making (Details TBC): **15th December**

Please contact jo.dilworth@gmail.com for full details. These meet ups are not events organised by the National Autistic Society or the new CIC APeer but informal get togethers co-ordinated by Jo and Cathryn that parents/carers can choose to attend with their girls/families. Children remain the responsibility of their parents/carers at all times.

3. Contact Lists and Events for Autistic Young Women aged 13+

- We are currently looking at how we can facilitate the sharing of contacts to support local links, friendships and meet ups and events for older girls. This may need to wait until the NAS Surrey Branch website is relaunched (which we hope to be soon). Meantime, if you would like to be included on a shared contacts list, please email racheldpearson@gmail.com and put "PoGG Shared Contact List" in the subject line and when the facility is up and running we will ensure that we contact you.

- We are hoping to organise a series of talks for girls and their parents/carers to attend around some topical subjects e.g. gender identity; online friendships. If you have any topics that you think would be good to cover, please let us know.

Please note that whilst we are doing what we can, as working parents of autistic young people, we cannot always facilitate as much as is needed.

If you are able to facilitate aspects such as managing a contacts list for parents/carers of older girls, or supporting or facilitating events, please let Jo and Rachel both know. We will be meeting to discuss this shortly.

Many thanks and we hope to see you at one of the events or hear from you soon

Rachel, Jo and Cathryn