

# Nottingham City Council Autism Team Parents/Carers Newsletter



Nottingham  
City Council

This is your termly newsletter about all things related to Autism.  
Thoughts, articles, activities, quotes and more!

## Upcoming Events on Teams

### Coffee Meetings

Tuesday 21<sup>st</sup> June 6.30-8pm

[Autism Team Coffee Meeting](#)

Thursday 14<sup>th</sup> July 9.30-11am

Location TBC ☺

### Workshops

Autism & Anxiety – Tuesday 14<sup>th</sup> June 6.30–8pm

[Parent workshop - Autism & Anxiety](#)

AET Making Sense of Autism –

Thursday 7<sup>th</sup> July 9.30-11am

[Parent workshop - AET Making Sense of Autism](#)

Kicking Off – Looking Behind the Behaviour

Tuesday 19<sup>th</sup> July 1-2.30pm

[Parent Workshop -Kicking Off, Looking Behind the Behaviour](#)

**Just click on the links to join**

## What workshops do you want?

So far, we have delivered:

AET Making Sense of Autism

Introduction to Visuals

Transition Support

Sleep

How the SEND system works in Nottingham City  
It is important to us that we are led by the needs of our families.

We need your feedback for what to offer next... [anita.bennett@nottinghamcity.gov.uk](mailto:anita.bennett@nottinghamcity.gov.uk)

## Autism East Midlands

### Nottingham City Family Support Hub

The hub is a regular meeting point for families affected by autism. There are activities for children, and families can gain support, advice and meet with other people. These are free drop-in sessions and the whole family are welcome to attend.

For more information please contact:  
[enquiries@autismeastmidlands.org.uk](mailto:enquiries@autismeastmidlands.org.uk)

Facebook: Autism East Midlands

Twitter: @AutismEastMids

## You Said, We Did

The Autism Team would like your continuing feedback.

We have increased the number of parent workshops we are putting on, and continuing to offer daytime and evening coffee meetings and workshops.

If you have had support from us recently and would like to share your experiences or how we could improve our service please email:

[anita.bennett@nottinghamcity.gov.uk](mailto:anita.bennett@nottinghamcity.gov.uk)

## QUOTE CORNER

**“BE who you are  
AND Say what you FEEL,  
BECAUSE THOSE WHO MIND  
DON'T MATTER,  
and THOSE who MATTER DON'T mind”**  
-Dr Seuss

## The Curly Hair Project



The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. We use cool things like animated films, comic strips and diagrams to make our work interesting and easy to understand!

On the website you will find links to training, resources and animations.

[The Girl With The Curly Hair - Autism Training, Animations, Books](#)