



# AUTISM AND ASN UPDATES FOR EDC RESIDENTS



## Outreach Groups

The Outreach Team are delighted to be running the following groups.

Monday Night Social Club – 6pm to 8pm currently based at St David's Church, Alexandra Street, Kirkintilloch however moving to Town Hall, Kirkintilloch from 23<sup>rd</sup> October



Wednesday Night Women's Group – 6pm to 8pm based in Parochial Hall, 22 Union Street, Kirkintilloch. Restarts Wednesday 25<sup>th</sup> October

Monday Night Social Club – 6.30pm to 8.30pm based in The Allander Resource Centre, Bearsden. Starts 30<sup>th</sup> October.

Wednesday Night Women's Group – 6.30pm to 8.30pm based in The Allander Resource Centre, Bearsden. Starts 25<sup>th</sup> October.

The groups are open to aged 16+ and if you would like more details please contact Ashleigh Grant-Ng: [ashleigh.grant-ng@eastdunbarton.gov.uk](mailto:ashleigh.grant-ng@eastdunbarton.gov.uk)



## Learning Disability Strategy Consultation

The HSCP have prepared a Learning Disability Strategy Consultation Paper, setting out what we believe to be the key priorities for the next 5 years (2024-2029).

They want to hear your views on the new strategy, the survey is here [Webpage and Survey now live](#). and is open till 14<sup>th</sup> December 2023.

**Just a  
reminder...**

## REMINDER

The next Parent & Carer forum is on Wednesday 8<sup>th</sup> November in person from 6pm to 8pm. At our office 22 Union Street, Kirkintilloch.





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## FOR EDC RESIDENTS



Spectrum Film Club presents Hocus Pocus which will be showing on Tuesday 17<sup>th</sup> October 4.45pm at Kilmardinny House.

Tickets are £4 on the door – parent / carer goes free

At the end of the film this month we will be screening 'Voices of Autism' a short 15 minute video made by our amazing autistic community



### Buggy Health Walk

Hillhead Community Centre  
Thursday at 1.15pm starting 26<sup>th</sup> October

Buggy Health Walk is a great opportunity to connect with other parents in a relaxed and supportive environment. No need to worry about childcare – bring your baby along in their buggy and lets get moving together!

For more information contact:

[john.Kiernan@eastdunbarton.gov.uk](mailto:john.Kiernan@eastdunbarton.gov.uk)

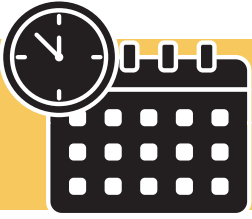


SWAN are running training sessions for professionals, allies who are working with and supporting autistic individuals in health, education or in the community as well as individuals who have an interest in learning more about autistic identity and autistic experience

Book via [SWAN Training - Understanding and Supporting Autistic Wellbeing Tickets, Wed 1 Nov 2023 at 09:30 | Eventbrite](#)



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## KEY DATES FOR YOUR DIARY

17 <sup>th</sup> October 2023 4.45pm – 6.30pm	The Spectrum Film Club presents Hocus Pocus at Kilmardinny House. See page 2 for details
8 <sup>th</sup> November 2023 6pm – 8pm	Parent & Carer Forum in person 22 Union Street, Kirkintilloch
16 <sup>th</sup> November 2023 7pm – 9.30pm	You Are Not Alone – The Many Faces of Autism Book your tickets: <a href="#">You Are Not Alone - The Many Faces of Autism - Lego® Therapy   Creatovators</a>
23 <sup>rd</sup> November 2023 7pm – 9.30pm	You Are Not Alone – Siblings & Autism Book your tickets: <a href="#">You Are Not Alone - Siblings and Autism - Lego® Therapy   Creatovators</a>
19 <sup>th</sup> & 26 <sup>th</sup> February 2024 10am – 12noon	Trauma Informed Parenting Workshops Online for parents and carers  Email <a href="mailto:Lacs@eastdunbarton.gov.uk">Lacs@eastdunbarton.gov.uk</a> to register

## Coming soon..



### Trauma Informed Parenting and Autism Workshops

The workshops cover managing challenging behaviours and reducing stress, learn how to break those generational patterns and help kids co-regulate. Please email: [Lacs@eastdunbarton.gov.uk](mailto:Lacs@eastdunbarton.gov.uk) to register.

If you wish to attend workshops sooner then please check online for availability: [Suzanne Scott Events | Eventbrite](#)