

COMMUNITY UPDATE,

OCTOBER 2025

LITTLE HEROES ASD SUPPORT GROUP



As we enter October, we reflect on the past months successes... For many of our families it was the beginning of a new chapter, as lots of our regular attendees flew the nest of our weekly 'Stay and Play' sessions and embraced a whole new journey of school! For many, this is a huge step, one of which can come with a lot of uncertainty and nerves. For some, it has been the start of a new school year - new classroom, new teacher, new curriculum. For some it has been the start of their secondary school or further education journey, as they defy gravity and explore further fields of interest to them. All of us here at Little Heroes ASD Support Group are so proud of the children for taking it in their stride, and proving to everyone how amazing they are!

We would like to take this moment to remind parents that we are still here for support, whether that be virtually, over the phone or face to face. Our hub is open 6 days a week, and the kettle is always on on a Friday morning. Come and join us for our Friday Parent/Carer Support Session, or if you have a younger pre-school aged child at home - come along to a week day 'Stay and Play' session. Don't forget, we are here when you need us!



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



LAST CHANCE TO BOOK....



PSYCHIC NIGHT FUNDRAISER



Join us for an enchanting evening at our Psychic Night Fundraiser! Get ready for an unforgettable experience as we are joined by 3 psychics (2 reading the main event and 1 doing private readings).

Enjoy the mystical ambiance and explore the unknown, all while supporting Little Heroes ASD Support Group. Don't miss out on this magical night of insight, community, and giving back! ✨

**Friday 3rd October 2025,
7:30pm Arrival - 8:00pm Start**

*General event admission - £15.00 per person (bookable
online via 'Bookwhen')*

*General Event Admission AND Private Reading - £54.00 per
person (limited spaces - Bookable online via 'Bookwhen')*

BOOK NOW!



BOOK NOW!

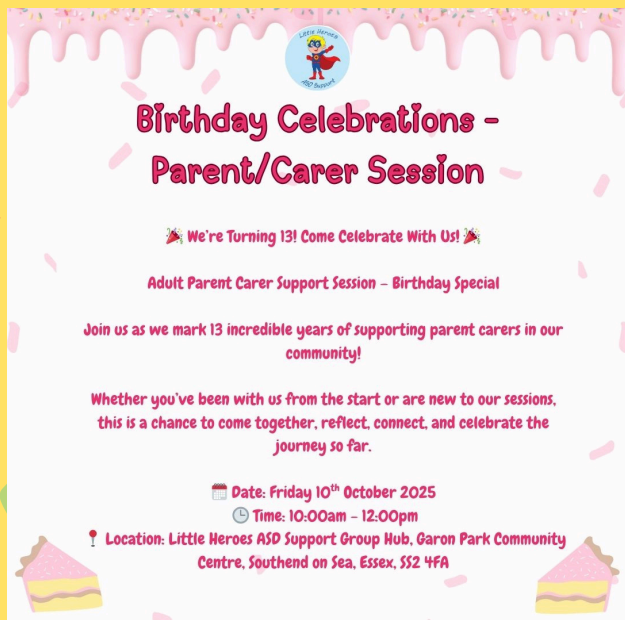
13TH BIRTHDAY WEEK!



Book your spaces now. Please note - This is for pre-school aged children (under 6) only.



Book your spaces now. Please note - This is for pre-school aged children (under 6) only.



Book your spaces now. Please note - This is for parents and carers only (no children).



UPCOMING WORKSHOPS / SESSIONS



LITTLE HEROES ASD SUPPORT GROUP

Coffee & Craft
WORKSHOPS



AUTUMN LOG DECORATING
Bookings to be made directly with the Little Heroes team.
THURSDAY 2ND OCTOBER 2025
10AM-12PM



CHRISTMAS CANDLE HOLDERS
Bookings to be made directly with the Little Heroes team.
THURSDAY 6TH NOVEMBER 2025
10AM-12PM



£5.00 CONTRIBUTION PER PERSON

This activity is bookable NOW via 'Bookwhen'. Please scan the QR code and book this yourself!



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



Home-Ed Session

THURSDAY 16TH OCTOBER 2025
10:30AM-12PM

£3.00 PER FAMILY CONTRIBUTION

PARENT SUPERVISION IS REQUIRED AT ALL TIMES

YOU MUST BE BOOKED IN IN ORDER TO ATTEND (THIS MUST BE VIA THE BOOKING SYSTEM)



£3.00 PER FAMILY



Wreath Workshop

Design and make a beautiful wreath for your door. With a deliciously scented pine wreath ring as your base, layer up with seasonal foliage and then decorate with your choice of seasonal dried elements such as pine cones, dried fruit slices and cinnamon sticks and finish with faux berries, bling and ribbon.

Thursday 27th November 2025
10:00am-12:00pm or 7:00pm-9:00pm

£25.00 per person (registered Little Heroes parent/carer)
£45.00 per additional adult (non-registered Little Heroes parent/carer)

Little Heroes ASD Support Group

Pamper Evening

Friday 7th November 2025
7pm-10pm @ Little Heroes ASD Support Group Hub
GARON PARK COMMUNITY CENTRE, GARON PARK, SOUTHEND-ON-SEA, SS2 4FA

Join us for an evening of relaxation and pampering, just in time for the festive season. From on-the-spot beauty treatments to stalls and businesses, there will be something for everyone!

£5.00 per person attending (this includes a glass of bubbly on arrival and a raffle ticket)

Please note: This is only for 18yrs +

FOR MORE INFORMATION OR TO SECURE A STALL
PLEASE EMAIL: BOOKINGS@LITTLEHEROES.ASD@GMAIL.COM.
TO PURCHASE TICKETS PLEASE VISIT:

<https://bookwhen.com/littleheroesasd#focus-ev-g2-20231071950000>

LITTLE HEROES ASD SUPPORT GROUP

Panto Opportunity

RELAXED PERFORMANCE

WEDNESDAY 31ST DECEMBER 2025
@ THE CLIFFS PAVILLION

£12.00 CONTRIBUTION PER PERSON

INTEREST WILL ONLY BE TAKEN IN HUB

REGISTERED FAMILIES ONLY!





LITTLE HEROES ASD SUPPORT GROUP

PADEL

Sessions

JOIN US FOR A BI-WEEKLY PADEL SESSION,
AIMED AT CHILDREN AND YOUNG PEOPLE
AGES 7+.

£5.00 CONTRIBUTION PER FAMILY UNIT TO
SECURE YOUR PLACES
(ADULTS CAN PLAY TOO!)

EVERY OTHER WEDNESDAY FROM 16TH JULY

PADEL4ALL SOUTHEND,
GARON PARK,
EASTERN AVENUE
SOUTHEND-ON-SA
ESSEX
SS2 4FA

PLEASE UTILISE THE QR CODE TO SECURE
YOUR PLACES VIA BOOKWHEN.
ONLY BOOK A SPACE FOR EACH PERSON
REQUIRED TO BE ON THE COURT, THIS
INCLUDES IF YOU NEED TO DIRECTLY
SUPERVISE.



Book Now!

Opportunities available
now for your child and
your family...
all on the Garons site!

Private hire of Padel
every other
Wednesday, whereas
the cricket sessions
are every Friday.

join The
**Super
1s**

All disabilities welcome
Ages 12-25
CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

**Free inclusive
cricket sessions!**

WHEN:
Fridays Starting 12th
September 2025
5-6PM

WHERE:
Southend Leisure and Tennis
Centre,
Garon Park, Eastern Avenue,
SS2 4FA

CONTACT:
Bradley Donovan
bradley.donovan@essexcricket.org.uk

www.lordstaverners.org/super1s



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306034 | OSCR No. 5CDM238



WE LISTEN...

OUR LEARNINGS

Dads Social :

We have utilised the first set of 'Dads Social' events as a trial to monitor elements such as numbers, reoccurring bookings etc. We have decided to put a pause on this whilst we plan further and work out how we can incorporate different elements of the Garon Park site into the monthly plans. We are very fortunate to be located where we are, and have access and good connections with surrounding business - such as Wellbeing Garon Park, Fusion Leisure Centre, Padel4All and the Garon Park Golf Complex. For further information, we recommend following our social media pages and getting in touch so we can add you to the mailing list when the next batch of dates are released.

Tuesday Well being - Walk and Talks:

After the October half term, we will be altering our Tuesday Well being session, where we will be re-introducing our 'Walk and Talk' sessions. These use to prove very popular when we were situated along London Road, however the scenery was not the best! A bit like the 'Dads Social' events, we are looking into how we can utilise the space we have surrounding our hub. The whole idea behind these sessions is to allow parents and carers the chance to chat, without the pressure of sitting across the table from one another, whilst also getting their steps in in a calm, relaxed, non-pressure way. Dates will be released soon via 'Bookwhen'.



OPPORTUNITIES FOR OCTOBER ONWARDS



UPCOMING WORKSHOPS -

SENDIASS Q&A / Workshop - 23rd October
Mental Health - Self Harm (Evening) - TBA
Toileting - TBA

EXTERNAL GUESTS-

The Lighthouse Team
The Jigsaw Team
Southend Healthwatch

Q AND A SESSIONS-

Open for suggestions.

Please contact a member of the team if you have any ideas of what would be beneficial for families!

COFFEE AND CRAFT-

We are open for suggestions on different crafts you would like us to incorporate into these sessions.
Get in touch with our team with any suggestions.

ACTIVITIES-

Our October half-term activities are now bookable in hub.
Please check the priority notice board for further information.

Our popular Santa's Grotto will be bookable in hub after the October half-term, utilising the priority noticeboard.

We are working on hosting a range of new activities and workshops for young people, including cookery lessons and emotional wellbeing workshops.
Keep an eye on our priority notice board in-hub for these details.

SESSION PLANNER

2025 / 2026:

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**



UPCOMING GUESTS, ACTIVITIES AND WORKSHOPS: OCTOBER 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.



Wednesday 1st October 2025 - Stay and Play with 'Chaos and Calm', 10am-12pm (Booking required, parent supervision required at all times)

Thursday 2nd October 2025 - Coffee and Craft, 10am-12pm (Booking required, adults only)

Thursday 2nd October 2025 - Teen Titans (Year 7,8 and 9), 4:30pm start (Booking required, parent supervision required at all times)

Friday 3rd October 2025 - Parent/Carer Support Session, 10am-12pm (Drop-in, parents only)

Monday 6th October 2025 - Stay and Play with Dinosaur Juniors Jurassic, 9:30am-11:30pm (Booking required, parent supervision required at all times)

Tuesday 7th October 2025 - Counselling (Internal-bookings only)

Wednesday 8th October 2025 - Stay and Play Princess Party, with external guest JIGSAW Amy, 10am-12pm (Booking required, parent supervision required at all times)

Thursday 9th October 2025 - Teen Titans (Years 10,11 +), 4:30pm start (Booking required, parent supervision required at all times),

Friday 10th October 2025 - Celebration Parent/Carer Support Session - 13 YEARS OF LITTLE HEROES!, 10am-12pm (Booking strongly recommended, adults only)

Saturday 11th October 2025 - Girls Club, 10am-12pm (Booking required, parent supervision required at all times)

Monday 13th October 2025 - Stay and Play, 9:30am-11:30am (Booking required, parent supervision required at all times)

Tuesday 14th October 2025 - Counselling (Internal-bookings only)

Wednesday 15th October 2025 - Stay and Play, 10am-12pm (Booking required, parent supervision required at all times)

Friday 17th October 2025 - Parent/Carer Support Session, 10am-12pm (Drop-in, adults only)

Saturday 18th October 2025 - Youth Club, 10am-12pm (Booking required, parent supervision required at all times)

Monday 20th October 2025 - Stay and Play, with external guest JIGSAW Amy, 9:30am-11:30am (Booking required, parent supervision required at all times)

Tuesday 21st October 2025 - Counselling (Internal-bookings only)

Wednesday 22nd October 2025 - Stay and Play, 10am-12pm (Booking required, parent supervision required at all times)

Thursday 23rd October 2025 - Teen Titans External Activity (Contact Mikaela for further information)

Friday 24th October 2025 - Parent/Carer Support Session, 10am-12pm (Drop-in, adults only)

Saturday 25th October 2025 - Saturday Stay and Play, 10am-12pm (Booking required, parent supervision is required at all times)

Monday 27th October 2025 - Sunday 2nd November 2025 = October Half Term

STAY AND PLAY WEEKDAY SESSION CHARGES - SEPT. 25



IMPORTANT ANNOUNCEMENT

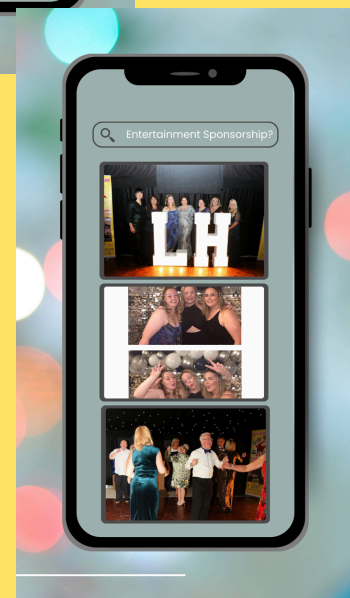
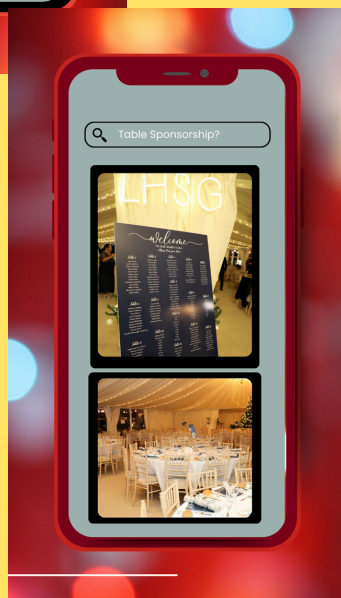
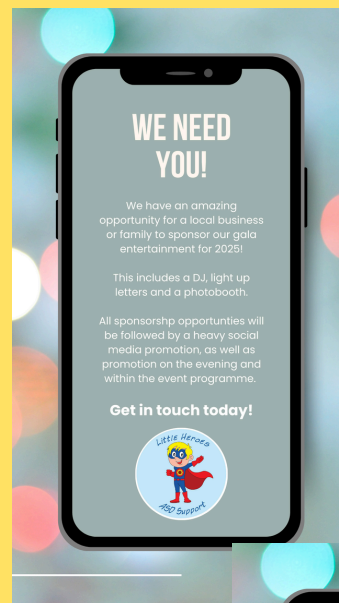
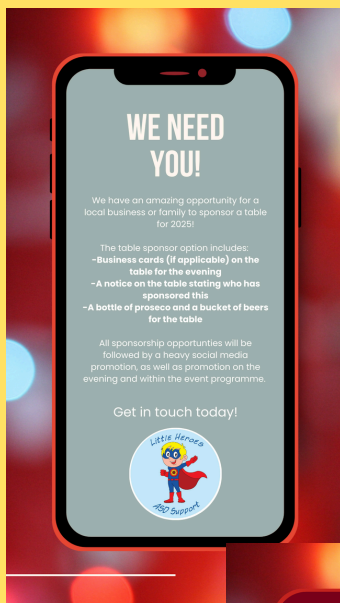
As of September 1st 2025, we will be charging a **minimum contribution of £3.00 per family of 4** for our weekly 'Stay and Play' sessions.

This must be done per family unit.
We will **not accept** friends joint-booking to avoid session charges.

see you soon!

SUPPORT REQUIRED:

With less than 2 months until our fundraising gala we need your help to source local businesses to assist, please have conversations with anyone who may be able to help.



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.





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

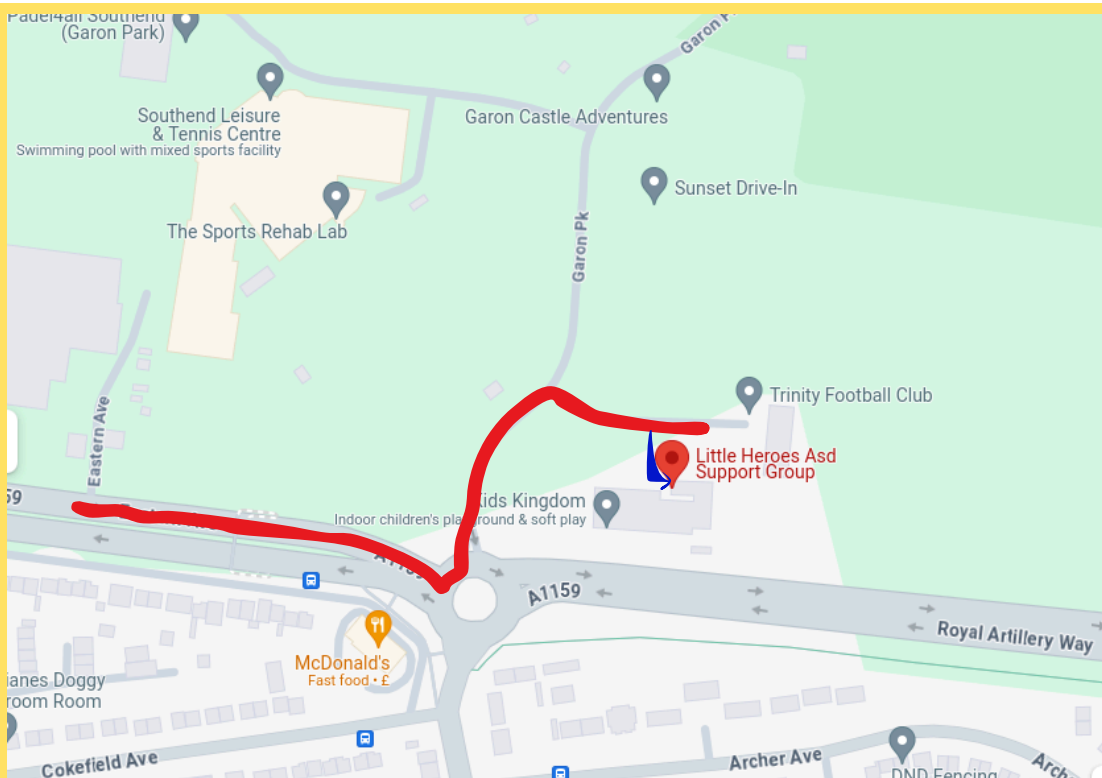
-Take the FIRST RIGHT as though you are going into the Kids Kingdom car park, but instead of taking an immediate right, you want to head straight towards the dead end

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.

ROOM HIRE

@ Little Heroes ASD
Support Group Hub

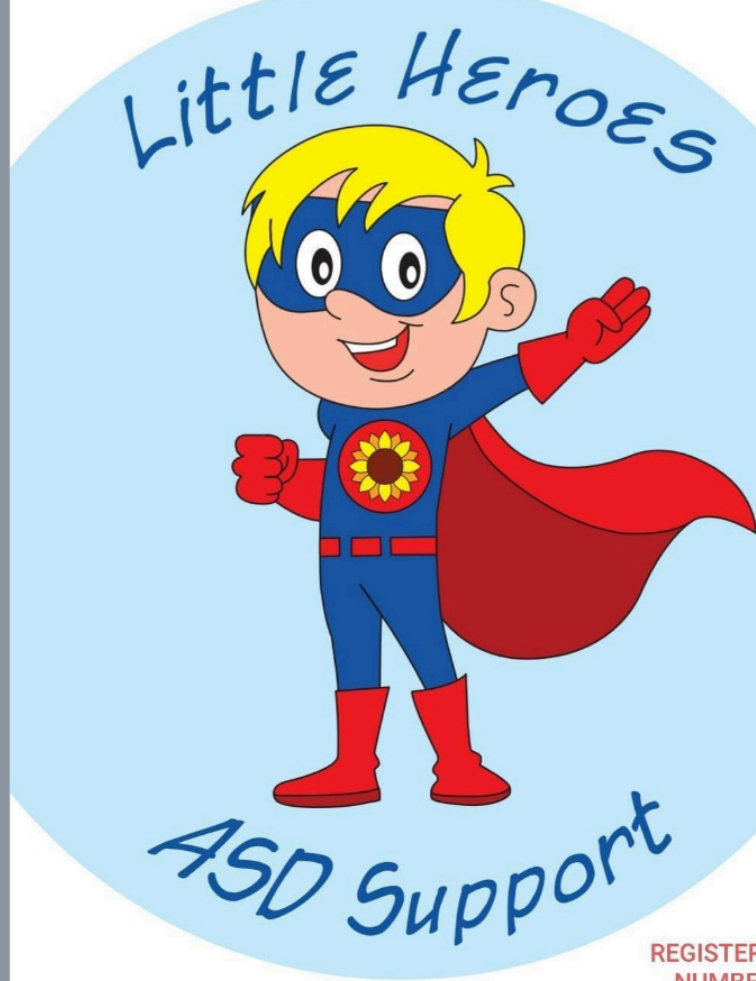
PRICES:

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

Last week we attended the grand opening of the Cubbie, located in Southend Victoria Shopping Centre. This is the first publicly accessible Cubbie in the entire world! It's safe to say it got the 'Alfie Approval'! This is a free-of-charge sensory unit, and all you need to access it is the app. Simply search 'Cubbie' on your App Store. We do recommend downloading this and setting up your account BEFORE your first use for a smoother visit. #cubbie #cubbiesouthend #sensoryawareness

