

January 2021: Information Flyer for Families

Appeer Community Interest Company was set up to benefit girls and women with an **Autism Spectrum Condition (ASC) and other neurodiverse conditions** and those around them (including their families and professionals).

We offer **peer group activities** and social interest-based sessions for **girls and young women** with an ASC (and other neurodiverse conditions) and their **parents/carers**. Currently these are online due to the pandemic, but we also run real life groups and events in **Surrey** and beyond.

Girls' Online Sessions in January 2021 We have lots going on in January - please think about booking early to ensure you receive resources on time.



Sessions coming up * Scrapbooks and memory books * Dinosaurs and Jurassic Park * Disney Lego Build * Apron Decorating and Scone Making * Horses * Movies and Movie Makeup * Forest School Flowers & Weaving Session* [Click here to book on Eventbrite](#)

Online Parent/Carer Sessions Appeer offers support to parents and carers - we are running a programme of talks and social support groups on Zoom during the pandemic.



Our upcoming parent/carer sessions include **Food Issues** on 21st January at 8pm, **Suicide Prevention** on 29th January at 10am and **Sleep** on February 23rd at 10am. We record all sessions so if you can't make the "live" time please book on anyway and we will send you the video and resources after the event. [Click here to book on Eventbrite](#)

Teens - 'Making Connections'

Thanks to a grant from Central Surrey Voluntary Action we are developing 6 online hobby-based workshops for autistic teenage girls in Surrey, to be delivered between December and March. We know how hard it is to find support for our teens and look forward to providing a space for them to connect and share interests.



The grant aims to reduce social isolation, build skills, share knowledge in areas of interest and increase confidence in the use of digital technology. [Click to find out more https://www.appeer.org.uk/](https://www.appeer.org.uk/)

Please email us to join our mailing list – jo@appeer.org.uk

www.appeer.org.uk