

**W**elcome to this newsletter from Southwark's Autism Support Team. World Mental Health Day happened on Monday October 10 2022. The official theme is 'Make mental health and wellbeing for all a global priority'.

## Training

**We have courses for parents where children have a diagnosis of Autism. Click on the links below to register your interest in attending and someone from the team will contact you when a place is available. Some of these courses run online and some are in person.**

- [Next Steps](#) -for parents with children under 5
- [Cygnet](#) —for parents with children over 5
- [Puberty, sexual wellbeing and relationships](#) -for parents with children over 9

To be added to our newsletter mailing list or to contact the team

[AutismSupportTeam@southwark.gov.uk](mailto:AutismSupportTeam@southwark.gov.uk)



## Activities

As we come out of lock downs clubs and activities are opening up and more is available.

A list of Southwark Holiday play schemes can be found [here](#)

Holiday club for families in receipt of free school meals [here](#)

Physical activity clubs [here](#)

Performing and visual arts and music clubs [here](#)

After school, toddler and youth groups [here](#)

Social activities for young people ages 16-25 [here](#)

General culture and Heritage event on in October—including Black History Month [here](#)

## Mental Health

Autism is not a mental health problem. It's a developmental condition that affects how people see the world and interact with other people. Just like everyone else, autistic people can have good mental health. However, people with autism can experience mental health problems. According to Autistica 7 in 10 autistic people have a mental health condition such as anxiety, depression or OCD.

Southwark Mental Health support for young people with SEN [here](#)

National Autistic Society information regarding mental health [here](#)

Support for Siblings of children with SEN is available [here](#)

Information about Southwark's Child and Adolescent Mental Health Services (CAMHS) [here](#)

A course for parents to support child with their worries [here](#)