



<p><u>Autism Surgery Dates</u></p> <ul style="list-style-type: none"> <li>• HACS Centre   10 am   WED 01.11.23</li> <li>• Virtual   10 am   WED 15.11.23</li> <li>• Virtual   6:30 pm   WED 15.11.23</li> <li>• Virtual   10 am   WED 06.12.23</li> </ul>	<p>The surgeries are your chance to find out about our services, meet other parents/carers, seek advice about issues currently affecting you.</p> <p>Interactive Meetings</p> <p>Members, non-members, and Professionals</p>
<p><u>Coffee Morning Dates</u></p> <ul style="list-style-type: none"> <li>• HACS Resource Centre   10 AM   08.11.23</li> <li>• HACS Resource Centre   10 AM   13.12.23</li> </ul>	<p>This is a chance for parents/carers to meet up in a relaxed atmosphere, enjoy tea or coffee and a sweet treat alongside our Family Support Team and access up-to-date information about what's going on both at HACS and locally.</p>
<p><u>Glitz &amp; Glam</u></p> <p>Date: Saturday 18th November 2023 Time: 7:30 PM - 1am Location: McGovern Park, 315-384 W End Rd, Ruislip HA4 6QX RSVP to <a href="mailto:enquiries@hacs.org.uk">enquiries@hacs.org.uk</a> 020 8606 6780</p>	<p>We are delighted to share an invite to our annual fundraiser Glitz and Glam, dance the night away while raising funds to support essential HACS services. Ticket includes complimentary welcome drink and buffet.</p> <p>Live Music from The Sing Out Sisters   Casino   Auction   Raffle</p> <p>Tickets: £40</p>
<p><u>HACS Winter Coach Trip to Brighton</u></p> <p>Date: Saturday 25<sup>th</sup> November 2023 Ticket Price: £30 RSVP to <a href="mailto:enquiries@hacs.org.uk">enquiries@hacs.org.uk</a> 020 8606 6780</p>	<p>This year we are headed to Brighton to enjoy the lanes and festive Christmas market. Brighton offers some of the best shopping on the South coast. Once again St Peter's Church Plaza will play host to a German style Christmas Market where you can browse beautiful wooden stalls selling a selection of delicious food and gifts.</p>
<p><u>Behaviour &amp; Anxiety Support Meetings</u></p> <ul style="list-style-type: none"> <li>• Virtual   10 am   Thu 09.11.23</li> <li>• Virtual   10 am   Thu 14.12.23</li> </ul>	<p>MEMBERS ONLY - For parents, carers &amp; professionals who are supporting an autistic person who are seeking advice around behaviour.</p>
<p><u>Give Space, HACS Creative Arts Group</u></p> <p>Dates: Wednesday November 8<sup>th</sup>   15<sup>th</sup> Nov   22<sup>nd</sup> Nov   29<sup>th</sup>   6<sup>th</sup> Dec   13<sup>th</sup> Dec   10<sup>th</sup> Jan   17<sup>th</sup> Jan   24<sup>th</sup> Jan 2024   31<sup>st</sup> Jan 2024 Time: 6pm – 7pm Location: HACS Resource Centre</p>	<p>Give Space will be offering a series of 10 wellbeing workshops for autistic adults (25 yrs+) at HACS beginning Wednesday 8th November from 6pm-7pm. This workshop will be run by two mental health practitioners Becci &amp; Rachel.</p>
<p><u>Adult Autism Learning Webinar (18yrs+)</u></p> <p>Dates: Monday 6th Nov   13th Nov   20th Nov   27th Nov   4th Dec   11th Dec   18th Dec   8th Jan   15th Jan Time: 6pm-7pm Location: Virtual Zoom Meeting</p>	<p>A series of 9 interactive webinars for autistic adults (18yrs+, Hillingdon &amp; Ealing residents) who have recently been diagnosed to support them to understand their diagnosis. The programme covers topics such as the four key areas of difference in autism, clarifying misinformation, and will provide information on what financial, medical, and social support is available upon receiving a diagnosis</p>

Bookings can be made online via our website <https://www.hacs.org.uk/what-s-on>

HILLINGDON AUTISTIC CARE AND SUPPORT LIMITED 1183576