



SCAN ME



NEWSLETTER

The Autism Wellbeing Project CIC



FREE WEBINARS

Fifteen training team members have been working hard over the past month preparing for their webinar recordings to qualify as certified Tier 1 trainers. We are looking for friendly and supportive people to join the audiences for these recordings—in return, you get to receive the Tier 1 training for free!

Feedback on the webinars we have delivered so far has been overwhelmingly positive;

"The course gave valuable insight into diagnostic overshadowing, problematic terminology such as challenging behaviour and barriers to accessing health care for learning disabled and autistic people. Most of all I loved hearing from people who are autistic/learning disabled people instead of just from professionals and text books. It makes the training relatable."

Watch on our social media for new dates and times over the next couple of weeks. We would love to see you there!

If you're interested in booking AWP to deliver your Oliver McGowan training, please get in touch with hello@theautismwellbeingproject.co.uk for more details.



THANK YOU TEAM AWP

We are always proud of and deeply appreciative of our incredible team, but we would like to take a moment to highlight the exceptional efforts they made over the Christmas period to ensure our community was well supported. Their compassion and dedication shone through, reflecting the true spirit of the season.

Not everyone in our community had family or friends to share Christmas with, and our team went above and beyond to bring a little extra "Christmas magic" into their lives. From delivering festive dinners to thoughtfully selecting small, meaningful gifts, their kindness has not gone unnoticed. Equally heartwarming, we've seen members of our community stepping forward to offer virtual companionship through Christmas Day Zoom meet-ups and small tokens of care. We also want to thank everyone for understanding that some of our community needed a bit of extra support this Christmas, and for embracing the spirit behind these gestures. Together, we've helped ensure that no one felt entirely alone during this special time of year.

CHRISTMAS ACTIVITIES

We know that Christmas can be a particularly difficult time for some members of our community. Despite our office being closed over the Christmas period our amazing staff team were still able to offer a wide range of activities to keep our community connected and well. A huge thank you to Halton and St Helen's VCA for their generous "Christmas Crisis Fund" grant which has helped run some of these meet ups.



We would also like to give a special mention to our friends at St Andrew's church in Runcorn for hosting our annual Christmas Celebration. We are so grateful to Rev'd Emma and Steve's support, not just for this, but all year round. We all had a brilliant time and didn't stop smiling all afternoon!



WE ARE FINALISTS!

We are excited to share that the Autism Wellbeing Project has been shortlisted as a finalist in the Health and Wellbeing category at the 2025 Liverpool City Region Culture and Creativity Awards. From over 600 nominations, an independent panel selected 54 finalists across 15 categories, recognising outstanding contributions to the region's cultural and creative sector.

The winners will be announced in March at a glittering ceremony hosted by BBC Radio Merseyside's Billy Hui BEM DL at New Brighton's Floral Pavilion, Wirral, this year's Borough of Culture. Thank you to everyone who supports our work—this recognition is for all of us!

MERSEYCAR VCFSE TRANSFORMATION MENTAL HEALTH SUPPORT FUND

We're pleased to share that we've received funding to help support the mental health and wellbeing of our autistic community.

This funding will allow us to continue our very popular weekly Wellbeing Zoom with Emma. We are also now able to offer some one-on-one mentoring sessions with Rachael to help anyone new to our services feel comfortable and supported. Please bear in mind that these slots are limited so if that sounds like something you'd like to try, don't delay and drop Rachael an email at:

rachael@theautismwellbeingproject.co.uk.



WORK WITH AWP

There are some exciting opportunities on the horizon for our training team, and we are looking to expand our team of Experts by Experience. In the new year, there are a few free training courses coming up for potential trainers with lived experience of Autism and/ or a Learning Disability.

Completing these courses can lead to paid employment with us as part of our training team, with lots of support! If you would like to express interest in attending a course, please email hello@theautismwellbeingproject.co.uk to book an informal chat with Emma about the role and see if it is a good fit for you!



FUNDRAISING TEAM

Our fantastic funding officer Lynne has kindly offered to set up a fundraising team to raise vital funds to help sustain our project. This is also a great opportunity for some of our community volunteers to learn new skills, work as a team and get that wonderful feeling you get when you are helping others!

If you would like to get involved, or have any ideas for our fundraising team please email hello@theautismwellbeingproject.co.uk



FINALIST

Health & Wellbeing Award



MEET THE TEAM!



Emily Abbott

Director - Health and Safety,
Social Care, HR, Finance



Emma Eager

Director - Safeguarding, Mental
Health, Training



Lynne Hall
Funding Officer



Vicky Honeybourne
Specialist Teacher



Jon Simons
Freelance Mental Health
Practitioner/ Trainer



Emma Rawlinson
Mental Health Practitioner & Mentor



Chelsey Kingsley
Social Care Coordinator



Rachael Bakhbaki
Independence Support Worker
& Mentor



Maria Moreira
Independence Support Worker &
Therapist



Mags Hough
Independence Support Worker



Sandra Warnick
Independence Support Worker



Becks Ross
Independence Support Worker



Katie Kearns
Independence Support Worker



Tori Smith
Volunteer Support Worker &
Children's Student Counsellor

What did you learn in 2024?

As we welcome the new year, we wanted to take a moment to reflect on the insights shared by our incredible community of staff and autistic adults. We asked them, “What have you learned about yourself over the past year?” Their thoughtful responses highlight growth, resilience, and self-discovery.

These insights remind us of the importance of creating spaces where autistic adults feel safe to explore, grow, and celebrate who they are. Thank you to everyone who shared their reflections—your voices inspire us as we look ahead to 2025.

“What have I learned about myself this year - I could write a book on that 🤔👉 that I'm not broken, I don't need fixing I'm just different. I've learnt so much with the help and support of AWP. I've learnt that I have to give myself at least 1 full day of self care to recharge my batteries. I'm generally happier and am in a better place than I was 12 months ago being my authentic autistic self” Steve

“I have learned that I can't do everything myself and it's OK to delegate. We have the best team that always look after each other” Emma AWP

“I learned this year that it's okay to put my needs first something and set boundaries” Alice

“I have learned I have some great friends I can count on” Sandra AWP

“No matter hard how things get, the successes of other people make it all worth it!” Emily AWP

“I have more patience than I realised!” Chelsey AWP

“I've learned this year that I'm resilient and capable of a lot more than I thought” Lou

“What I've learnt about myself over the past year is that I am stronger than I thought I was, and I can do and achieve so much more than I thought possible. I've also started to take compliments! 😊” Keeley

“There's so much about myself that I am learning. I have masked my whole life, I still do most of the time. I am learning that it is draining and has a big impact on me. I feel so much more myself being around all you guys and I am truly grateful I've met you all” Lucy

“I've learnt time organisation, I've taken on new roles and challenges- like using spreadsheets!” Maria

“I have learnt how to look after myself and treat myself with respect. I've also learnt that I like hugs from the right people and I am loved” Megan

“I learnt that not everything is under my control and its okay to let things go and that it's not my job to fix everyone” Nikita

AWP Wins!

Alice and Megan are celebrating that they managed to keep each other's Christmas presents a surprise and didn't tell each other until they said they would!



We love to hear about the “wins” of the people we support. If you have a “win” there is a link on our Linktree to share your successes. Here are our favourites from this month...

“My win is I turned 25 and I never thought I would make it this far, but I’m also celebrating Stitch’s first birthday, which I’m excited to spoil her (picture to celebrate)” Alice

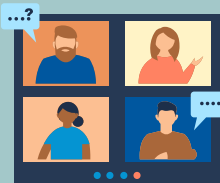


Lou has been super busy this month, joining 3 trios as a cotrainer! He’s going to be such an expert!



Steve has been continuing to overcome his needle phobia by having his flu jab and booking a blood test- well done Steve!

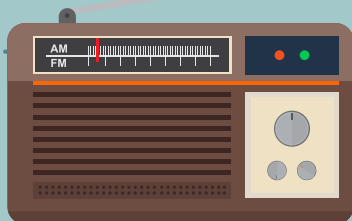
Megan completed her webinar training. She also bought and wrapped some epic Christmas presents!



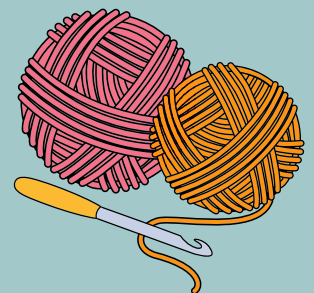
Keeley is celebrating getting to the end of her first term of uni and her placement at a school. She is also really proud she went to a meet and greet by herself and is interacting much more with other people.



Elizabeth is going to be very busy on the radio over Christmas with shows on Christmas Eve and New Years Eve!



“My win is that I'm crocheting myself a cardigan. But the big win is... I'm following a Proper Pattern™” Sarel



Lucy is feeling proud that she has gained 9 certificates this year. One of these has been becoming an co trainer with lived experience of autism for the Oliver McGowan Training.

