

NIGHTINGALE

Newsletter

no.2

You Are Not Alone - Free Online Parent Drop-In

Free online support opportunity for parents and carers that run through the Autism Family Support Service.

www.autismfamilysupportservice.com

Parenting an autistic child can feel amazing, confusing, and overwhelming, sometimes all in the same day. That's why we host our no-cost monthly online drop-in sessions for parents and carers. We've created a safe, non-judgemental space where parents can bring their questions, share worries and connect with others who 'get it'

First Tuesday of every month
7pm - 8.30pm
Platform: Zoom

Well done to all our avid readers who completed the Summer reading challenge!



Homestart Greenwich who are offering FREE courses to Greenwich Residents.

The courses are online and focus on emotional health and wellbeing for parents, carers and family.

They include:

- *Understanding your pregnancy
- *Understanding your baby
- *Understanding your child
- *Understanding your child with additional needs
- *Understanding your teenagers brain

If you would like to sign up simply message Lisa with the following details and I will complete the registration process for you.

- *Your name
- *Email address
- *Postcode

Important dates

29th September - Y1 meet the teacher
30th September - Y3 & Y5 meet the teacher
1st October - Y6 meet the teacher
2nd October Y 2 & Y4 Meet the teacher

16th October 8.30am Parent workshop, Managing Distressed Behaviour. Table top sale after school

Wellbeing Walks - 30th Sept, 7th, 14th Oct and 4th Nov 9am-10.30am

Nursery Stay and Plays - weekly on Thursdays 8.30am - 9.30am & 12.30pm-1.00pm

Reception stay and reads every Thursday at 8.20am

Half term: Monday 20th October - Sunday 2nd November

Term 2: Monday 3rd November - Friday 19th December