

NEWSLETTER

The Autism Wellbeing Project CIC

SCAN ME



Sponsored Walk

On 21st September, our team joined Chester Business Club for a fantastic Sponsored Walk – and what a day it was! We covered over 11 km, starting at Chester Racecourse, strolling through Eccleston, and finishing with a scenic riverside walk along the Dee. Despite the horrendous weather the day before, the sun came out just in time, making it a perfect day for walking, chatting, and enjoying the beautiful surroundings.

We couldn't be prouder of everyone who took part. Special shout-outs go to Megan, who "didn't moan once" (true dedication!); Steve and Danielle for their brilliant company; Penny and Lulu the dogs for being the most well-behaved furry walkers; and Benji, who powered through with a huge blister – sheer bravery! Our amazing staff team also gave it their all, making the day fun and memorable.

It's not too late to sponsor us – the link is attached to the email (and [here](#)) that came with this newsletter. Every contribution supports our work and means so much. We had such a fantastic experience that we're already looking forward to next year's walk. Who's joining us again?



It's been another brilliant month delivering training across the region! In addition to our regular sessions for Manchester Foundation Trust, we had the pleasure of delivering a lively and engaging session to a group of GPs in Garswood—the engagement and discussions were fantastic.

We've also been at Making Space in Warrington, delivering sessions in their beautiful training room. It's always such a pleasure to be in a welcoming space that makes learning and sharing so much easier.

It's been wonderful to see new co-trainers getting out and about with our support, and our regulars growing more and more confident with each session. Standing in front of 30 health professionals can be daunting, but our trainers take it in their stride and consistently receive amazing feedback.

We're so proud of everyone involved and can't wait to see what the next month brings!

Training News

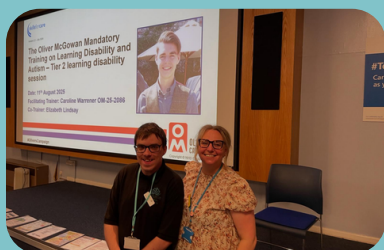


Training Total!

We have now trained over

2500

Health and Social Care professionals



New Timetable Designed With You In Mind

We're excited to share our new monthly timetable, which was created following consultation with our Autistic Perspective Group. Your feedback helped us shape a timetable that works best for our community.

The new timetable is released monthly, with weekly reminders to keep everyone updated. This approach allows our community members to plan ahead for the activities they'd like to attend, giving plenty of time to research new venues and prepare for each session.

We know that planning ahead can reduce anxiety and provide extra reassurance, making it easier for everyone to participate comfortably. Our goal is to create a schedule that is predictable, supportive, and designed around the needs of autistic adults.

We hope this new timetable makes it easier to get involved, explore new opportunities, and enjoy all the activities we have on offer. Keep an eye on your inbox for your weekly reminders and get ready to plan your month with confidence!



A Tribute to Mike High

It is with great sadness that we share the news of the passing of our dear friend and community member, Mike High.

Mike was diagnosed later in life and became an active and valued part of our community for many years. As a member of our Autistic Perspective Panel, he brought wisdom, honesty, and insight, helping us to see the world through his eyes and reminding us of the importance of listening to lived experience.

Mike was also a talented and passionate photographer. Many of the beautiful images that brighten our walls and the calendars we have cherished over the years came from his lens. His photographs, often taken in his beloved second home of Ireland, captured stunning scenery and a deep appreciation for the world around him. These images will remain a lasting gift, a reminder of Mike's creativity and generosity.

Above all, Mike was a kind and thoughtful presence. He leaves behind his wife Ann, stepdaughters, and grandchildren, whom he loved dearly. His loss will be felt deeply by all who knew him, and he will be remembered with warmth, respect, and gratitude.

Mike will be greatly missed, but his legacy will live on in his photographs, his contributions to our community, and the hearts of those whose lives he touched.



Focus on our Being Autistic Course

We're excited to announce that our Being Autistic course is now live on our [website](#)!

Whether you've recently received a formal autism diagnosis, come to identify as autistic through self-diagnosis, or want to better support someone close to you following their diagnosis, this course is here to guide and support you.

We know that exploring your autistic identity can bring up a mix of questions, emotions, and sometimes frustrations – and that's completely normal. Being Autistic is designed to help you understand and navigate these experiences with compassion and practical insights.

Course topics include:

- Understanding autism and co-occurring conditions
- Identity and self-understanding
- Communication and social interaction
- Thinking differently
- Sensory experiences
- Meltdowns and burnout
- Workplace and education adjustments
- Wellbeing and support- and much more!

The course costs £20. If you are on a low income, email us and we can provide a discount code so that everyone can access this valuable resource.

Here's what people who have completed the course have to say:

"I love that at the end of each section there is extra resource information and a handout to read back and help process everything learnt."

"I wish I'd had access to this course when I was diagnosed. It would have helped me so much."

"I 100% recommend this course to anyone who thinks they may be autistic, have a recent diagnosis, or just want to learn and understand more about their autism."

"I have understood and learnt things more. I think it will be very helpful."

"The course is very informative and the extra resources at the end of each section are invaluable for exploring specific areas. Embrace your autism, don't be scared of it, and access support from AWP or similar services."

"Highly recommend! As a late diagnosed autistic adult, it has helped me understand more about myself and validates a lifetime of struggles and difficulties."

Discover more about yourself, gain practical strategies, and feel supported on your journey. [Visit our website to enrol today!](#)





Emily Abbott
Director



Emma Eager
Director



Maria Moreira
Therapist & Therapy Coordinator



Jon Simons
Freelance Mental Health
Practitioner/ Trainer



Chelsey Kingsley
Social Care Coordinator



Rachael Bakhbakhi
Lead Mentor



Emma Doyle
Admin Assistant



Jordan Abbott
Office Assistant



Jess Davies
Marketing Apprentice



Roger Clarke
Independence Support Worker



Katie Kearns
Independence Support Worker



Sandra Warnick
Independence Support Worker



Becks Ross
Independence Support Worker



Chantelle McCully
Independence Support Worker



Krystian Hudson
Independence Support Worker



Melanie Hunt
Independence Support Worker



Steve O'Brien
Training Support Assistant



Tori Smith
Volunteer Support Worker &
Children's Student Counsellor



AWP Wins!

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...

“Doing the charity walk yesterday was massive for me as I completely stepped out of my comfort zone, travelling by train and going somewhere I’d not been before. Plus I have a huge blister to prove it!” **Benji**



Steve is really proud he completed the sponsored walk. He also had a blood test which is a huge win! Well done Steve



John has loads of wins this month - it's great to hear!

“(1.) Booked into see an optician after putting it off for at least 5 years.

(2.) I have a car again after ages without one, which makes an IMMENSE difference to my ability/willingness to leave the house, and as a plus it's a really nice car too.



(3.) I'm really looking forward to getting to something at AWP that's face to face after only being able to engage online due to lack of transport.

Bonus win (4.) My Occupational Therapist says after a year of working with me he's really pleased with my progress and thinks it's time to discharge me, although that's a bit scary too.”

Jordan is proud of starting his new job helping in the AWP office. He is with his new tool the “Dust Buddy” making sure the office is sparkling! Well done Joe we are so glad you're here to keep us all in check!

“My win for the newsletter is that I attended the filming of Christmas Day Bullseye at Versa Manchester”
Elizabeth

