

Listen Not Label Newsletter

March 2016

Edition 4

Keeping in Touch

Spring begins 20th March , so we will all be able to put those frosty starts and dark days behind us and focus on warm and sunny days. Dates to remember Easter 25th – 28th March. Mothers day is March 6th.



General Knowledge Quiz

Win a Easter egg

Friday 18th March

Thursday Arts & Craft sessions at Meeting Point House have resumed to weekly every Thursday 10.30 – 1pm Ask at reception for room details as we have moved .

Warm welcome to our two new volunteers – Sam Cooper & Shaun Caswell . We appreciate your time you are giving and thank you for joining us .

Don't forget each week at Fridays Autism hub we have Citizens Advice Bureau and Thrive who can help you with any concerns you may have around financial or housing etc .

Autism Hub



Quite a few pieces of technology have been introduced to the hub recently and service users have made good use of all !

Touch screen Computer, Samsung Galaxy tablets, Widescreen TV, Nintendo Wi.

We plan to make good use of all these items and I know they have been well received by all.

This past month we have had a film show , Wi games followed by Fish N Chip lunch. Bingo , a group talk on coping mechanisms around autism.

Lots more planned for forthcoming month so come and join us

New Members Welcome

Dates for your Diary



Wed 2nd March 2016,

Glebe Centre- 1pm till 3pm
, Cuppa , Chat, Board
games

Thu 3rd March 2016

Meeting Point House
10.30 am till 1pm, Arts &
Crafts

Fri 4th March 2016

Glebe Centre 10.30 –
3.00pm, Board Games,
Film Show

Mon 7th March 2016 –

Newport Round Table Pop
in Centre - 10am till 12pm,

Dominoes, Cuppa and
Chat

Wed 9th March 2016,

Glebe Centre- 1pm till 3pm
,

Cuppa & Chat, Board
Games

Thu 10th March 2016

Meeting Point House
10.30 am till 1pm, Arts &
Crafts

Dates for your Diary



Fri 11th March 2016,

Glebe Centre- 10.30 till 3pm
,

Board games, EEAST
discussing work
opportunities 11-12pm

Mon 14th March 2016

Newport Round Table Pop
in Centre 10 till 12,
Dominoes, Cuppa & Chat

Wed 16th March 2016 ,

Glebe Centre-1pm till 3pm
Cuppa & Chat, Board
Games

Thu 17th March 2016

Meeting Point House –
10.30 am till 1pm, Arts &
Crafts

Fri 18th March 2016

Glebe Centre 10.30 – 3pm,

DARS discussion around
alcohol. General
Knowledge quiz

Mon 21st March 2016

Newport Round Table Pop in
Centre 10am till 12pm –

Dominoes. Cuppa & Chat

Dates for your Diary



Wed 23rd March 2016 ,

Glebe Centre, 1pm till
3pm. Cuppa & Chat, Board
Games

Thu 24th March 2016

Meeting Point House – 10.30
am till 1pm, Arts & Crafts

Fri 25th March 2016

No Hub today – Bank
Holiday



These are your hubs and if you
have any suggestions or ideas that
would like to put forward please
let staff know !

Mon 28th March 2016

No Hub today – Bank
Holiday

Wed 30th March 2016

Glebe Centre-1pm till 3pm
Cuppa & Chat, Board
Games

Thu 31st March 2016

Meeting Point House 10.30
am till 1pm, Arts & Crafts