

SATURDAY 9TH MARCH 2024

With Lavinia Dowling

INTERNATIONAL WOMEN'S DAY

This week saw Thursday being International Women's Day. The theme was to 'inspire' and of 'inclusion'. Caroline Stevens is Chief Executive Officer (CEO) of The National Autistic Society and she wanted to encourage people through LinkedIn to consider recognition of girls and women who have to work that much harder than men because of their Autistic challenges, as well fighting to have their voices heard and included. From time to time, our clients return, either because of a sibling also struggling at school, but also for themselves. The Emotional Blueprint reminds us that if our children are neurodiverse, then probably the parents and the Grandparents. Some young people find it a relief when a parent comes back with similar presentation, as then it is not just them being deemed the issue. I, naturally, find it incredibly interesting when I am screening the parents because of the genetic blueprint being handed down through the generations.



When I think of the women surrounding me that continue to inspire me with TMW cic and EPS Ltd, I feel very blessed and fortunate to have such an amazing team around me. My huge thanks to Ginny Dix, Katie McMaster, Wendy Ford, Yasmin Alexandria, and Ellie Matthews.





SCREENING YOUNG PEOPLE

Simon Fraser is a Counsellor and writes in academic journals. I was struck by a photograph of women waving banners lobbying for education for SEN children. Simon links back to the fact that his clients do not wish to be 'changed' or 'cured' through talking or prescribed therapy. Rather, they wish to be themselves, accepted for their neurodiverse presentation, and, most importantly, listened to. In the main, it is the Mums who are the chief carers and Advocates, fighting hard to be listened to by the educational and healthcare system. For a few of these women are subjected to being investigated and accused of Fabricating Induced Illness (FII) around their child. It is a tiny percentage who might do this, but there is a greater percentage who become mentally unwell because of what they have been subjected to - firstly by the child who becomes a major worry, and secondly battling to get the help they feel their child needs, that they become blindsided out of fear. They are still a very small percentage. When I am screening young people, I am also trying to get a sense of what kind of overall support does this family need, because unlike most organizations, we are here to support the whole family as much as we can. Mums, in the main, attend all the meetings, do lots of reading around the subjects, and try to relay to the family strategies to implement.....on top of all their other commitments.

SUPPORT AROUND NEURODIVERSITY

Natalie Bennett is an MP lobbying for greater support around neurodiversity. Two weeks ago, she managed to secure a hearing in parliament to talk about her concerns gleaned from her constituents. Ellie spent a fair amount of time this week going through the 4.5 hr transcript, and, unsurprisingly, the same themes are coming up about schools lack of provision around mental health and wellbeing, as well as the way we treat our children does not prepare them for the real world as adults



Further, the Victorian austerity around being seen and not heard, with demands, and sanctions if not completed or done in a way that has been devised shows how outdated the education system is. In short, children have very few rights and are treated with little respect. I know Ellie plans to do a further blog on this.

TMW'S NEW LOOK

Yasmin revamped our TMW cic website. We also now have a donation button, which we know works, as well as a shop where you can buy a bear as a way of helping us fundraise. There is also a photo gallery of all things purchased that has helped us raise money through Easy Fundraising. I would, naturally, encourage you to consider have a nosey in the hope you might be tempted to help us continue with our fundraising. This money sits in a pot, and when an application is made to the NEDs, I am given (usually) authorization to withdraw money to support a family in need. Well, this week, we had a family who used the donation button and gave a large donation as a way of saying thank you! We are always touched by others kindness in helping others, but even more so with our community. So, to our donator family - thank you so much. Every single penny we raise can make such a difference.

MOTHER'S DAY

This weekend is rather timely, following International Women's Day, in that we take Sunday to celebrate Mothers Day in the UK. Mums, generally, do an awful lot to make their children's world smoother, as well as contribute to the financial pot in the household, as well as maintain their interests. It is often very hard for Mums to remind themselves of being themselves. But, as one Mum told me a few weeks back, the only place she feels she can be herself is with her children where she feels she can relax, be the comedian, and giggle infectiously.



To all our Mums out there with their SEN children, enjoy your Sunday! Especially as we acknowledge the colossal amount of work you do, the never ending advocating and fighting of your children's needs, and the huge amount of love for your children you have that makes you so determined to fight to give them a better future.

We salute you!

Lavinia



TO Be Myself Wellness Journal £10.50
 To get your own copy email us at info@the-m-wordcic.co.uk

Unweiling the Mask

NOT JUST SUPER HEROES WEAR A MASK - PLENTY OF WOMEN DO TOO.

#AUTISMINWOMEN #ADHDINWOMEN

MANY WOMEN HAVE TO PUT ON THEIR MASKS TO BE THE WARRIOR, THE ADVOCATOR, THE PROTECTOR. BUT THEY ALSO PROVIDE THE SAFE SPACE, COMFORT ZONE, PUNCH BAG. DO YOU CONSIDER THAT, WITHOUT THE MASK, YOU DISPLAY TRAITS OF AUTISM AND/OR ADHD?

TICKETS COST 7:50 PER SESSION. STARTS 20:15 TO 21:45 FORTNIGHTLY ON THURSDAY THE 16TH OF FEBRUARY. PLEASE PURCHASE YOUR TICKETS THROUGH INFO@THE-M-WORDCIC.CO.UK

Children's Mental Health Week
 6-12 February 2023

Children's Mental Health Awareness week.
 Keep an eye out for The M Word's remix of 'Monday's Child'

£7.50 per session from 20:15-21:45 starting Feb 16th