

# FRIDAY 24TH MARCH 2023

*With Lavinia Donling*

## VARIETY IS THE SPICE OF LIFE

This week has been very varied indeed! On Monday I attended the Scottish Party listening to a variety of speakers about Autism - some of the speakers are neuro diverse themselves. On Tuesday I was writing a medical letter for a family actually requested by the Local Authority given the absence of CAMHS, who very often are unable to help due to lack of resources and services when it comes to Autism and Mental Health. On Wednesday and Thursday I was reviewing clients - face to face and reports. I love this opportunity as it allows us to look back and see the progress. I normally see clients weekly and then progress to fortnightly and then sometimes every 3 or 4 weeks. We then review three months later, and if this is successful, I might see again in 6 months before final discharge. I love clients discharging me when



It they have made so much progress as it is just further validation they are in control and going at their pace, rather than them being restricted to the 'six sessions and then discharge' which is a standard with statutory services. Friday mornings are spent talking on Ferndale Community radio all things around Mental Health. We were 45 in the radio shows talking Mental Health league table, but have gone up the league to 36, so Steve, the Radio Manager, is very happy.

## WORLD AUTISM ACCEPTANCE WEEK

I told you a few weeks back we were commissioned to write a piece from Havas in partnership with Ambitious about Autism. They will be launching it this week in celebrating World Autism Acceptance week. We chose this week to do our first road show heading north.

*The M Word cic  
is back on tour!*



Windermere --- Edinburgh  
Durham --- Leeds



We will be driving through Cumbria and Lancashire before we get to our temporary accommodation in Edinburgh! We will be doing our normal clinic over zoom on Tuesday. On Tuesday evening we will be meeting our Scottish Non Executive Director, Wendy, in person for the first time, which will probably feel very strange having got to know her over zoom. Then on Wednesday we will in Cameron Toll shopping mall meeting hopefully lots of new people raising awareness of TMW, which I am really looking forward to. Then we head down south to Sunderland and Durham for Wednesday evening and Thursday. On Friday we will be in Leeds, where we hope to be meeting West Yorkshire ADHD charity face to face and others before we head home.

Have a lovely weekend, everyone! Don't forget to put your clocks forward on Saturday night as we step forward into Summer!!!

*Lavinia*