

COMMUNITY UPDATE,

MAY 2025

LITTLE HEROES ASD SUPPORT GROUP



May has been a very productive month behind the scenes for our team. Our ultimate goal is to create a welcoming, safe space where all families can relax and enjoy their visit. For those of you that may not know, we have recently had some internal issues with a leak under the flooring. We can happily say this has now been rectified, and our hallway is back looking as it should be! Thank you to all of our families for bearing with us during this period of time, from supervising their children at all times to utilising a different entrance and exit when needed.

For those of you who have physically visited our hub, you will be very familiar with the green container that has been worked around in our garden space. After lots of conversations, we are pleased to announce that this has moved (however still in our garden). This has uncovered more space where we can continue the garden renovations as originally planned...We have a long awaited arrival which we are eager to install for all of our families to enjoy. Keep your eyes peeled on our social media platforms for the renovation process. Whilst on the subject of renovation, we are still looking for parents and carers to assist us with ensuring the garden is a safe space for all. We are also still looking for male figures that may want to help us create our dream buggy park area. If anyone would like to pop their name down to help with some manual labour, please get in touch!



Here is to the (near) future and our exciting garden projects!



Little Heroes



ASD Support

LITTLE HEROES ASD SUPPORT GROUP

A support group for parents and families of children with a diagnosis
or awaiting a diagnosis of Autism

Weekly sessions during term time at our support hub and family activities during the holiday periods



Garon Park Community Centre, Garon Park | Southend-on-Sea | Essex | SS2 4FA
web: www.littleheroesasd.co.uk email: littleheroes.asd@gmail.com

Registered Charity No: 1167691



UPCOMING GUESTS, ACTIVITIES AND WORKSHOPS: JUNE 2025

We are working hard behind the scenes to collate our diaries and put together a good line-up of guests for our families. These will be spread over a number of different sessions throughout each week to try and benefit as many families as possible. Our list is forever growing, therefore please keep an eye out in hub and via social media for when we release any further guest sessions and workshops.

June

Monday 2nd June 2025 - Stay and Play Session 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 3rd June 2025 - Zumba, 10:30M-11:15AM (Booking recommended) and Counselling (internal-bookings only)

Wednesday 4th June 2025 - Stay an Play Session, 10am-12pm (Booking essential, parent supervision required at all times)

Thursday 5th June 2025 - County Lines and Cuckooing Workshop, 10am-12pm (Booking essential, adults only)

Thursday 5th June 2025 - Teen Titans, 4:30pm-6:00pm (Booking essential, parent supervision required at all times)

Friday 6th June 2025 - Parent/Carer Support Session, 10am-12pm (Drop-in, adults only)

Friday 6th June 2025 - Psychic Night Fundraiser with Frankie Roy (Booking essential, adults only)

Monday 9th June 2025 - Stay and Play Session with 'Hartbeeps', 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 10th June 2025 - Zumba, 10:30am-11:15am (Booking recommended) and Counselling (Internal-bookings only)

Wednesday 11th June 2025 - Stay and Play Session, 10am-12pm (Booking essential, parent supervision required at all times)

Thursday 12th June 2025 - Coffee and Craft, 10am-12pm (Booking essential, adults only)

Friday 13th June 2025 - Parent/Carer Support Session and Puberty Q+A, 10am-12pm (Booking requested where possible, adults only)

Saturday 14th June 2025 - Girls Club, 10am-12pm (Booking essential, parent supervision required at all times)

Monday 16th June 2025 - Stay and Play Session, 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 17th June 2025 - Zumba, 10:30am-11:15am (Booking recommended) and Counselling (Internal-bookings only)

Wednesday 18th June 2025 - Stay and Play Session with Little Songsbirds, 10am-12pm (Booking essential, parent supervision required at all times)

Thursday 19th June 2025 - Home-Ed Support Session, 10:30am-12pm (Booking essential, parent supervision required at all times)

Friday 20th June 2025 - Parent/ Carer Support Session, 10m-12pm (Drop-in, adults only)

Saturday 21st June 2025 - Youth Club, 10am-12pm (Booking essential, parent supervision required at all times)

Monday 23rd June 2025 - Stay and Play Session, 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 24th June 2025 - Zumba, 10:30am-11:15am (Booking recommended) and Counselling (Internal-bookings only)

Wednesday 25th June 2025 - Stay and Play Session with 'Sensory Seekers', 10am-12pm (Photographs will be taken during this session so all attendees will need to sign a consent form upon arrival) (Booking essential, parent supervision required at all times)

Friday 27th June 2025 - Parent/Carer Support Session, 10am-12pm (Drop-in, adults only)

Saturday 28th June 2025 - Saturday Stay and Play Session, 10am-12pm (Booking essential, parent supervision required at all times)

Monday 30th June 2025 - Stay and Play Session, 9:30am-11:30am (Booking essential, parent supervision required at all times)



YOU ASKED - WE PROVIDE...

After a very successful puberty workshop back in late 2023, we have been constantly asked when it is next on! We have worked with attendees from the last session and discussed how it can be improved and here is the results...

One full room of parents and carers of children and young people upon the autistic spectrum, lived experiences and a full range of support items. We will work to support one another in a larger group and also as smaller focus groups. If it cannot be answered on the day then we always know someone that can and we will envisage to get responses asap!

To book on please visit the bookwhen site and also send us an email or message to advise of your child's gender and age, this will help the preparation as we will group together likewise families.

Puberty Discussion

Parent / Carer Support Session

Friday 13th June 2025

10am - 12 noon

(Adults only)

Join us for our Friday 'Parent/Carer Support' Session where we will be chatting about puberty and how we can support our children. This will be alongside the regular support we offer - so feel free to pop in and have a chat!



UPCOMING WORKSHOPS

All the below sessions can be booked by yourself via our book when page, simply visit www.bookwhen.com/littleheroesasd, contribution at time of booking secures your place.

We have got more workshops coming up, in hopes that those parents/carers that cannot access the hub throughout the week can access an evening session in hope we are enabling all.

Spaces can now be booked online via the booking system. it will prompt you for your contribution at the point of booking and your booking will not be complete until you have made your payment.



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LITTLE HEROES ASD SUPPORT GROUP

Evening Workshops



ANXIETY AND SELF-HARM - HELEN WATTS

Helen Watts will be joining us for a workshop to discuss anxiety within our children and self-harm.
Bookings to be made directly with the Little Heroes team or visit our Bookwhen page.

THURSDAY 2ND OCTOBER 2025

7:00PM START

SAVE THE DATE

LITTLE HEROES ASD SUPPORT GROUP

Coffee & Craft
WORKSHOPS



FLUTE PAINTING
Bookings to be made directly with the Little Heroes team.
THURSDAY 13TH FEBRUARY 2025
10AM-12PM



EASTER MACRAME
Bookings to be made directly with the Little Heroes team.
THURSDAY 13TH MARCH 2025
10AM-12PM



MANDALA DOTTING
Bookings to be made directly with the Little Heroes team.
THURSDAY 27TH MAY 2025
10AM-12PM



POM POM MAKING
Bookings to be made directly with the Little Heroes team.
THURSDAY 10TH JUNE 2025
10AM-12PM



RING FOILAGE
Bookings to be made directly with the Little Heroes team.
THURSDAY 10TH JULY 2025
10AM-12PM

£5.00 CONTRIBUTION PER PERSON

@ LITTLE HEROES ASD SUPPORT GROUP HUB, GARON PARK COMMUNITY CENTRE, GARON PARK.

Our popular coffee and craft sessions are making a comeback for 2025. We have a variety of different crafts prepared, and this will take us up until the summer holidays.

Spaces can now be booked online via the booking system. it will prompt you for your contribution at the point of booking and your booking will not be complete until you have made your payment.

SESSION PLANNER

2024/2025:

MONDAY

9.30AM - 11.30AM

Monday
Stay and Play
Session



TO BOOK YOUR PLACES SCAN BELOW
QR CODE



OR VISIT...

WWW.BOOKWHEN.COM/LITTLEHEROESASD

TUESDAY

10AM - 2PM



Wellbeing Tuesdays

It is important for parents and carers to look after themselves, so they can look after their families. This is why we have introduced 'Wellbeing Tuesdays'. From counselling sessions to Zumba classes. Contact us to find out more!



WEDNESDAY

10AM - 12NOON

Wednesday
Stay and Play
Session



1ST THURSDAY

EACH MONTH

4PM - 6PM

A SOCIAL ACTIVITY ON THE 1ST THURSDAY OF EACH MONTH



"as little heroes transition to big heroes"

FRIDAY

10AM - 12NOON



Parent/ Carer
Support Session



**2ND SATURDAY EACH
MONTH 10AM - 12NOON**

GIRLS CLUB



**3RD SATURDAY EACH
MONTH 10AM - 12NOON**

YOUTH CLUB



**4TH SATURDAY EACH
MONTH 10AM - 12NOON**

**SATURDAY
STAY AND PLAY**



SATURDAY SESSION CHARGES - APRIL 2025

IMPORTANT *Update*

As of **April 2025**, there will be a **£5.00 charge** for our **Saturday sessions** ('Girls Club', 'Youth Club', 'Saturday Stay and Play').

This £5.00 covers 2 attendees. Any additional tickets will result in additional charges.

GRADUATION / LEAVERS



We are excited to announce our class of 2025 celebrations...Graduation and The Unofficial Prom!

We have made contact with those of whom are in the right age-range for each celebration and of whom are regular, active attendees. However, we still have spaces...If you would like to get involved with either of these celebrations please be sure to get yourselves booked in for an upcoming session via our online booking system. If you have any questions, a member of our team will be happy to assist you.

DADS SOCIAL - MONTHLY



We are happy to announce that our 'Dads Social Club' is such a success. From meals out to Boom Battle Bar evenings there is something for everyone. For the next few sessions, we will be looking at how we can incorporate our 'Dads Social' events to help out with jobs around the hub (such as building our buggy park and pizza evening). Any input or suggestions would be much appreciated.

We are grateful to to AXIS who have contributed funding to help make this happen.

The whole concept behind the 'Dads Social Club' is to encourage more male figures and dads to get together with others in the same or very similar positions, to create friendships and access support

To be contacted about our next dads club social, please contact Mikaela at: mikaelalittleheroes.asd@gmail.com



Hello,

I would like to introduce myself, in case we have not met - I am Kim - the one who decided to volunteer to support local families like yourselves, a couple of hours a month 13 years ago!

That was the monthly coffee mornings from which Little Heroes ASD Support Group evolved. Over time we have developed due to the needs of local families and now supporting in excess of 1,000 families on a face to face basis and over 10,000 families virtually we really need to ensure that we are putting all our effort into what families need and actually want! We have a very small team of staff and always welcome volunteers, who deliver a wide range of sessions over the course of each month. Taking on the bigger premises where we are based today, is giving us some fantastic opportunities, but it is also giving us some challenges too as there is so much to do to get the place just right for everyone who utilises the space.

The reason for me reaching out to all our Dad's and Dad figures are for a few reasons which are based around the support we can give you, and asking if there is anything that could make it better/ more accessible for you and even suggestions. We really appreciate your ideas and want to ensure you have the opportunity to have your say!

Firstly we have been offering a monthly Dad's social set up, this has seen small groups of Dads of children with autism, meeting up on a Friday evening (child free) in a central location in Southend to have the chance to socialise with likewise people. We hope that within time people can support one another emotionally too as we understand that life can be very challenging when we have loved ones who are on the autistic spectrum. These socials have included bowling, pool, Caddies golf, axe throwing and carverys. These are not exclusive to these activities, but are a starting point and we are always open to listening and then arranging activities that those that attend suggest. We listened to the Dads who fed back and realised that different people had different availability, so we arranged the dates so each month it would be a different week of the month, these stayed as Fridays but was either the first, second, third or fourth Friday of the month. We tried to plan for at least a month ahead so people could plan and make arrangements if need be. Numbers have fluctuated recently hence reaching out to see if there is anything else we need to take into consideration?

As a reaction to the "dip" in numbers, we are trying to be productive and rather than offer the May session, we want to put an opportunity out there to see what our Dads think about it and if it is something you would like to participate in? As I mentioned before our hub is challenging as we still have so much to do, one thing we desperately need is a buggy park. This is so visiting families can keep their buggies safe and dry, whilst at the same time keeping our fire exits clear. We have had offers here and there but no one has ever actually followed through and been present to do the build. Therefore we have realised that we should be able to source crates and then purchase the wood required to make the construction. Below is a basic picture that gives a very rough idea of what we need, although we would need to create 4 bays and would need to have the front higher than the back due to the height of the mobility buggies. We have all the measurements to hand to ensure the creation will work for all visitors. We want to set a date (this could be a weekend day) where we get the materials at the hub, a group of Dads and Dad figures and refreshments (this could be pizzas delivered when you are nearing completion - suggestions welcomed). We would obviously need the Dads/ Dad figures and would be hopeful that you are able to bring any useful tools you may have (we have the extreme basics at the

hub, as you can imagine we do not like to store anything that would be sharp)! Please let us know what you think of this and if you are able to help.



In addition to this, if you are interested in football then I want to ensure that you are aware of an upcoming opportunity. This year will be our third Football Funday where we bring some fun for the families and also raise a little bit of money for the charity. This is based around a charity football game where we invite a local charity team to play our team. Our team is still "in creation" and we are desperately looking for players that are connected to Little Heroes ASD Support Group, the only requirement for the team is that players are 18 or above. We supply the kit and we have now arranged regular training sessions over at Garons on the 3g pitches - these are Wednesday evenings. The event will also take place at Garons on these pitches, there will be stalls, an inflatable, refreshments and a face painter. There will be a number of other football opportunities for parents to play against the children and then a kids kick around. We want to make this a fun day for all and to include as many people as possible. Although we do not offer these training sessions continuously due to the dreaded word money and the fact we do have to pay for pitch hire, we ask where possible for £5 a training session when attending and only do these a few months in advance of the actual event. If it is something that is benefitting many people going forward and we have at least 5 people who can commit and are willing to continue training then we would work to see about securing this slot on a more continuous basis, but at the present moment the most important thing is for us to get a team together for the big day. Therefore please get in contact if you are interested and would like some more information.

As always, we are here to help and enable your families so please do not hesitate to get in contact if you would like to find out more about any of the above and get involved, or have any other suggestions how we can better support our male figures.

Take care and hopefully see you soon

Kim



Kim Drake, Charity CEO

Little Heroes ASD Support Group

Garon Park Community Centre, Garon Park, Southend-on-Sea, Essex, SS2 4FA

littleheroes.asd@gmail.com

07379 897 947

Registered Charity Number:
1167631



To donate, please use the QR code:

UPCOMING FUNDRAISING EVENINGS

Little Heroes ASD Support Group

A NIGHT WITH FRANKIE ROY



Friday 6th June 2025
7:00pm Arrival, 7:30pm Start

Little Heroes ASD Support Group,
Garon Park Community Centre
Garon Park
Southend-on-Sea
Essex
SS2 4FA

£10.00 per person

LIMITED QUANTITY

We are excited to announce a psychic night with Frankie Roy. This will be for over 18s only, and will take place on Friday 6th June 2025. Tickets can be purchased directly via our Bookwhen page:

www.bookwhen.com/littleheroesasd.

£10.00 per person

FOOTBALL FUN DAY 2025

FOOTBALL FUN DAY



LHFC

V



RUN FREE



VENUE

PLAYFOOTBALL SOUTHEND
GARON PARK, GARON PARK,
SOUTHEND-ON-SEA, SS2 4FA

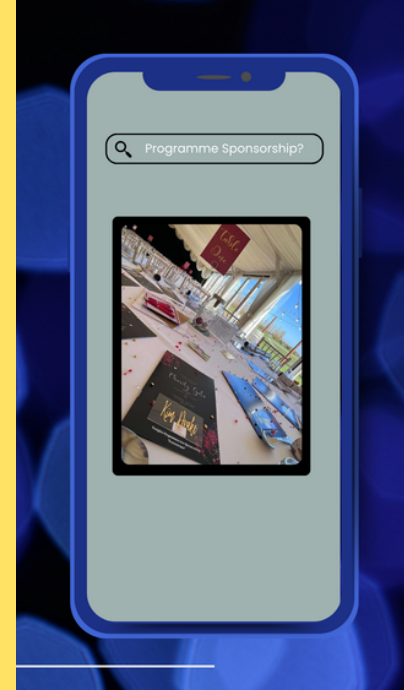
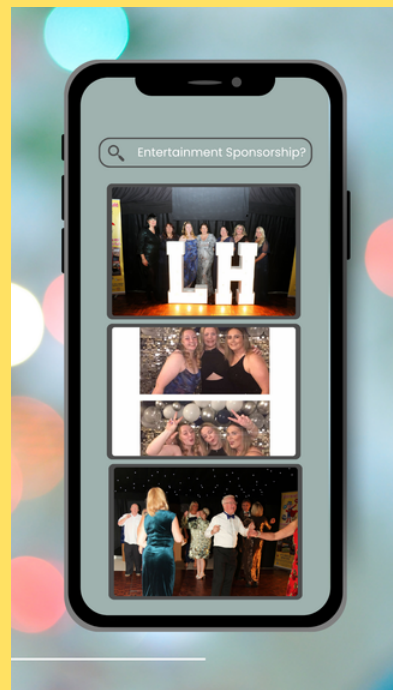
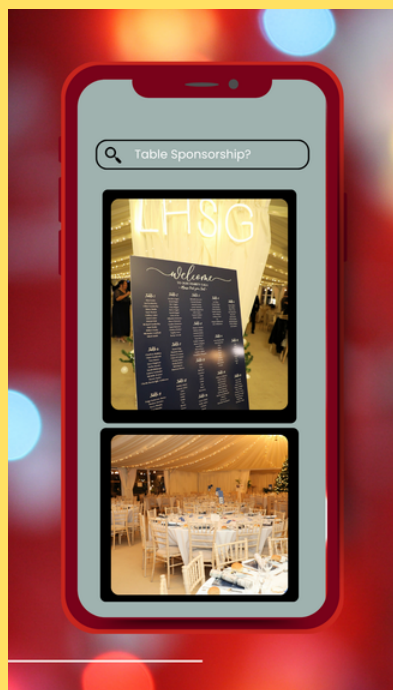
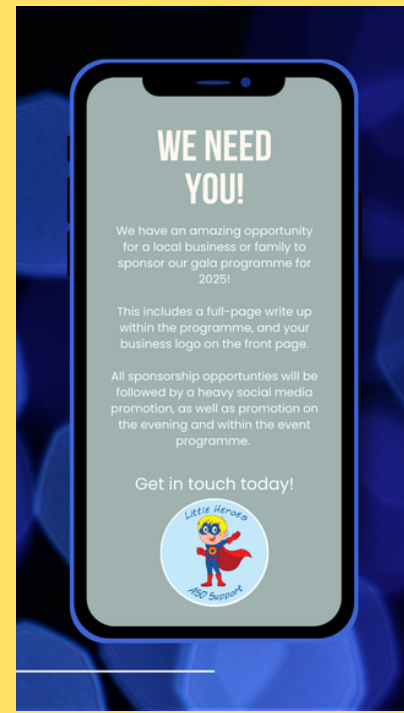
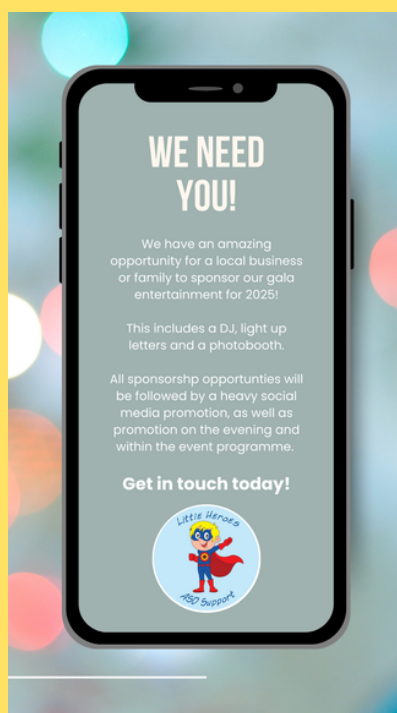
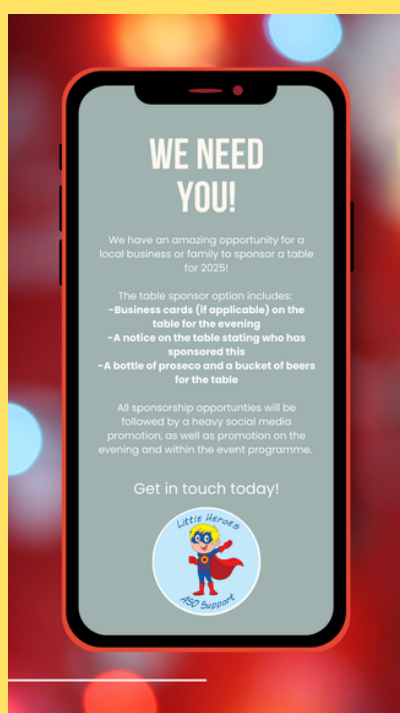


KICKOFF

SUNDAY 20TH JULY 2025,
12:30PM KICK OFF



SAVE THE DATE



HOW DO I BOOK IN FOR ACTIVITIES?

PRIORITY BOOKING OF ACTIVITIES

WITH LOTS HAPPENING AT OUR HUB AND OUT IN THE COMMUNITY ON A WEEKLY BASIS, YOU HAVE PLENTY OF OPPORTUNITIES TO BE ACTIVE IN FACE TO FACE SUPPORT.

BEING ACTIVE ENABLES YOU TO FIND OUT WHAT ACTIVITIES ARE COMING UP AND ACCESS THE PRIORITY BOOKING SYSTEM. WE CANNOT GUARANTEE SPACES IF YOU DO NOT ATTEND STANDARD SESSIONS, INTEREST CAN BE REGISTERED, HOWEVER PRIORITY IS GIVEN TO THOSE WHO ARE ACTIVE IN FACE TO FACE SESSIONS.



SUPPORT REQUIRED:



Co-op Local Community Fund - Little Heroes ASD Support Group

The Co-op Local Community Fund is supporting Little Heroes ASD Support Group. Become a member or sign in to choose a local cause to support.

coop.co.uk

When you shop in the Co op, every time you spend a minimum of £5 you are entered into a cash prize draw, if you register us as your chosen charity we also get an opportunity to win cash too! In addition for every person who selects Little Heroes ASD Support Group as their chosen charity via their Co op rewards app the more £££ we get at the end of the reward period - every little helps... please spread the word to increase the support.

<https://membership.coop.co.uk/causes/91192>



ROOM HIRE

@ Little Heroes ASD
Support Group Hub

PRICES:

Studio or Middle Room - £30 per hour

Both Rooms (Studio & Middle Room) - £50 per hour

Small Consultation Room - £15 per hour

Charitable / Continued Booking Discounts Available



We have 3 rooms available to hire, each with a unique quality. Our space is bright and open which would provide the perfect setting for any of the following events:

Meetings / Small Conferences
Workshops
121 Support

Toilet facilities on site, with both the studio and middle room having access to running water, a kitchen area, electrical plug sockets and WIFI

Interactive white-board available for an additional cost

Due to allergies, we are an animal and nut free building

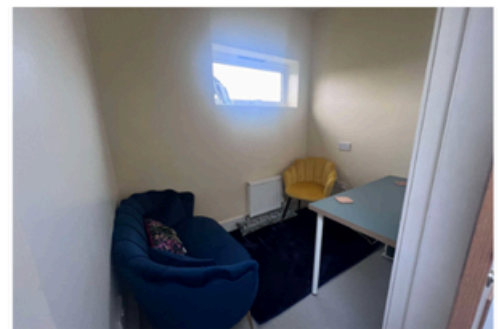
Rooms Available To Hire:



Studio



Middle Room



Small Consultation Room

📞 07379897947

✉️ bookingslittleheroes.asd@gmail.com



Little Heroes ASD Support Group Hub,
Garon Park Community Centre,
Garon Park, Southend on Sea,
Essex, SS2 4FA



OUR FOREVER HUB



Some people may be wondering how to get us, or where to find us once we relocate...If you search for 'Little Heroes ASD Support Group', you will see our location on Google Maps has now changed. If you zoom in, you will see a red pin-point, and that is exactly where our hub is!

-Make your way onto Eastern Avenue

-Pass the Waitrose round-about and Cecil Jones Secondary School

-Once you reach the McDonalds roundabout (McDonalds will be situated on your far right), take the FIRST EXIT

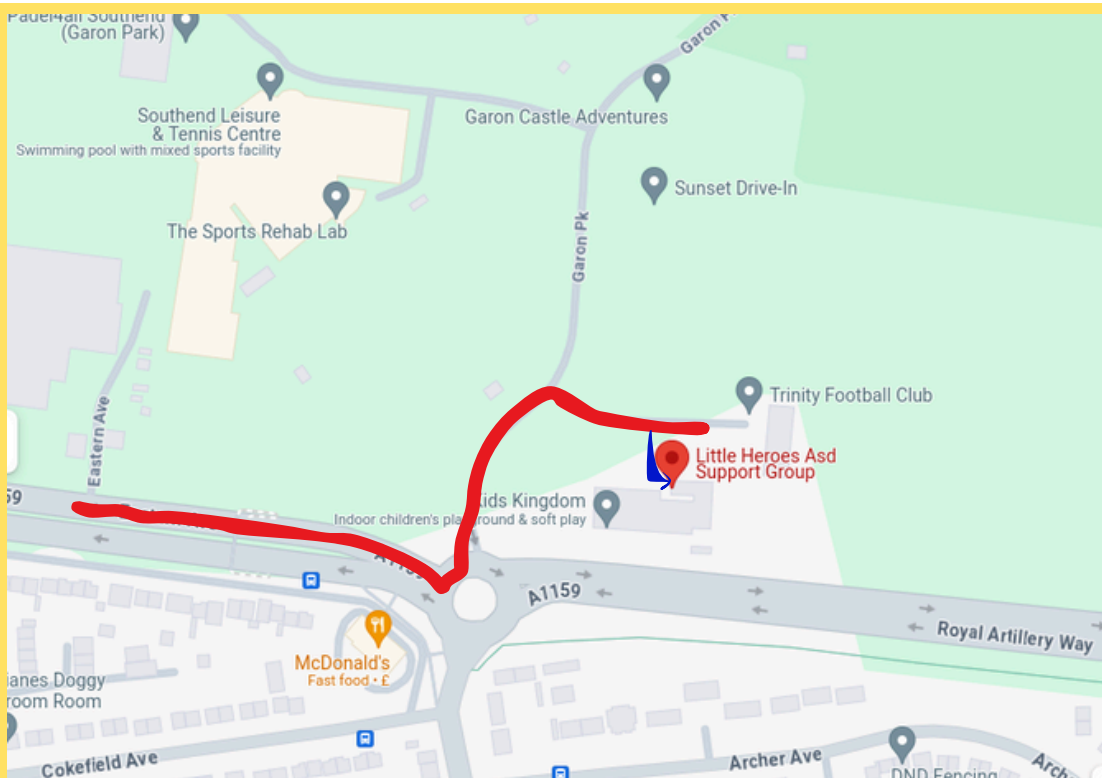
-Take the FIRST RIGHT as though you are going into the Kids Kingdom car park, but instead of taking an immediate right, you want to head straight towards the dead end

There is a small car-park area here for our visitors to use, and if needs be there is also the Garons overflow car park.

Our building backs onto Kids Kingdom, and is surrounded by green fencing.

There is now a number 6 bus that comes right into the Garons site for ease.

<https://www.arrivabus.co.uk/find-a-service/6-southend-to-temple-sutton>



Red line = Route to get to the hub

Blue line - Follow the path as this will lead you to our front door

FAQs

+ How much is it per session?

All of our weekly support sessions are free of charge. The only time we may ever ask for a heavily subsidised contribution is for external activities and/or events. These are heavily subsidised to allow all registered families to be able to take part without money being a barrier.

+ Can I bring someone with me for support to a session?

If it is on our 'Parent/Carer Support Session' then this is fine and we do not need to know in advance (as this is a drop-in session). However, if this is for a child-based session, we do ask to try and keep this to the immediate family. If you need to bring an additional adult, we do ask that you include them in the ticket numbers and online booking. Please ensure the number of tickets booked represents the number of people attending.

+ How do I register or sign up?

Come along to one of our weekly support sessions. Our child-based sessions require booking via our booking system, however we do also have a 'Parent/Carer Support Session' every Friday during term time of which is a drop-in session. We do ask for the 'Parent/Carer Support Session' that no children attend due to the nature of things discussed and many other factors. When you attend a session for the first time, we will ask you to complete a very short, basic membership form. Our staff and volunteers will have a chat with you and see how we can support you further, whilst also ensuring you're aware of any upcoming opportunities and activities for the whole family to enjoy.

+ How do I book spaces for your child-based sessions?

Follow the link below to access our online booking system. Simply scroll and find a date and session that suits you, select the number of tickets you require and enter all relevant details. Please be sure to let us know if this is your first time attending, so we know who needs to complete a membership form upon arrival. If you have any problems with booking into a session, please feel free to contact us via our bookings email (bookingslittleheroes.asd@gmail.com). If there are not enough tickets for your family on the booking system, please do not book in. Instead, please contact us so our admin team can manually look at the numbers and work out if we can fit you in.

+ Does my child need a diagnosis to access these sessions?

No. We are here to support families throughout their entire autism journey. You do not require an official diagnosis to access our support, sessions and activities.

+ Can siblings attend child-based sessions as well?

For our 'Stay and Play' sessions and our 'Dads Club' session, siblings are welcome to attend of any age. They just need to be booked in via the booking system and have a ticket on your booking. However, for our 'Girls Club' and 'Youth Club' sessions, we do ask due to number limits on each session, that it is just the child aged 7+ with needs or suspected needs that attends. This is subject to change in the future, so please do keep an eye on our social media pages or if you're not sure, please do send us an email.

+ I need to cancel my booking, how do I do this?

Please send us a message via our social media pages or you can send us an email to our bookings email informing us of your cancellation. Our admin team will be able to cancel the booking manually on our end. Alternatively, there is an option on your end to cancel this. Please follow the link in your booking confirmation email and it should be straightforward to follow. Either way, please do reach out and make contact so we can work our way through our waiting lists.