

**Issue 74
March
2016**

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Autonomy 4 Women

Our next meetings
this year will be:

Wednesday March
16th
Wednesday April
20th

from 7:30pm- about
10pm
at:
The ALB
14 Smithfield Road
Shrewsbury
Shropshire
SY1 1PB
01743 367600

Please ask at the bar
for "Autonomy for
Women" and staff will
direct you to our
private room

***Our next
Autonomy
newsletter (Issue
75) will be the
May 2016
edition.***

Free Spring Outing to Acton Scott Victorian Farm

On Saturday April 23rd we
will visit Acton Scott Working
Farm: www.actonscott.com



We will meet outside the front
entrance at 11am. You will
need to organise lifts there
and back.

Being springtime there will be
lots of baby animals to see
and some craftspeople to
watch. There are nice walks
around the farm but they may
be muddy so bring boots and
wet weather gear in case of
showers.

The trip is free thanks to a
kind donation from Col Tim
Beath. You may bring a
packed lunch and drinks;
there is also a cafe which
sells meals, sandwiches,
soups, snacks, hot and cold
drinks, and cake and a gift
shop selling Victorian items.

Sara will let you know the final
arrangements nearer the time.
Please let Sara or Eric know you
are coming by phone: 01743
821363; text: 07895142801;
message Autonomy on Facebook;
email:
automyshropshire@yahoo.co.uk
or tell Sara or Eric when you see
us at one of our social events.



Telford Socials:

Telford Pub Socials at: The
Severn Gorge, Southwater
Way, SATNAV: TF3 4FU

(01952) 290404

Monday March 7th

Monday April 4th

from 7:30pm – about 11pm

Board Games Club in
Wellington Library Cafe area

Monday March 14th and

Monday April 11th

7:30pm-9:30pm. Cost 50p for entry
and snacks/drinks. All welcome!

Shrewsbury Socials:

Ten Pin Bowling at: AMF
Bowling, Shrewsbury, SY1

3AZ on Tuesday March 8th from

7:30-9pm. Cost £2.75. Meet in the
bar area, one bowling game, then to
the Harry Hotspur pub (SY1 3AT)
till about 10:30pm.

The Hole in the Wall

1, Shoplatch, Shrewsbury
SY1 1HF, (01743) 271847

on Tuesday March 22nd

from 7:30pm-about 11pm.

The Abbey, 83, Monkmoor
Road, SY2 5AZ, 01743

236788 Tuesday April 12th

from 7:30pm- about 11pm.

***Due to the refurbishment of
the Red Barn* we will meet**

at The Beacon Pub,

Cophorne Road,

Shrewsbury SY3 8LP

(01743) 344286

Tuesday April 26th from

7:30pm - about 10:30pm. (Chips
have been booked!)

Autonomy Plus Awareness of Asperger's Syndrome Training Sessions

Please tell others about this session which provides essential funding for our group!

Our next Introduction to Asperger's Syndrome sessions will be with Darren and Eric from 9:30am - 4pm Monday July 11th 2016 and Tuesday September 13th

Our next Mental Health and Asperger's Syndrome session with Sara Heath will be held from 1-4:30pm on Thursday December 1st

All sessions will be at the Training and Development Centre, 5, Racecourse Crescent, Shrewsbury, SY2 5BP

**Please book via Sue Iley, (ILEY) (sue.iley@shropshire.gov.uk)
Joint Training Team, Bourne House, Radbrook Complex, Shrewsbury, SY3 8BL (01743 254731),
<http://www.shropshire.gov.uk/social-care-and-health-training/joint-training/>**

January Bowling Winners

Adam, Alan, Thomas V. and Rob were our bowling winners:



My Unplugged for Autism Experience at the Underworld (Camden Town) December 2015 by Samuel Cooper

In 2015, I was delighted to have been invited for a second time to perform at an event hosted by the National Autistic Society: Unplugged for Autism, a Charity fundraiser for the NAS.

The year previous, I had performed at Koko in Camden for the same event; I remember well the hospitality of the NAS Staff and the mesmerising stage, which was huge for a musician who is used to performing to disinterested crowds in pubs or to an enthusiastic one man and his dog!

I met a friend at Koko named Ed Goodale; an aspiring musician who himself has Asperger's. It really made my evening to perform Autism Blues in front of such a large audience on such a stage at this prestigious venue, and also to perform the song that everybody loves but my Dad hates: Ricky the Cricket (sorry Dad!)

The Headliner for the event was Gaz Coombes. As a side note, with no grudges at all, I also remember having my alcoholic beverage stolen (whoever it was owes me a drink)!

In 2015 on December the 16th, I performed at Camden again for Unplugged for Autism, this time at another prestigious venue: The Underworld.

The stage is smaller at The Underworld than at Koko, but it has a nice, communal presence and warm feel about it. I met many of the same musicians and friends there whom I met the previous year, including my friend Ed Goodale. Ed performed at The Underworld

and I was very impressed; he is making a lot of progress as a musician and as a songwriter – I particularly enjoyed the last song of his set, which is a great composition.

I filmed the last song of Ed's set, and I'm glad I did, because Steve Knightley from Show of Hands – the Headliner of the evening – joined in on the vocals towards the end of the song; that was very touching and a heart-warming scene.

I also met with other friends whom I had made the previous year at Koko, and it was a real pleasure to reconnect with them again; one such friend is Laura Tapp, whom is a talented performer and musician – I remember well her excellent version of Radiohead's song: Creep, which she performed at both Koko and at the Underworld. The way Laura expressed and sang the bridge section of Creep was great.

I met another nice person at the Underworld named Oliver Cross, who himself is on the Autistic Spectrum and is a Photographer; throughout the course of the evening, Oliver took many photos of high quality, and I saw the results of the photos he took of me as well as a few photos he took of other acts.

Unfortunately, the photos that Oliver took seem to have disappeared from my computer (the marvels of technology!), so I'm having to make do with a couple of snaps my Mum took.

