



EN-FOLD NEWS



ISSUE 4 - APRIL 2024

April is World Autism Month!

Autism Acceptance Week is celebrated across the UK starting on World Autism Awareness Day 2nd April and running through to the 8th April.

This year we chose to mark the occasion with an 'Ask me anything' online session which we hope was useful.

Our work promoting autism acceptance and supporting autistic individuals and families continues throughout the year. Read on to find out how you could support us...



Donate:

As a registered charity (1180998) we rely on grants and fundraising. If you would like to support us, you can donate here:



Contact us:

E: info@enfold.org.uk

W: www.enfold.org.uk

F: En-Fold - Northamptonshire Autism Support



Could you support En-Fold?



As a registered charity we rely on grants and fundraising to be able to do the work we do supporting Autistic people and their families in Northamptonshire.

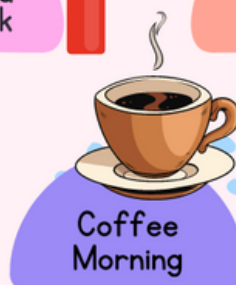
We are always looking for new fundraising ideas to help our charity grow so that we can reach more people and expand our services.

We are reaching out to our local community including individuals, local businesses, groups and organisations. If you feel like you can help or support in any way we'd love to hear from you.

Maybe you have a great fundraising idea, is there something you've always wanted to do like jumping out of a plane or an abseil? Perhaps you'd like to organise an event or take part in a sponsored activity.

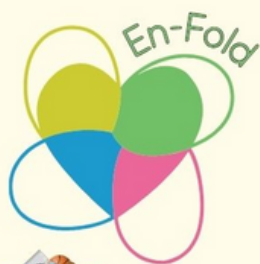
Any thoughts or ideas please email: info@enfold.org.uk

5 FUNDRAISING IDEAS



You can do it!

**It's not too late to book a stall or volunteer at
En-Fest 2024...**



EN-FEST 2024 CAN YOU HELP?



DONATIONS

We would really appreciate donations of prizes for our fete stalls and good quality second hand toys and books.

If there are any bakers out there who would be willing to donate for our cake stall we would love to hear from you.



Date: Sat 18th
May

Time: 10.30-
2.30pm

Location: Christ
the King Church
Deeble Road
Kettering
NN15 7AA

STALL HOLDERS

We would like to invite local charities and organisations to come along and share what you can offer to the local community in our marketplace

We are also inviting local small businesses to come along sell their crafts/products.



VOLUNTEERS

We would be grateful for any help on the day with setting up, running a stall, guiding people/directing people

FACE PAINTER

We are looking for a face painter to come along and support our event.



CONTACT US

**IF YOU ARE
ABLE TO HELP
OR SUPPORT IN
ANY WAY
PLEASE
CONTACT US**

info@enfold.org.uk
07821735718



CHARITY

Fundraisers



Mike is preparing himself to freeze in an ice bath. How long do you think he will last? You can sponsor him online:

<https://donate.giveasyoulive.com/campaign/en-fest-2024-ice-bath-fundraiser>

Then come along to En-Fest to find out...

Ever fancied soaking the CEO? Well now is your chance. Come along to En-Fest and pay to soak Diane our CEO!



Have fun whilst raising money for En-Fold...

JOIN US AT EN-FEST

SAT 18TH MAY, 10.30AM-2.30PM
CHRIST THE KING CHURCH, KETTERING

www.enfold.org.uk

email: info@enfold.org.uk

Free 2 hour training workshops

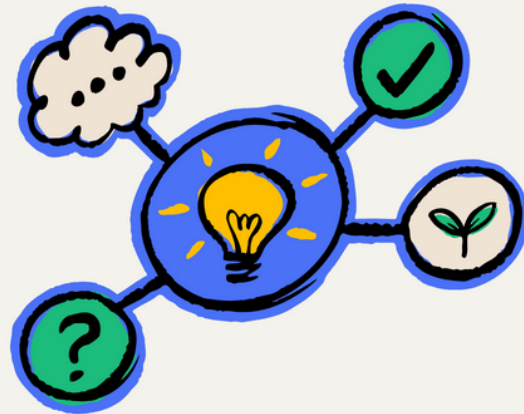


FREE 2 HOUR WORKSHOP



Struggling to find good quality training around Autism and neurodiversity?

Thanks to Community Support Funding from North Northants Council, En-Fold Autism Support are delighted to offer a limited number of FREE 2-hour workshops to community organisations/services in North Northants only with the option of bespoke follow up visits.



The free workshop will cover topics such as:

- Traits and myth-busting
- How to support sensory differences
- Understanding the impact of environment
- How to implement simple support strategies in your setting



Interested?

Contact our training coordinator for more information:
tracy@enfold.org.uk

NEW

Northampton Parent/Carer Support Group



NEW GROUP

**EVERY 2ND TUESDAY
7-8.30PM
STARTING 14TH MAY**

NORTHAMPTON PARENT/CARER SUPPORT GROUP



**Are you a parent/carer of
an autistic child or young
person?**

**Come along and meet other
parents /carers, increase
your support network and
take some time out for you!**

**THE COACH HOUSE
DELAPRE ABBEY
NN4 8AW**

**For more information email:
fiona@enfold.org.uk**

www.enfold.org.uk

YAAP attend the Youth Voice Matters Conference

The day started off rocky with a cancelled train, but was easily resolved. We jumped in the car and drove to the venue, Birmingham NEC.

Diane, Esther, Sarah and Jess attended from YAAP, along with Rowan and Fiona (they're with FLARE).

When we first arrived we found ourselves a table as a base and grabbed some refreshments to keep us going, while everyone else found their way in. It was held in a large room and I'd say that there must have been around 120 other attendees from around the country all with various disabilities. The young people were each given a goodie bag containing some sweets, a fidget toy, a colourful wrist band, a pen and a workbook which gave a clue about the day ahead.

First there was an introductory talk from Anna Feutchtwang, the CEO of the National Children's Bureau, and Sam, a member of FLARE). This was followed by a warm-up exercise to get everyone away from their tables and talking to one another. We as autistic people, found this to be quite a challenge but we got on with it all the same.

There were 6 different workshops on offer so we first went to the one ran by Rowan and some of their friends and colleagues from FLARE. We were tasked with making our own Youth Voice Manifesto in the form of a zine. Lots of fun was had with cutting out from newspapers and magazines and sticking on to paper to display our views and difficulties encountered in accessing the community.

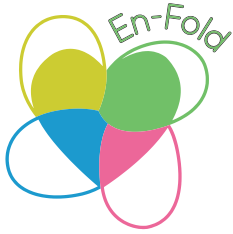
After that we had a yummy lunch (provided for us) of Pizza, salad, garlic bread and macaroni cheese followed by cookies and brownies! There were various games going on at the same time (giant Jenga and Operation amongst others). It was a little too noisy for us so we found our way to the dedicated quiet space to relax before the afternoon session started.

The second workshop was concerning ASD and anxiety in school. It was very good to be able to put forward what we find difficult in school and the challenges we all face on a daily basis.

We made use of the fun photo booth so that we have a physical keepsake to take away with us.

An exhausting but fun day was had by all!





UPCOMING DATES APR 2024



High Five Parent Support Group

Monday 1st April - 7.30-9.30pm

St. Andrew's Church rooms, Kettering, NN16 8JS

F: <https://www.facebook.com/groups/412516238822618>

Young Person's Autism Advisory Project (YAAP)

Ages 11-25

Northampton - The Coach House, Delapre Abbey, NN4 8AW

- Tuesday 2nd Apr, 6.30-8pm
- Tuesday 16th Apr, 6.30-8pm

Kettering - Telford Lodge, NN16 8FX

- Thursday 11th Apr, 5-7pm
- Thursday 25th Apr, 5-7pm



Adult Social Support Groups (ASG)

Age 16+

Kettering:

- Friday 5th Apr, 10am-12noon, Montagu Street Children's Centre, NN16 8RX
- Friday 19th Apr, 7.30-9.30pm, Lawyer and the Nurse, NN16 0AH

Northampton:

- Wednesday 10th Apr, 10am-12noon, Community Court Yard, NN1 1RS
- Wednesday 24th Apr, 7-9pm, Pastures Community Centre, NN2 8PN

Wellingborough/Rushden:

- Friday 12th Apr, 7-9pm, Salvation Army, Rushden, NN10 9YU
- Friday 26th Apr, 12.30-2.30pm, Wellingborough Library, Pebble Lane, NN8 1AS