

Newsletter

Christmas Party



This year the Autism at Kingwood party will be held at Didcot Civic Hall on **Tuesday 13th December**. This is where we held our summer celebration.

When Will the Celebration Start?



The events starts **at 6pm** and ends **at 8.30pm**

Where Will the Celebration Be?

The celebration will be at **Didcot Civic Hall**. You may have come to our Summer Celebration at Didcot Civic.

Who Will Be at the Celebration?



Everyone we support, all staff and families are very welcome to join us. There will be a buffet and DJ.

We hope everyone will have lots of fun!

Ask your Support Worker to book you a place, or email

Chanelle.Aristide@kingwood.org.uk

Six weeks of Fun activities with

Get Berkshire Active on offer for People We

Support at Kingwood



As part of the Work Support Project, we have had Ryan from Get Berkshire Active offering six Confidence & Wellbeing sessions.

That was really great fun and we had a number of people taking part in the activities.



We are really pleased to announce we are able to offer another six-week course to more people supported by Autism at Kingwood.



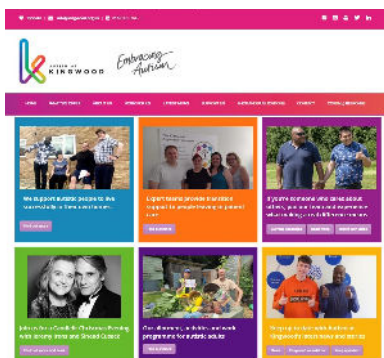
Contact Renee our activities coordinator to find out how to book a place.

You can contact Renee:

by email renee.zgorzynski@kingwood.org.uk

or by telephone 07799 642068

Help us Make our Website Work for You



We want our website to be easy to use for everyone and also have lots of useful information.

To make sure that our website works for different groups of people, we are asking people we support, staff and families if they would like to help us decide how it will look and work. We are calling this our website focus group.

If you would like to help make decisions about our new website and be part of the focus group, please contact Abi by email at abi.cowley@kingwood.org.uk

Thank you, Rory!



Well done Rory, who completed a difficult 3.5 km sponsored swim to raise money for Autism at Kingwood. Rory swam across the Straights of Corfu in September and raised a fantastic £2620 for Autism at Kingwood. Rory is the father of Charlotte, who is supported by Autism at Kingwood.

A Candlelit Christmas at Dorchester Abbey



Jeremy Irons and Sinead Cusack



Choir of Magdalen College

This is going to be a magical evening!

Jeremy Irons and Sinead Cusack will provide readings and entertainment at this charity event. They will be accompanied by the Choir of Magdalen College, Oxford.

After the event, guests will enjoy minced pies and mulled wine.

We have a number of allocated FREE tickets for people we support. A member of support staff would also receive a free ticket to support you at the event.

If you would like to go to the event, please email Philippa.stannard@kingwood.org.uk for a ticket

When is it?

Thursday, 8 December 2022, 19:30 – 21:00 GMT

Where is it going to be?

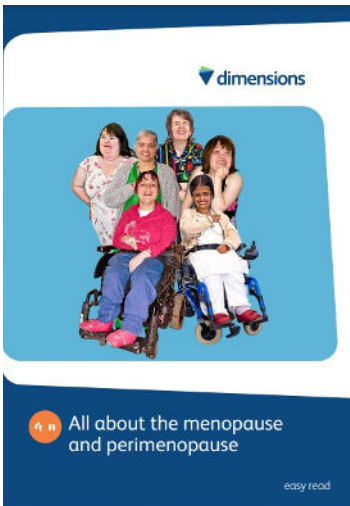
Dorchester Abbey High Street Dorchester OX10 7HH

PLEASE NOTE: DOORS OPEN 6.45PM. TICKETS AREN'T NUMBERED.



Dorchester Abbey

World Menopause Day



October the 18th was World Menopause Day.

The menopause is when a woman stops having periods and her ovaries stop producing eggs so she can no longer get pregnant.

The average age of a woman to have the menopause is 51. Some people have it happen sooner or later than this.

Dimensions created a FREE easy-read guide “All about the menopause and perimenopause”, which can be found online <https://dimensions-uk.org/wp-content/uploads/All-about-the-menopause.pdf>

Or email abi.cowley@kingwood.org.uk if you would like a copy emailed to you.



Have Your Say

If you have any ideas about how you would like this newsletter to look, or what you would like included in it, please email info@kingwood.org.uk