

# ASSERT NEWSLETTER

We're back with what's happening at Assert

Welcome to the Assert newsletter! We are pleased to publish our November edition of the newsletter. This newsletter contains information about how our staff are providing support through different services, our upcoming activities and events and member stories. We hope you enjoy reading it, as much as we did writing it!



## One day to make a difference in the world: Giving Tuesday

This year on '**Giving Tuesday**', help Assert fundraise for autistic adults in Brighton and Hove.

### **What is Giving Tuesday?**

Giving Tuesday is observed on the Tuesday after Black Friday and Cyber Monday, as the 'global day of giving'. This year, it falls on the **1st of December**. A day to celebrate and encourage giving, this day is an opportunity to make a meaningful impact in the lives of thousands of autistic adults in Brighton and Hove.

### **How can you participate?**

You can support Assert by donating money, hosting your own fundraiser, inspire and encourage your friends, colleagues and community to support our cause via your social media accounts and one-to-one conversations.

To know more about Giving Tuesday and how you can participate, please visit:

<https://www.givingtuesday.org.uk/individual/>

If you have any ideas/questions about how you can participate, please contact Sarah on [sarahb@assertbh.org.uk](mailto:sarahb@assertbh.org.uk).

# ORGANISATIONAL UPDATE

By Sarah Bourne

Hi everyone,

We are now in a new lockdown and the impact of this for everyone is really tough. Especially over the winter months. If there are any ways that Assert can reach out and offer support to you, please get in touch. The Assert team are very much still here for everyone.

We have had some great suggestions for a new name for the Assert newsletter. We have made a shortlist of 3 and wanted to ask you to vote for your favourite. These are:

- In the Loop**
- Assert Yourself**
- Assert Life**

Please submit your vote by the 1st December.

We would also like to ask for your help. Our Intern, Prachi has been putting together the newsletter for the last few months. But longer term we would really appreciate the help of a volunteer who could support with this. Prachi has developed a template that can be re-used and we use Canva for this. Would you be able to volunteer between 2-5 hours a month to work on the Assert newsletter? Please get in touch if so.  
[sarahb@assertbh.org.uk](mailto:sarahb@assertbh.org.uk).

# AUTISM SUPPORT

By Maria Riaza

Hi everyone, We continue to welcome new clients to Assert every week. The registrations are being made via Zoom meetings due to Covid restrictions. I am also offering remote 1-1 support. This could be getting advice, guidance and signposting around Autistic Spectrum Condition (ASC), help with any specific needs/issues or ASC related support. This is task-focused and can be one or two sessions per case. Emotional and practical support is also provided. Please get in touch on  
[assert.bh@assertbh.org.uk](mailto:assert.bh@assertbh.org.uk)

# WELLBEING CLUB

By Jenna Dadak

Hello, I am continuing to offer Support Sessions via either the telephone or Zoom. During the sessions we will work together to break down either a goal you'd like to achieve or an issue you're experiencing. Each client will have 7 hours available which can be spread over 7 consecutive weeks. Coffee Club is a social event run on the 2nd & 4th Wednesday of the month, from 11am to 1pm. During the November lockdown, this will now be via Zoom. Active Club will also now be two remote activities on the 1st & 3rd Friday of November. Please email if you have any suggests on remote activities. Please contact me via email if you are interested in the Support Sessions, Coffee Club or Active Club on [jenna@assertbh.org.uk](mailto:jenna@assertbh.org.uk).

# BENEFITS SERVICE

By Alex Little

Hi all,

The Benefits Service is continuing to offer full remote services via email, phone and Zoom. This includes support and advice around all benefits, which includes new claims, reviews and appeals, as well as 1-2-1 budgeting and money management. Our new Budgeting Guide can now be downloaded from our website on the Benefits Resources page. The service can also support you to apply for discretionary funding at this time. To find more information and website links to Brighton and Hove Council's additional support offers during this time you can find the latest Benefits Update from 8th November on the News page of our website.

Face to face appointments and assessments remain suspended by the DWP, but telephone and paper assessments are in place and going ahead. If you are invited to a phone assessment you are still allowed to have an advocate (a trusted friend or family member or a professional support worker), and the DWP do have the capability to dial another person in on the call if they can't be physically with you due to Covid-19 restrictions.

As always, if you have any questions or concerns about benefits or your money please get in touch with me at: **[benefits@assertbh.org.uk](mailto:benefits@assertbh.org.uk)**.

## LIFESKILLS-COURSES

By Julia Martinez



**Would you like to improve your cooking skills and learn how to cook for Wellbeing? Assert & The Community Kitchen will be offering cookery sessions in the New Year!**



What we eat affects how we feel, and our moods can affect what we choose to eat. Improving your diet can help to improve mood, increase energy levels and help you think more clearly. Experienced cookery teacher Charlotte Fuller demystifies those confusing healthy eating messages, giving you simple tips to help you eat better. We will share quick, tasty recipes that can easily fit into any lifestyle. In just a few hours you will create, taste and takeaway:

- snacks – an omega packed quick and easy dip and a healthy snack, with healthy fats
- smoothies – for when you need a nutritious boost but cooking feels too much
- salads – our favourite mood-boosting recipes for making tasty veg meals

Join us for a relaxing and friendly session and leave with new skills and inspiration!

If you want to find out more about the sessions and book a space, email [Julia-lifeskills@assertbh.org.uk](mailto:julia-lifeskills@assertbh.org.uk)

**\*Please note there will be limited spaces available.**

# ASSERT OPERATIONS

By Debbie Taylor

Hi everyone, I'm Debbie Taylor and I'm settling into my new role as Operations manager for Assert. I hope this newsletter finds you well, despite the colder, rainy weather. We are sadly still having to operate in these difficult and challenging times of the pandemic. I know all the staff team within Assert are doing a fantastic job of continuing to offer the high level of services and support it is noted for, while being required to deliver this remotely. I know this works well for many people, but not always for everyone. Please do let me know if you are someone who doesn't cope with the technology of Zoom and are feeling more isolated as a result. We are always looking to find better ways of keeping connection with you. My e-mail is [debbiet@assertbh.org.uk](mailto:debbiet@assertbh.org.uk)

## ASSERT PEER DISCUSSION GROUP (PDG)

Hi everyone, Maria and myself, want to let you know that the Assert Peer Discussion Group continues to be popular, operating weekly on a Friday, through Zoom. We had been exploring the possibility of being able to offer a monthly session back in the Conference room at Community Base, while continuing to offer the remote sessions via Zoom. This was in recognition that Zoom technology doesn't suit everyone. Sadly, due to the ongoing situation in the pandemic, we haven't been able to progress this at this time and it isn't looking likely that we can reconsider this position, during the winter months. We will as soon as it becomes safe to do so. We hope to see some of you in the coming months via Zoom. Look out for the weekly topic flyers sent out on Tuesdays via mailchimp.

## ASSERT PARENT, PARTNERS AND CARERS GROUP

Hi everyone, I hope you are well and coping in this further period of restrictions due to the pandemic. It had been hoped that we might have been able explore meeting up outside, but I think the weather had beaten us and the current restrictions definitely has. With this further period of restrictions and the unlikelihood of being able to consider meeting in-person throughout the winter months, Maria (Assert's Autism Support Advisor) and myself are starting to plan to offer a PPC get together via Zoom. I know this won't work for everyone, but some people have indicated they would now appreciate the connection with ourselves, but particularly with other parent, partners or carers. So watch this space and please do let us know if you would be interested in this.

**Maria, assert.bh@assertbh.org.uk or myself, debbiet@assertbh.org.uk.**



## JENNA'S WELLBEING COLUMN: COUCH TO 5K (AGAIN)

With another lockdown being announced this November, I have been thinking about how I am going to look after myself for the coming month. What good habits can I start now that will benefit me throughout the winter? What will be good for my body, and also my mind? Not that I had made many plans for the coming month, but now that I have had to cancel the one I had, it has left me feeling somewhat untethered. I know from the last lockdown, that I need structure and routine to feel secure when everything else feels uncertain. To create this for myself I have started the Couch to 5k (again).

The Couch to 5k is a running plan for beginners to build up to being able to run 5k without stopping. The plan breaks-down training into a 9-week programme. Each week incrementally increases the amount of running time and you repeat that run 3 times. These should be done on alternate days in order for your body to rest. Rest days are important to allow your joints to recover. On these days the NHS suggests doing their Strength and Flex exercise plan (also found on the website). The plan understands that structure is important for motivation so it is good to work out a routine for your week to incorporate both.

This may sound incredibly daunting. But the plan has been used by tens of thousands of people! I started last November and got to 5-week which I find comfortable and have therefore repeated over last winter. This year my goal is to continue to week 9! But I imagine this will take me longer than just 9 weeks... But from November, and throughout the winter, I plan on following the below routine:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run	Strength	Run	Strength	Rest	Run	Strength

Couch to 5k can either be downloaded as an app, individual podcasts, or you can follow the plan online.

### **Couch to 5k website:**

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

### **Strength and Flex website:**

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

### **Couch to 5k Podcast:**

<https://podcasts.apple.com/gb/podcast/nhs-couch-to-5k/id394384987>

## TOGETHER, WE CAN

Assert are still here for you. We want to hear from you about how we can help you and what you would find beneficial. Please get in touch if you have any ideas for new ways to connect with and support you. If you cannot access remote support, we may be able to offer you in person support. You would need to be able to give a reasonable explanation regarding why remote support is inaccessible to you. Assert have spent time ensuring that we can do limited in person support safely. This offer is subject to change due to requirements from the Government changing or staff availability altering.

### DONATE TO ASSERT: YOUR SUPPORT IS VITAL TO US



The pandemic has had a huge impact on the wellbeing of everyone. It's been a really difficult time and has required continued adaptation, changes to routines and different ways of working. It has also impacted on funding opportunities for Assert and the services we provide. We have lost funding for our Activities Coordinator position and it is impossible to fundraise for this in current circumstances. Supporting our clients is now more important than ever and we need your support to help us to continue to offer our services and support.

Donations to Assert are vital in keeping the charity operational and free at point of service. We are incredibly grateful for any donations received. You can donate to us through PayPal or the 'donate' button on our Facebook page. You could also make donations in cash, via cheque or bank transfer, host your own fundraiser or use the link below:

<https://www.paypal.com/uk/fundraiser/charity/2333838>

**FOR MORE INFORMATION AND REGULAR UPDATES, FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS:**



/ASSERTBANDH



@ASSERT\_BH

# NOVEMBER

## UPCOMING ACTIVITIES CALENDAR

**PEER DISCUSSION GROUP**  
EVERY FRIDAY, 5:30-7:00 PM  
VIA ZOOM

**COFFEE CLUB**  
WEDNESDAYS: 11TH AND 25TH NOV,  
9TH DEC  
FROM 11AM-1 PM, VIA ZOOM

**ACTIVE CLUB-REMOTE**  
FRIDAYS: 6TH AND 20TH NOV, 4TH  
DEC  
2PM ONWARDS

**Remote activities suggestions  
welcome.**

**PLEASE FEEL FREE TO  
CONTACT US VIA**

**Phone:** 01273 234 850  
01273 234 853  
**Email:** assert.bh@assertbh.org.uk  
**Web:** www.assertbh.org.uk

**Office Address:**  
Assert (B&H)  
Community Base  
113 Queens Road  
Brighton BN1 3XG

