

COMMUNITY UPDATE, SEPTEMBER 2025 LITTLE HEROES ASD SUPPORT GROUP



Just like that, the summer holidays have come to an end. We have had a great summer making memories with our families and those that we support.

This summer saw a new session focused on those aged 7+, 'Forest of Feelings'.

The aim of this session was to help those older heroes understand the different types of emotions and feelings, whilst looking at them in a fun, engaging way. It is safe to say this was a success with those that took part.

Watch this space for when this is next up and running!

Each week of the summer holidays, we had 3 activities running. This was to ensure every age range was covered and had something fun to look forward to. from Rollacity to Kingsdown Soft Play, our weekly hub picnics to seal watching and Canalability, it is safe to say summer was jam-packed!

Whilst our team get settled back into the typical-working week routine, we want to take a moment to wish you all good luck on the next few weeks - whether it be returning to work, starting nursery, starting primary school, starting secondary school, starting your home-ed journey...whatever it may be, you've got this!

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





GOOD LUCK



**With lots of changes for
all of our heroes we wish
you and your families the
best of luck and remember
what we always say
“Never Say Never”.**



OPPORTUNITIES FOR SEPTEMBER ONWARDS



UPCOMING WORKSHOPS -

- SENDIASS Q&A / Workshop
- Mental Health - Self Harm (Evening)
- Toileting

EXTERNAL GUESTS-

- The Lighthouse 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-

- As of September, our October half-term activities will be 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.

UPCOMING FUNDRAISING OPPORTUNITIES...



The poster for the Psychic Night Fundraiser features a dark purple background with a pattern of white stars, crescent moons, and swirling lines. At the top, the title 'PSYCHIC NIGHT FUNDRAISER' is written in a bold, black, serif font. On either side of the title are illustrations of hands in a palmistry position, with small stars and symbols floating between them. Below the title, the text describes the event, the date and time, and the ticket prices.

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')



The poster for the Pamper Evening features a dark blue background with a pattern of white stars and floral motifs. At the top, the title 'Pamper Evening' is written in a large, white, cursive font. Below the title, the text describes the event, the date and time, the location, and the ticket price. At the bottom, there is a 'Please note' section and contact information for more details.

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: BOOKINGSLITTLEHEROES.ASD@GMAIL.COM.
TO PURCHASE TICKETS PLEASE VISIT:
<https://bookwhen.com/littleheroesasd#focus=ev-s7g2-20251107190000>

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!

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, HOWEVER PRIORITY IS GIVEN TO THOSE WHO ARE ACTIVE IN FACE TO FACE SESSIONS.



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**



DADS SOCIAL - MONTHLY



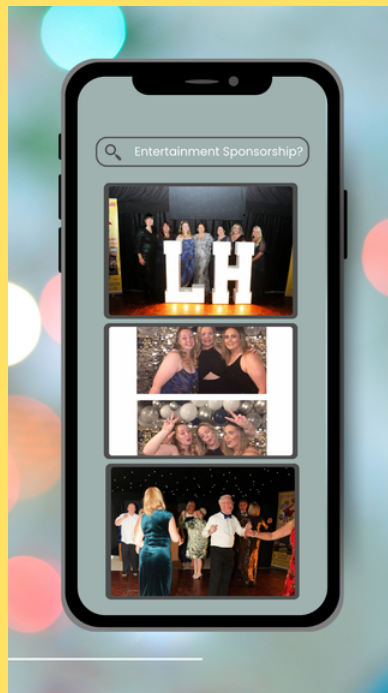
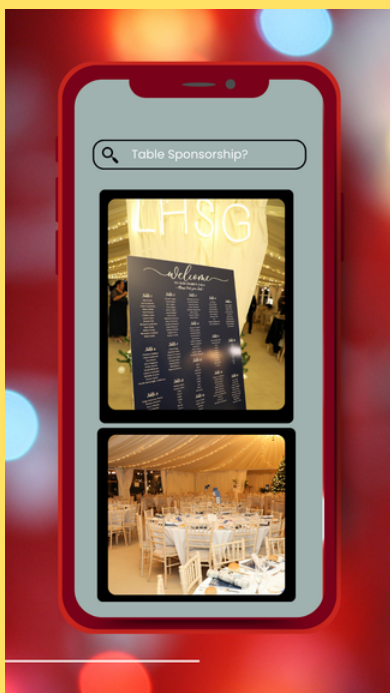
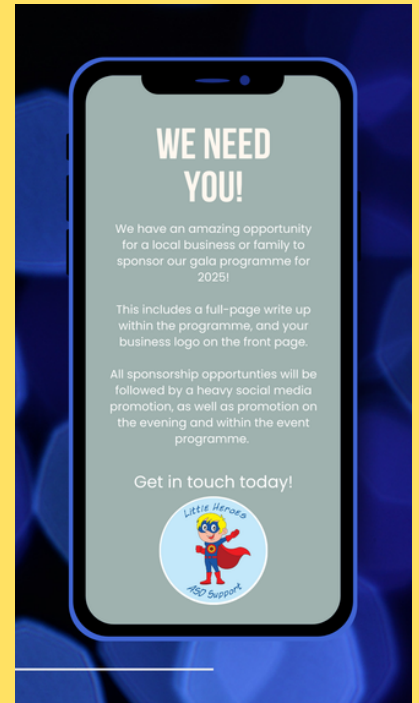
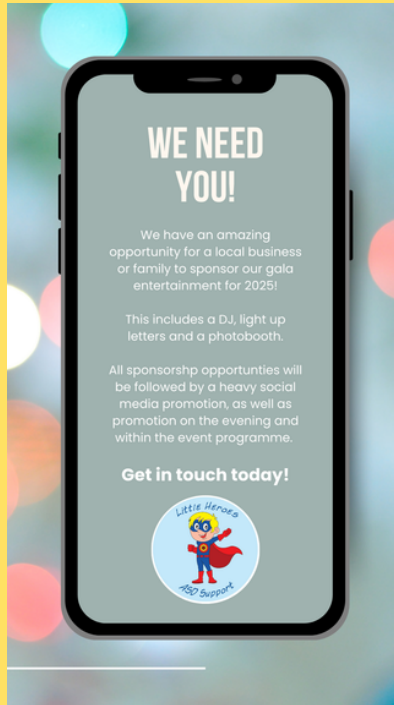
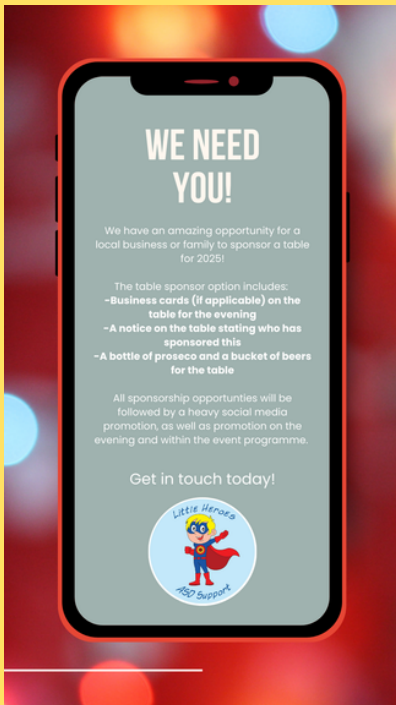
We are happy to announce that our 'Dads Social Club' is such a success. From meals out to Boom Battle Bar evenings there is something for everyone. For the next few sessions, we will be looking at how we can incorporate our 'Dads Social' events to help out with jobs around the hub (such as building our 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

SUPPORT REQUIRED:





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

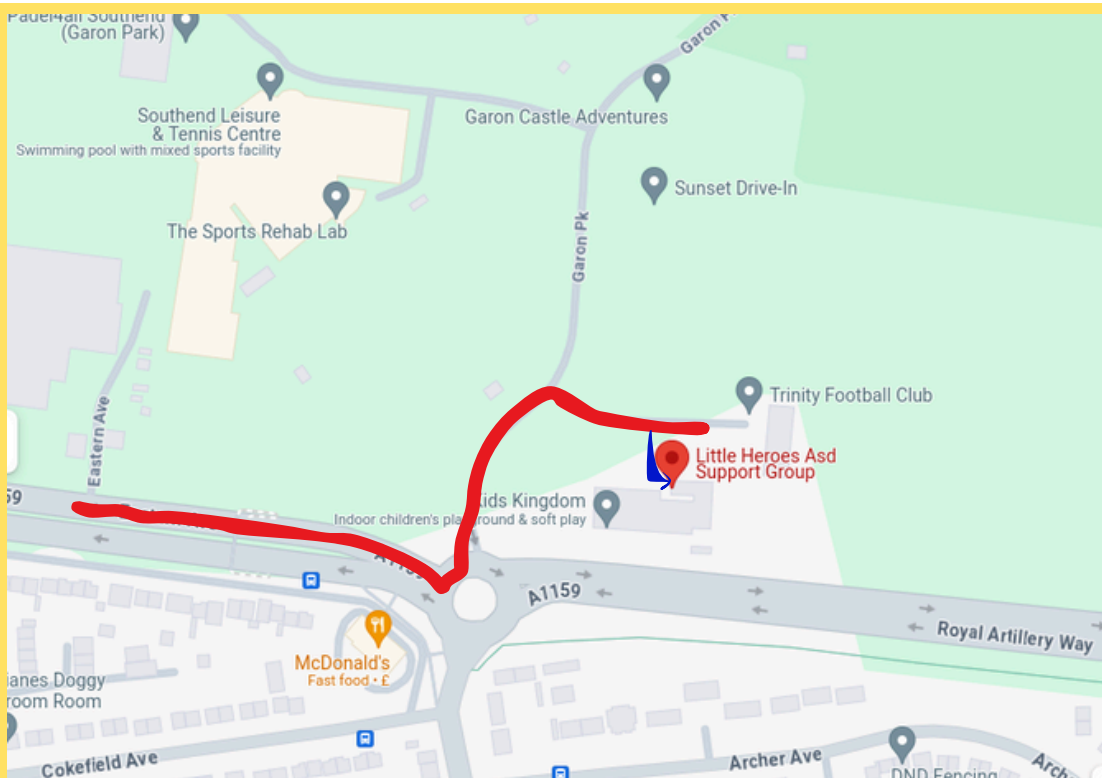
-Take the FIRST RIGHT as though you are going into the Kids Kingdom car park, but instead of taking an immediate right, you want to head straight towards the dead end

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

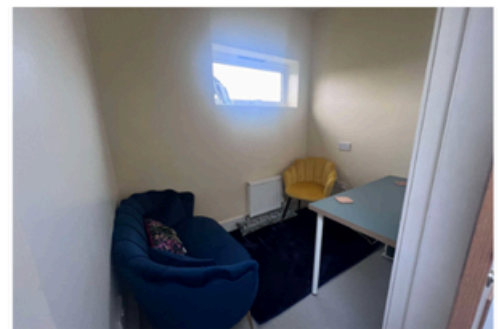
Rooms Available To Hire:



Studio



Middle Room



Small Consultation Room

☎ 07379897947



bookingslittleheroes.asd@gmail.com



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