



SCAN ME



NEWSLETTER

The Autism Wellbeing Project CIC



Exciting Community Funding News

We're delighted to share that The Autism Wellbeing Project has been chosen as one of the causes supported by the Co-op Local Community Fund.

From now until 17 October 2026, Co-op Members can select us as their chosen cause. Every time you buy selected Co-op products and services, a contribution will be made to support our work with autistic adults.

Our cause is linked to the following local Co-op stores and Funeralcare branches:

Widnes – Hale Road (WA8 8UU)
 Widnes – Fir Park (WA8 9BD)
 Ditton – Liverpool Road (WA8 7HL)
 Widnes – Funeralcare (WA8 6LG)

Becoming a Co-op Member costs just £1, and you'll get that £1 back on your first shop when you select your personalised offer. Members enjoy exclusive discounts, personalised offers, and the chance to support local causes like ours.

You can find out more and choose us as your cause at www.coop.co.uk/LCF

Cause ID: 94665

And that's not all – we're also one of the local causes in **Tesco Widnes** as part of their Stronger Starts Scheme. So if you're popping in for some shopping, remember to pick up a blue token and pop it in The Autism Wellbeing Project box. Every token helps us continue to deliver free and accessible wellbeing activities for autistic adults in our community.

CHOOSE US AS YOUR LOCAL CAUSE

Co-op Members can help us receive a share of £5m from the Local Community Fund.



Choose us on the Co-op App or at coop.co.uk/membership



Stronger Starts **TESCO**
Every little helps



Earlier this month, we were thrilled to deliver our Autism Ally course for the Skills and Education Group, and we were even more delighted when they wrote a brilliant blog about the experience!

Their review really captured what the session is all about – shifting the focus from “ability” to “accessibility” and helping people see autism through a neuroaffirming lens.

Led by Emma Eager and co-facilitated by John Birkill, our Autism Ally course invites participants to think differently about language, mindset and inclusion. John’s honest reflections about masking and lived experience had a huge impact, helping people understand what’s really going on beneath the surface and why true inclusion goes beyond awareness.

The Skills and Education Group shared that they left the training with a completely new perspective – feeling inspired to use more affirming language, remove barriers, and celebrate the strengths of autistic people. You can read the full write-up on their blog, which is in our Linktree.

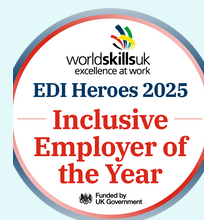
And the training doesn’t stop there!

We’re continuing to deliver the Oliver McGowan Mandatory Training across the region, including at Trafford General Hospital, Manchester Royal Infirmary, and North Manchester General Hospital. We’re also delivering more sessions for Making Space in Warrington, supporting even more professionals in building understanding, confidence, and truly inclusive practice.

If your organisation would like to find out more about our Autism Ally sessions or any of our other training offers, visit our website or send an email to hello@theautismwellbeingproject.co.uk

Any profits we make from our training go into continuing to provide free wellbeing activities for our community.

Training News



Training Total!

We have now trained over

3000

Health and Social Care professionals



Breast Cancer Awareness Session

Thank you to Rachel and Caitlin from the NHS Warrington, Halton, St Helens and Knowsley Breast Cancer Screening Service for joining us for a breast cancer awareness session.

They introduced us to the Check Your Lemons app, which helps you learn how to check your breasts, when to do it, and what to look out for. They also explained what happens during a mammogram and how to speak to your GP if you notice any changes.

It was great to see so many community members getting involved, watching the videos, and asking thoughtful questions. We are committed to improving health outcomes for autistic people, in line with the findings of the LeDeR report, which highlights that autistic people can experience higher risks and later diagnoses for conditions such as cancer. Increasing awareness and improving access to screening are vital steps towards better health for everyone.



Out and About: Connecting, Learning, and Sharing Our Voice

It's been great to have a bit more capacity to get out in the community, connect with others, celebrate progress, and raise the profile of autistic people and those with learning disabilities across the region. Emma and Emily recently attended the launch of The Imaginarium in Liverpool, a bold new civic space created by Wellbeing Enterprises CIC as part of their 20th anniversary celebrations. The event was full of creativity, connection, and hope, bringing together people who want to build fairer and more joyful futures.

Emma also attended the launch of the Housing Strategy for People with Learning Disabilities and Autistic People across Cheshire and Merseyside. The event revealed shocking statistics about people stuck in hospital for years due to a lack of suitable housing and support. We're proud to play our part in helping people rebuild their lives in the community. Our work on Oliver McGowan training was also recently featured in Fractal Spectrum magazine, which can be viewed for free online.

Please ask us if you would like the voices of the autistic community represented at your event or at work. We have limited resources, but we will always do what we can to ensure lived experience is heard and included.



Halton and Warrington Business Fair

We're excited to be exhibiting at the 2025 Halton & Warrington Business Fair on Thursday, 13 November, at DCBL Stadium, Widnes. The event is free and runs from 10:30 a.m. to 3 p.m.

Come and visit our stand to learn more about our work, explore partnership opportunities, and chat about our training and wellbeing programmes for autistic people. It's always a brilliant day for networking, connecting with local organisations, and discovering new ideas.

All event details, including registration, can be found at haltonbizfair.co.uk - we'd love to see you there!



Last month at AWP

It's been a lively month in our community, with so much going on! Our breakfast meets have been full of good food, great company, and plenty of laughter, the perfect way to start the day. In our group room, socials have been buzzing with energy as we introduced lots of new games that got everyone involved and smiling. The "No Filter" social has quickly become a favourite, giving people a space to relax, be themselves, and have fun without any pressure.

We've also kept up with our wellbeing focus through weekly Teams sessions, where we can check in, share, and look after our mental health together. Physical activities like badminton, padel, and our ever-popular walk and talk sessions have helped everyone stay active and connected. For those looking for something more creative or calming, our zentangle group and sound bath sessions offered peaceful moments of mindfulness and reflection.

And of course, we've embraced the autumn season with pumpkin picking and carving!





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!

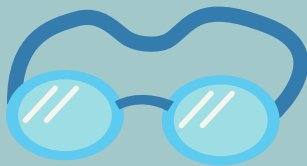
We love to hear about the “wins” of the people we support. If you have a “win”, there is a link on our Linktree to share your successes. Here are our favourites from this month...



***Steve** is really proud he has finally completed his health passport*

***John** is proud because he completed his first paid work for 18 months - delivering a webinar with us. He was amazing!*

***Kath** is proud of **Jake** for going swimming without armbands for the first time*



“My achievement is that I got to meet Edwyn Collins (an absolute legend of the Glasgow music scene, founder of Postcard Records and an inspiration to the disabled community)

I once sung his hit solo song ‘A Girl Like You’ in one of my college gigs”

Elizabeth



“I've been reading 'Atomic Habits' by James Clear which has been helping me to form and maintain good habits (such as doing my physio daily, doing box breathing twice a day, cooking more homemade meals etc). I've also got really good at doing my own cluster eyelashes recently :)”

Jasmine

***Lou** was super excited to tick another item off his bucket-list. He petted a cow while at our pumpkin picking activity!*



*“I reversed into a proper parking space without panicking because people were around. I've been driving for years but panic if people are watching me park in reverse so I give up” **Kath***

*“My win for this month is going back to university full time! I have only been able to manage part time for a while now but finally took the step and went full time!” **Ellie***

