



Welcome to our new look Autumn newsletter. With the darker mornings and evenings, there can be no mistaking that summer has well and truly passed. Thank you to everyone who came to our Annual Celebration in Didcot in July. It was a wonderful evening and in response to feedback we have rebooked the Civic Hall for next year.

We have continued to receive requests for help and support. We now support 144 people with autism with traditional support, and reach more than 300 adults with Asperger Syndrome. We have reached a new chapter in our 23 years of supporting people with autism and in order to be able to respond and reach more people we will be introducing Regional Directors to the management team.

Kate Allen, CEO



Congratulations!

I am delighted to inform you that Estelle Christmas has taken on the role of Chief Operating Officer and Deputy Chief Executive, and will commence in post on 1st October 2017. Congratulations Estelle! As Chief Operating Officer, Estelle will retain responsibility for planning new developments, collaboration projects and the quality of service provision.

We are now recruiting for a **Regional Director** to take on responsibility for services in Oxfordshire.



Zurich Help Out in National Allotment Week

A big thank you to the volunteer team from Zurich, who put in a fantastic effort at Henley Horticultural Project Thursday 17th August—right in the middle of National Allotment Week. Our plot has been truly transformed!



Waitrose Green Tokens

Autism at Kingwood are in **Woodley Waitrose**, so please don't forget to ask for your green token if you are in there!

If you live near a Waitrose, why not pick up a 'Community matters' form? It is straight forward to fill out, and relatives of people we support have raised £1000 for Autism at Kingwood over the last twelve months via the Waitrose Green token scheme.



Please do take a look at our **Facebook** page to find the link to a very interesting and heartfelt account in the Guardian by two sisters about their commitment to one another as life presented challenges along the way.

Thank you Kirsten and Anneliese Mackintosh for sharing.

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Arthur's Story

Before moving into his own flat in August 2014, Arthur lived with his family at home, but struggled greatly with anxiety, which was particularly triggered by noise, lights, and changes to routine.

In early 2014, Arthur's parents approached Autism at Kingwood, who suggested that Arthur might be happier in his own home where he would have a greater degree of autonomy and independence. However, all acknowledged it would take time to find a suitable property. In the meantime Autism at Kingwood began to support Arthur from his parent's home and he started to get to know his new support staff team. Arthur had to face all the difficulties and challenges associated with change and getting used to another set of people, however working with Autism at Kingwood, Arthur made steady progress.

In August 2014, a suitable place where Arthur could live alone was found.

When Arthur first moved into his flat, his parents were a bit apprehensive, uncertain whether he could cope with being on his own. Arthur however did not look back.

Arthur thrives with the additional level of control with which living alone provides him. And, supported 1-1 by Autism at Kingwood, Arthur is now able to enjoy an enormous range of activities including:

sailing • walking in the country • side playing bowling • cinema • horse riding sessions • flying lessons • going out to different places in his car with staff

Arthur is in regular contact with his Mum, Dad and Sister, often visiting them on a Sunday and they are delighted with Arthur's progress and achievements.

What's On?

16th October 11:00 am – 12:00 pm Ice Skating at Oxpens Ice Rink, Oxford

4th November 02:30pm – 04:00 pm Concert at Holywell Music Room, Oxford

7th November Halloween party—Head Office Lower Earley

14th November John Lubbock Concert at Ashmolean Museum, Oxford

20th November 11: 00 – 12:00 Ice Skating at Oxpens Ice Rink, Oxford

December The Mouse King at Cornerstone, Didcot

December Jack and the Beanstalk at the Oxford Playhouse

December Peter Pan at the Hexagon, Reading

11th December 11:00 am– 12:00pm Ice Skating at Oxpens Ice Rink, Oxford

14th December 10:00 am– 02:00 pm Christmas Drop-in at Kingwood Head Office

19th December Christmas party— at Millets Farm in Abingdon

For more information or to attend any of these events, please email bob.horwood@kingwood.org.uk or tel **0118 931 0143**



Fantastic Fundraisers

Thank you to everyone who supported us by giving in their green tokens at Lower Earley Asda, and a big thank you to Asda for their £500 donation to Autism at Kingwood.

Do you have any news to share?

If you have been fundraising for Autism at Kingwood, or have any exciting news you would like to share, please email abi.cowley@kingwood.org.uk