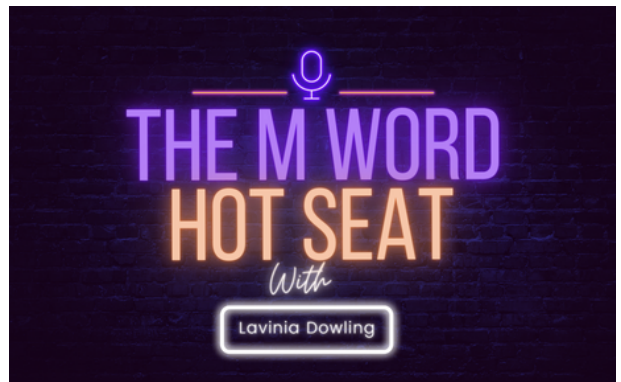


FRIDAY 3RD MARCH 2023

With Lavinia Dowling

HOT SEAT HOUR

Following our Hot Seat Guests - Dan from Mind Jam in January, and Graeme Stevens in February talking about their passions in supporting their children and leading them to supporting other children - we kicked off March with talking to long standing friend and colleague, Mike Tracey. Mike is a Royal Navy Veteran who came to see me many moons ago with poor mental health. His homework was the last thing he was expecting, having left school several decades previously, but he humoured me. Mike now has very successfully found himself busy throughout the year with doing a regular Saturday show on the Ferndale Community Radio, as well as amateur dramatics locally. However, Mike has been suffering with a lot of pain with his shoulder over the last few months. He kindly agreed to sit in the Hot Seat to talk about how pain has impacted on his mental health, and, what he has attempted to do about it, with surprising results. Yasmin has uploaded the interview on our Youtube Channel.



Find the playlist on our YouTube

SUCCESS

A measure of our success has to be when previous clients return for us to complete Mental Health assessments and Initial Screenings for siblings. We are incredibly lucky as we have some really lovely parents who are just such fun to work with. Of course, it is lovely to meet with new clients, but when you are Autistic and connect with an Autistic family - you love welcoming them back.....



HIGHLIGHT OF THE WEEK

Our highlight of the week financially has been welcoming Harrow Local Authority to our growing list of Local Authorities who pay for our services to support our clients. It is a rarity, but Harrow have agreed to support a family in dire straits with a Mental Health assessment, Initial Screening and a short package of care in the hope we can reduce the anxiety and not leave a family in crisis. Hats off to Harrow, and a big thank you on behalf of the family concerned. We look forward to working with you.

Some of our young people have made such progress, we need to validate all their hard work, and, what better way than receiving a certificate in the post. It is not for everyone, but for one young person, they were pretty chuffed with the certificates. I cannot claim any of the credit, other than asking Yasmin what I would like – she put in images of pets and farm animals. No school would think to do this, but that is the freedom with EOTAS packages where we can be creative and think outside of the box.

Since the new year started, behind the scenes, there have been changes taking place – all very exciting. Next week John is taking our new van (new to us) off to have its makeover. Affectionately known as Hermes (John's choice after gods, I think he said), Hermes will be having our logo splashed all over it so that it is visible to others when we drive around doing rallies and road shows. Hopefully, I will have some pics to show. But no more will I have to struggle with kit for exhibitions!!! And, finally, we have hit our 1,500 members! Welcome to our Community group, and thank you so much for joining us! We look forward to further engagement with you all.

I am off to mow the lawn whilst it remains dry. Have a lovely weekend!

Lavinia