

COMMUNITY UPDATE,

NOVEMBER 2025

LITTLE HEROES ASD SUPPORT GROUP



As the October half-term comes to an end, we see the start of our busiest period of the year - Christmas! From our annual gala, to wreath making, our AGM and our Christmas Grotto, there really is something for the entire family.

Our team have been working hard behind the scenes to prep, plan and organise the next 2 months, filling them with festive cheer and fun. All of our festive activities require interest being registered within our hub - the sooner you do this the better as we find the Christmas period really is the busiest and we try to accommodate as many families as possible. In the instance where interest has exceeded our limits, we will turn to the trusty random number generator to offer spaces fairly. As always, a polite reminder - please bare with our team. We are all parents of a child or children on the spectrum therefore the festive period is not solely dedicated to us working and responding to messages at crazy times of the night.

Everything we have upcoming is for active members only - therefore if you came in 2 years ago for a cuppa but haven't been back since, I am afraid you will not be allocated anything. If in doubt, please contact our team via social media or email and we will get back to you and clarify if you are still classed as an 'active family'.

Little Heroes



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



CHARITY GALA 2025 ~

SPONSORS

Our fifth annual charity gala is fast approaching, with only 3 weeks to go - doesn't time fly fast!

We would like to take a moment to give a shout-out to this year's event sponsors...

This is the first year we have approached local companies to ask for assistance to make our gala even better than the years before, and we are so thankful to everyone that has agreed to help us with sponsorship for the evening in some way or form.

Biscuit Sponsorship:

Tilbury Scaffolding

Entertainment Sponsorship:

The Peterson Family

ARTE Heating

Bollard Installation Essex

Programme Sponsorship:

Kestrel Printing LTD

Table Fidget Sponsorship:

Prints Charming Southend

Table Sponsorship:

Wellbeing at Garon Park

DJ Therapy

Padel 4 all

Garons 5 aside

Norman Garon Trust, Garon Golf Complex

Kids Kingdom

Bestax

Blossoms SEND

Foxhie

Maxine

Eastwood Flooring LTD

Habsafe LTD

Old Southendian and Southchurch CC

The Hangout Venue

Sweet Cart Sponsorship:

Love All Balloons

The influx of interest we had to assist our event and sponsor an element was overwhelming, and we honestly are so thankful for everyone that considered it. There will be plenty of opportunities for next year's gala (yes, we are already planning ahead Saturday 22nd November 26), so if this is something you or your business would be interested in, please email :

chloelittleheroes.asd@gmail.com.

CHARITY GALA 2025 ~ SILENT AND LIVE AUCTION

As per every year, we have a silent and live auction. Primarily, this is for gala attendees only - however in the past we have opened the silent auction out to registered families of ours that would like to bid on something but cannot make the event. How this works is:

Silent Auction (External Bids):

- Contact us via social media or email requesting a silent bid sheet
- Tell us how much you are willing to pay for however many items you are interested in
- Our team will manually complete a sheet for you with your contact details
- This then gets added to our silent-auction box prior to the evening
- At the gala, our team will collect any further bid sheets and go through to find who is the highest bidder for each item
- The winner will be contacted and informed how to redeem their prize

And it really is as simple as that!

Some of this year's silent auction lots are...

Lot 1: A family photoshoot, courtesy of 'Pauls Studios'

Lot 2: Complimentary Signature Experience for Two at 'Oblix', The Shard, London

Lot 3: Voucher for 4 guests to SENSAS London (a unique multi-sensory experience)

Lot 4: Private hire of our Studio Room

(Valid for 1 year - 1/1/2026, must work around term-time sessions)

Lot 5: Private hire of our Soft Play/Sensory Room

(Valid for 1 year - 1/1/2026, must work around term-time sessions)

...and this is just a few! For more information, please get in contact with our team and keep an eye on our social media posts!

Last external silent auction bids will be accepted until Thursday 20th November 2025.

Live Auction:

Our live auction is exclusively for gala attendees only, meaning a few lucky people will be walking away with some amazing prizes! Once it is gone, it is gone!

A few examples of items we have up for grabs this year are...

Lot 1: Signed Frank Bruno Boxing Glove (with stand) and certificate of authentication

Lot 2: Signed Peter Shilton photograph (framed) with certificate of authentication

Lot 3: Signed Declan Rice Shirt (framed) with certificate of authentication

Lot 4: Signed Phil Foden England shirt (framed) with photographic proof and text-message authentication)

Be sure to bring your bidding-boots as this is sure to be a lively one! Prizes will be shown via our social media platforms in the lead up, so be sure to keep an eye out!

As always, all funds made from the gala evening will be going straight back to the charity to keep us a-float and able to provide the support that is needed within the local area.

PRESCHOOL STAY AND PLAY SESSIONS

These are sessions aimed at families of children with autism (no need for an official diagnosis, the parent or carer just needs to have a gut feeling), who has a preschool child at home and would find it challenging attending a parent/ carer support session due to these being adult only sessions. The child that you bring to session can be a sibling of your child with needs, we are all about supporting the whole family and work tirelessly to remove barriers.

ENABLING FAMILIES OF CHILDREN WITH AUTISM, OFFICIAL DIAGNOSIS IS NOT REQUIRED



MONDAY & WEDNESDAY STAY AND PLAY SESSIONS



NEWS

We have been working with Jigsaw to secure dates where a member of their team will be present and on hand to assist preschool families during session. This gives you the opportunity to obtain support and information without having to wait for an appointment!



A SESSION DEDICATED TO OUR LITTLE HEROES AGED 5 AND UNDER
DURING TERM TIME.

THIS SESSION ENCOURAGES CHILDREN TO EXPLORE THE PLAYROOM AND SENSORY
AREA, WHILST THEIR PARENTS/CARERS CAN CHAT WITH OTHERS AND ACCESS
SUPPORT FROM OUR STAFF AND VOLUNTEERS.

THIS SESSION WORKS CLOSELY WITH PROFESSIONALS AND OUTSIDE SERVICES.



PARENT/CARER SUPERVISION IS REQUIRED AT ALL TIMES.
BOOKING IS ESSENTIAL.



THIS WEEK'S COFFEE AND CRAFT ACTIVITY...

LITTLE HEROES ASD SUPPORT GROUP



Coffee & Craft WORKSHOPS



CHRISTMAS CANDLE HOLDERS

Bookings to be made
directly with the Little
Heroes team.

THURSDAY 6TH NOVEMBER 2025
10AM-12PM



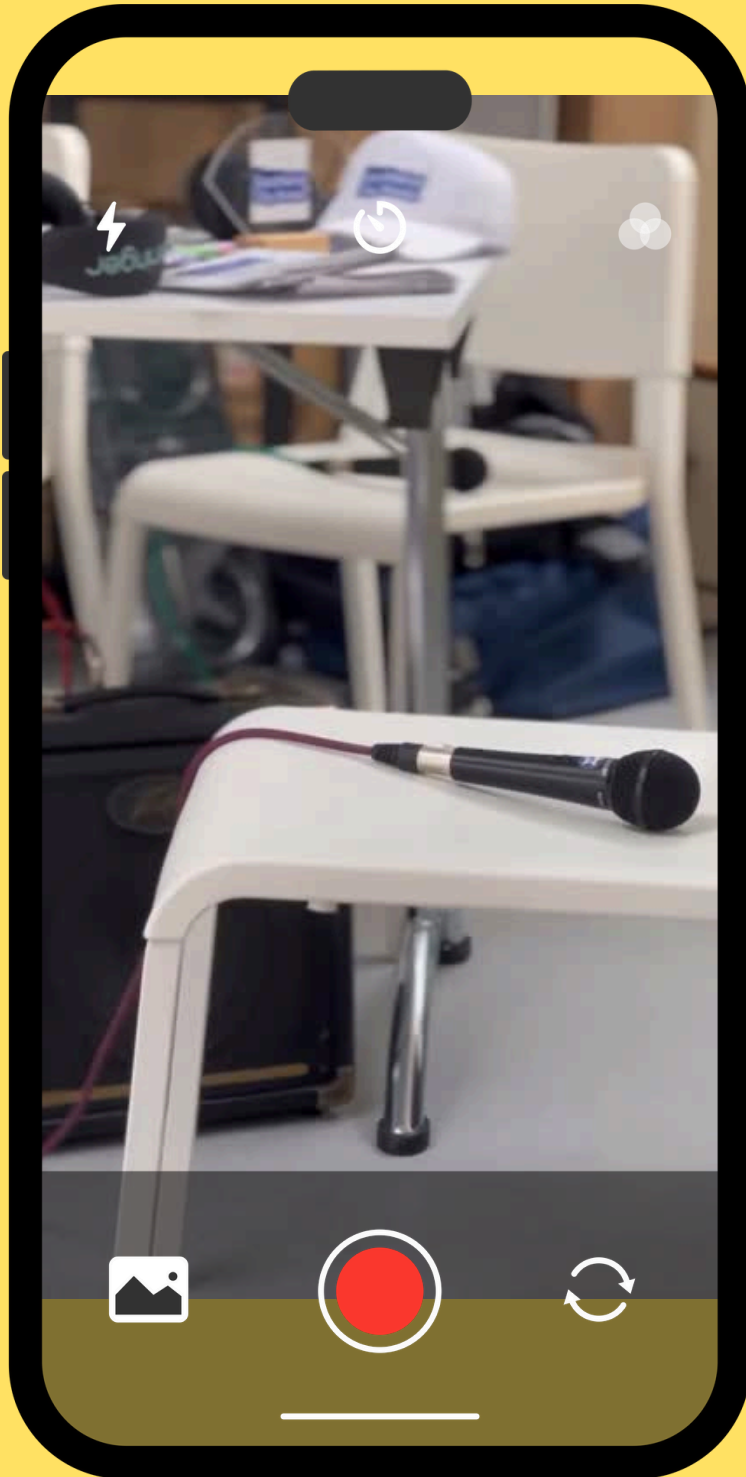
£5.00 CONTRIBUTION
PER PERSON

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

LITTLE HEROES TAKES OVER SOUTHEND CITY RADIO.



Be sure to tune in
on Thursday 6th
November, from
10:00am! Our little
heroes are taking over
the radio with
discussions,
interviews,
shout outs
and song requests!

A HUGE thank you to the
team
at Southend City Radio
for making this possible...
Never Say Never!



UPCOMING FUNDRAISING OPPORTUNITIES...

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 raffle ticket)

Please note: This is only for 18yrs +

FOR MORE INFORMATION OR TO SECURE A STALL
PLEASE EMAIL: BOOKINGSLITTLEHEROES.ASD@GMAIL.COM.
TO PURCHASE TICKETS PLEASE VISIT:
<https://bookwhen.com/littleheroesasd#focus=ev-s7g2-20251107190000>

NEXT FRIDAY!

If you're free and fancy a night out, why not come along to our upcoming pamper evening? Have a mooch at our stalls, and why not treat yourself to a mini pamper treatment (subject to availability...if this is something you are interested in we recommend booking your ticket and contacting our team as soon as possible!)

Tickets can be purchased via bookwhen.

WHATS INVOLVED IN THE PAMPER EVENING?



Little Heroes ASD Support Group

Pamper & Christmas Shopping Evening

Friday 7th November

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

STALLS:
Crystals on Sea
Avon
Precious Cakes With Love
Louisa's Luxurious Home Scents
Prints Charming Southend
Indigo Elephant (Ladies Fashion/Accessories)
Bored Monkey UK
Chamber of Chocolates
Lilli-Lous Book Corner
Sophie Makes
Tropics with Mrs K
Claire's Creations

REFRESHMENTS:
Coffee Mama - Hot & Cold Drinks
The daily slice - pizza



Little Heroes ASD Support Group

Pamper & Christmas Shopping Evening

Friday 7th November

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

TREATMENTS:
Emma Caroline - Indian Head, Neck & Shoulder, Hand & Arm massages - £5 for 15 minutes
Rebecca Danyali - Hand reflexology £10.00 for 20 Minutes, Tarot boxes £6 Each or 2 for £10
Genny Saprio - Clairvoyant reading - £35 for 20 minutes
Tropics with Mrs K - Mini facials & tropic products - £5 for 10 Minutes
TJ's Beauty Lounge - Hand Exfoliation, Head Massage - £5 for 10 minutes each
Nail Art (On both ring fingers) - £5 for 10 minutes
LED Treatment - £10 for 10 minutes
Aura Beauty - Brow /Eyelash Tint £5 for 15 minutes Brow Wax £8, Brow Wax & Tint £13 for 20 Minutes
Sole Harmony Wellness - Face, Hand & Foot Reflexology - All £10 for 10 Minutes

All of the above will be appointment only. Staff will be arranging and monitoring the bookings

Book your spaces via www.bookwhen.com/littleheroesasd and contact us with the details of treatments you would like, we can then advise of the availability and give you appropriate time slots.

Friends and family are welcome, but this is adults only.
Act fast before slots are full!

UPCOMING OPPORTUNITIES...



A poster for a Wreath Workshop. It features a green background with a pine branch and red berries in the top right and bottom left corners. At the top center is a circular logo with a superhero character and the text 'LITTLE HEROES 2020-2021'. The title 'Wreath Workshop' is written in a white cursive font. Below the title, the text describes the activity: '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.' The dates and times are 'Thursday 27th November 2025 10:00am-12:00pm or 7:00pm-9:00pm'. The prices are '£25.00 per person (registered Little Heroes parent/carer)' and '£45.00 per additional adult (non-registered Little Heroes parent/carer)'.


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)

As this is a wellbeing activity, we do ask that no children attend. Interest is being taken in hub, and those that put their name down on the priority noticeboard will be contacted first. Should any spaces remain, we will work our way through our interest sheet. You are welcome to bring friends and family.



A poster for Santa's Grotto. It features a dark blue background with a light blue cloud-like shape in the center. At the top center of the cloud is a circular logo with a superhero character and the text 'LITTLE HEROES 2020-2021'. The title 'SANTA'S GROTTO' is written in a blue serif font. Below the title, the dates 'Saturday 20th and Sunday 21st December' are written in a blue cursive font. The text describes the activity: 'JOIN US FOR A WEEKEND OF FESTIVE MAGIC – FROM BISCUIT DECORATING TO MEETING THE BIG MAN HIMSELF, THERE IS SO MUCH FUN IN STORE!'. The prices are '£5.00 PER CHILD, X1 FREE CARER PER CHILD. ADDITIONAL ADULTS £3.00 EACH'. A note says 'PLEASE NOTE : STAFF WILL ALLOCATE TIME SLOTS FOR FAMILIES NEARER THE TIME OF THE EVENT'. At the bottom, it says 'THIS ACTIVITY IS FOR REGISTERED FAMILIES ONLY'. There is a small illustration of a Christmas tree with a pink bow on the left and a circular stamp that says 'SANTA CLAUS STAMP OF APPROVAL' on the right.


SANTA'S GROTTO
Saturday 20th and Sunday 21st December

JOIN US FOR A WEEKEND OF FESTIVE MAGIC – FROM BISCUIT DECORATING TO MEETING THE BIG MAN HIMSELF, THERE IS SO MUCH FUN IN STORE!

£5.00 PER CHILD, X1 FREE CARER PER CHILD.
ADDITIONAL ADULTS £3.00 EACH

PLEASE NOTE : STAFF WILL ALLOCATE TIME SLOTS FOR FAMILIES NEARER THE TIME OF THE EVENT

THIS ACTIVITY IS FOR REGISTERED FAMILIES ONLY



Please note - interest for this is ONLY being taken in hub. You MUST be a registered, active family with us to be allocated spaces.

Staff will allocate time slots, therefore please do not message to request.

Please bare with our team, as we work through our interest sheet.

NEW OPPORTUNITIES

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!



Free

Over the past couple of years we have offered Zumba classes, however via many conversations with a vast range of parents and carers, we have identified the need to change the activity. Therefore going forward we will be offering walk and talks rather than Zumba. These will be delivered by one of our team members and a volunteer and will give you the option to join even if you have a child with you (we recommend they are in a buggy as the pace may be too fast for their little legs). These will be Tuesday mornings and will last for approx 90 minutes. For more information please get in contact or speak with our team.



WALK AND TALKS

Join us for a relaxed Walk & Talk session designed for parents and carers looking to boost their mental wellbeing in a calm, supportive space.

There's no pressure to share or participate in any particular way — just gentle conversation, fresh air, and a chance to connect with others who understand the ups and downs of caring for others. Whether you come to chat or simply enjoy the walk, you're welcome just as you are.

Children in buggies welcome.

To gauge an idea of numbers, we do ask that you book on via the online booking system.



PADEL...

LAST TWO OF THE YEAR WITH THANKS TO ACTIVE SOUTHEND

Wednesday 5th and Wednesday 19th November

4.30pm - 5.30pm

Don't delay, book today!!!



FIND YOUR ACTIVE SOUTHEND

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.



FREE



ESSEX



**ALL DISABILITIES
WELCOME
AGES 8-16**

**FREE INCLUSIVE
MULTI-SKILLS
CRICKET SESSIONS**

**WHEN:
EVERY Friday
5PM - 6PM**

**WHERE:
Southend Leisure and
Tennis Centre,
Garon Park
Eastern Ave,
Southend-on-Sea
SS2 4FA**



CONTACT:



BRADLEY DONOVAN



Bradley.Donovan@essexcricket.org.uk



REGISTERED CHARITY
NUMBER 1167631

LORD'S TAVERNERS
Empowering young people through cricket

www.lordstaverners.org/super1s
Registered Charity No. 306054 | OSCR No. SCO46238

OPPORTUNITIES FOR NOVEMBER ONWARDS



EXTERNAL GUESTS-

- The Lighthouse Team
- Southend Healthwatch
- The Jigsaw Team
- The Carers First Team
- The Epilepsy Nurse for Children and Young People with Learning Disabilities and Autism

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-

- As we return after the half term our Christmas activities will be available to register interest via the priority noticeboard in hub.

These will include Wreath Making Workshops, Harry Potter World (Teen Titans), Our Santa's Grotto, Relaxed Panto and Our Private Session of Ice Skating!

You have to physically come in and participate in a hub session to be able to register interest, you cannot just pop by - these sessions are heavily subsidised and there are never enough spaces for everyone so this has to be fairly organised for those who participate and engage. If you are unsure as to what session suits the needs of your family most, just get in contact and we can assist.

If you have any suggestions for future activities please chat with one of our team.

We

Need

You



04/12/25



*Save the
Date!*

LHSG AGM 2025

WOULD YOU LIKE TO BE INVOLVED IN
MAKING A DIFFERENCE FOR FAMILIES
OF CHILDREN WITH AUTISM IN THE
LOCAL COMMUNITY?

COULD YOU FULFIL THE ROLE OF:

- A VOLUNTEER?
- A TRUSTEE?
- A SECRETARY?
- A TREASURER?
- A CHAIRPERSON?

Little Heroes ASD Support Group AGM 2025

Thursday 4th December 2025 @ 11am

For more information please speak to the team or email
littleheroes.asd@gmail.com

UPCOMING ACTIVITIES, SESSIONS AND GUESTS



Monday 3rd November 2025 - Stay and Play, with guest Amy from JIGSAW, 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 4th November 2025 - Counselling (Internal-bookings only) and Walk and Talk

Wednesday 4th November 2025 - Padel (ages 7+, bookings to be made via bookwhen)

Thursday 6th November 2025 - Coffee and Craft, 10:00am-12:00pm (Booking essential, book via bookwhen, adults only)

Thursday 6th November 2025 - Teen Titans with Bianca from JIGSAW, 4:30am-6:00pm
(Booking essential, parent supervision is required at all times)

Friday 7th November 2025 - Parent/Carer Support Session with guest Liz from Healthwatch, 10:00am-12:00pm (Drop-in, adults only)

Friday 7th November 2025 - Winter Pamper Evening, see pages 7 & 8

Saturday 8th November 2025 - Girls Club external activity

Saturday 8th November 2025 - Youth Club external activity

Monday 10th November 2025 - Stay and Play, 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 11th November 2025 - Counselling (Internal-bookings only) and Walk and Talk (Time TBC)

Wednesday 12th November 2025 - Stay and Play, 10:00am-12:00pm (Booking essential, parent supervision required at all times)

Thursday 13th November 2025 - Teen Titans with Friends and Places, 4:30am-6:00pm
(Booking essential, parent supervision is required at all times)

Friday 14th November 2025 - Parent/Carer Support Session with guest representative from Carers First

Monday 17th November 2025 - Stay and Play, 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 18th November 2025 - Counselling (Internal-bookings only) and walk and Talk (Time TBC)

Wednesday 19th November 2025 - Stay and Play with Little Song Birds and Amy from JIGSAW, 10:00am-12:00pm
(Booking essential, parent supervision required at all times)

Friday 21st November 2026 - NO FRIDAY SESSION

Saturday 22nd November 2025 - Annual Charity Gala

Monday 24th November 2025 - Stay and Play, 9:30am-11:30am (Booking essential, parent supervision required at all times)

Tuesday 25th November 2025 - Counselling (Internal-bookings only) and Walk and Talk (Time TBC)

Wednesday 26th November 2025 - Padel (ages 7+, bookings to be made via bookwhen)

Thursday 27th November 2025 - Wreath Workshops (AM and PM)

Friday 28th November 2025 - Parent/Carer Support Session with guest Sarah, epilepsy nurse for children and young people with learning disabilities and autism, 10:00am - 12:00pm Drop-in, adults only)

Saturday 29th November 2025 - Saturday Stay and Play external activity

SESSION PLANNER

2025 / 2026:



Weekly planner

Hub open Monday - Friday 9am to 3pm
Saturday 10am - 12noon.
During school holidays please contact
us directly as timings can change.



MONDAY
9.30AM - 11.30AM
Monday
Stay and Play
Session



TO BOOK YOUR PLACES SCAN BELOW
QR CODE OR VISIT...

WWW.BOOKWHEN.COM/LITTLEHEROESASD

LITTLE HEROES ASD SUPPORT HUB,
GARON COMMUNITY CENTRE,
GARON PARK,
SOUTHEND-ON-SEA
ESSEX
SS2 4FA

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 & 2ND THURSDAY
OF EACH MONTH
4.30PM - 6PM

A SOCIAL ACTIVITY ON THE 3RD THURSDAY OF EACH MONTH

TIFENS


"as little heroes transition to big heroes"



FRIDAY
10AM - 12NOON

**Parent/ Carer
Support Session**

Meet professionals and services.
Ask questions that you may find difficult to ask elsewhere.
Build up supportive friendships.



**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**



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

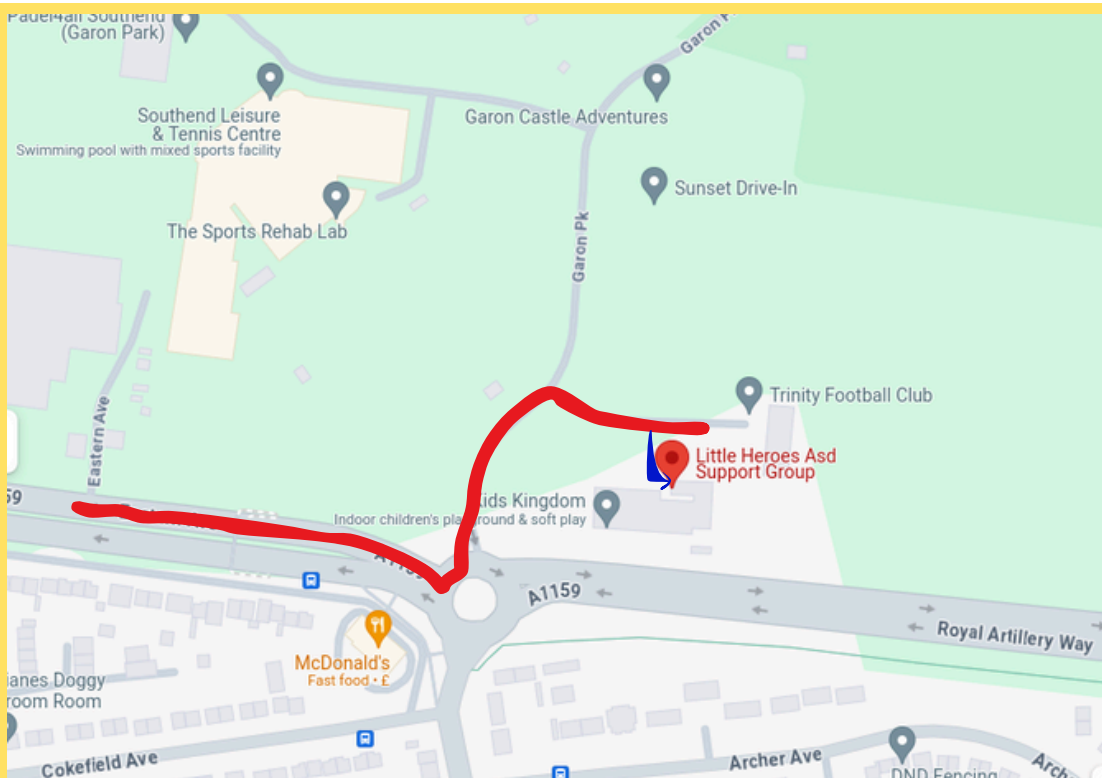
-Take the FIRST RIGHT as though you are going into the Kids Kingdom car park, but instead of taking an immediate right, you want to head straight towards the dead end

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

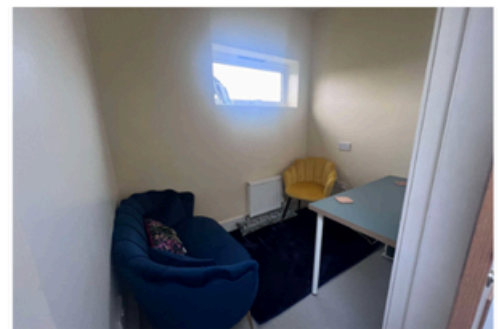
Rooms Available To Hire:



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