

Feedback from our Members

Adults ASC Feedback

Dec 2019

Anyway, thanks for all the help I have been given. I really genuinely appreciate it. Even if sometimes, I don't really appear to acknowledge it. I really do.

Oct 2020

In the 3 years since I found out I am autistic S4A has been invaluable to me. I feel very lucky that it is fairly nearby and would like to do more for S4A but don't feel able at the moment. I think I still have a long way to go in sorting myself out. However I'm OK financially for now so that contribution is no problem. I know it will be used well.

Nov 2020- Counselling

Thank you for getting back to me. That's sad news, I hope you are able to secure alternative funding. Damon has found the sessions really helpful, in his words "the only thing that's ever really helped me, and Jodie is such a lovely person.. the way she is really helps me to understand the DBT and to feel better"

Appointment Feedback

I just wanted to thank you so much for your time yesterday. You've given me so much to go on and made me realise there is some help and hope out there. In a world that can feel like a lot of closed doors and self-doubt, you were informative and supportive, thank you.

Thank you so much for your help today and for the follow up information I've already begun looking into ideas to adapt tonight's routine. I've told taryn what foods are good for her to have for super before bed I think she has said she likes the idea of oats in the form of porridge along with fruit. I think that's a good idea as porridge is a slow release si if she has porridge and a milky drink it might fill her up better and that in itself may help her settle. I'll shop around for a red/orange nightlight and taryn has said she'd like a nursery rhyme CD on low on repeat. So, I'll try those things weve started decorating a worry box and whilst she has her supper and settles, I'll get her to do her three positives of the day I've explained the pillow idea she has told me she would like to try this as she

misses me in the night and feels if she had my pillow shed be happier. Thank you so much I can't wait to do the sleep course now too and get more info on this

Thanks ever so much Nickie. I feel much more positive after our chat. I like to have new ideas to try so I am very grateful.

Please can you email the sensory checklist when you can, thank you.

We plan to make a start on our photo emotions book on Monday, Jack seems very excited which is fab!

I hope you had a lovely weekend, I just wanted to say thank you for your time with John and I last week, I found it very helpful. I am working my way through all the information you sent over and again thanks, it's sometimes hard to work out where to start.

CEAT Appointment- I just wanted to say many thanks for booking me in with the CEAT ladies earlier today. I came away feeling positive.

I discussed a lot of issues we are having, and they gave me lots of suggestions and ideas for ways to support my daughter. It was useful. I just thought that I would let you know.

Thanks again

OT Appointment- I just wanted to send a big THANK YOU for the OT sessions that you have organised. I have found it extremely difficult to try and get OT advice, especially that is specific to Cheshire East. I found my appointment today helpful, informative and left feeling positive.

Thank you very much. What a fabulous place Space 4 autism is. I would be lost without you and the support you provide for me and Jack.

Thank you so much Claire!! From the school problem the other year, to helping me with driving and now this, I honestly feel like you are my superhero! (I'm a little emotional, it's been quite a week or so)

I had to email just to say a massive THANK YOU.

The past weeks have been difficult (I know it's the same for everyone) but the past few days have been unbearable, such a struggle and to see my lovely boy finding things so hard has been extremely upsetting and a massive concern. I questioned how to move forwards, how to best help Jack and indeed what to do. In my mind I was also wondering why now, what's changed and questioning why my usual strategies weren't working.

This morning after another explosive outburst over nothing in particular I decided to call to your helpline. I am so pleased I did. Just hearing Nickie's soothing voice instantly calmed me. She listened and cared. I feel so much better, I can't really put into words just how much better and more

positive I feel. Nickie gave me practical advice and talked through the reasons why Jack may be feeling like this now. It was so good to bounce ideas around with her and I have a good action plan of what to do, try and talk about.

Nov 2020

Hi Nickie, I have made some real progress with things this week...The referral to the Creative Action Team has been done - by short breaks team with a reference to my SEND key worker (as she has ceased communication with me since I lodged tribunal) The young carers hub has found a counsellor for Jack and he's had his first session (amazing) and the CCG lady is liaising with CAMHS for the individual funding application. Whoop hooooo!! Finally, I feel like my knocking on doors has paid off!

Andy's (my hubby) had a few days off work this week which has been lovely for us all and Jack is a real daddy's boy, so it's been fantastic to see him so happy and hear his laughter.

Thanks for all your support and for listening to me Nickie, it is very much appreciated.

Apologies for the slightly late reply. Wow, that's a very accurate summary of everything we said. I'm impressed at the detail. Yes, I'm happy with everything, and I've put some of the things we talked about into action.

OT- Survey all done 😊 Honestly she was amazing to talk too and without her advice I would of been non the wiser about Zach's needs. He has just been diagnosed with dyspraxia and hypermobility and he now sees the OT's every 3 months for functional need assessments but without her chatting to me I would of been non the wiser and carried on struggling she was fantastic!

A huge thanks for sending all this through and for your thorough notes. We shall sit down together and go through them and the sensory checklist.

We found your help invaluable and were much relieved after speaking to you. It was like a breath of fresh air talking to someone who understood our difficulties.

We tried a couple of your suggestions last night and Angus did report sleeping better. We have decided to try and introduce things slowly which gives us chance to assess what might be cause and what effect. We will keep you posted.

Once again, we can't thank you enough Nickie.

Workshop Feedback

I wanted to thank Space for the opportunity to hear Ben talk about his experience of growing up with Aspergers, how it manifests itself and the impact that it has on family members and others. I found the presentation inspiring, I have seen a number of quite high profile speakers, but none that have touched me in quite the same way that Ben's did. Whilst I don't have any first-hand experience of coping with someone with Autism, I do have a son who has severe learning difficulties, and I could certainly draw some parallels between some of Ben's experiences and J's.. I can imagine that, as a family, you are a complete inspiration to other families where children have been diagnosed with Autism.

Jaqui – Touchpoint services

I just wanted to send you an email to say thank you very much for last night. Ben was incredible, an absolute credit to Space. I thought his presentation was absolutely fascinating and so articulate. Ben must have helped every parent in that room last night. He was so honest and open about his experiences, it was a pleasure to be in his company.

I know my sister was very moved by the evening, and my niece said to me on the way out that, she feels the same way about a lot of Ben's experiences and how they have mirrored her own to date. I know that the evening has been invaluable to them.

Adele – Edge Partners

Dear Ben, Thank you so so much for coming up to speak to our staff today. You are an inspiring person and I know that everyone really enjoyed your talk and learned a lot from it. You definitely have a talent for this and I feel privileged to have heard you speak.

Lynn – Open2Autism Macc Hospital

Just a quick thank you to Ben for a great evening, it was really informative and insightful, we hear from parents on a daily basis and it was really good to hear about daily life from Ben's perspective.

Helen – BIRD Charity

I am getting in touch to say how much I enjoyed Ben's talk last night. He was very articulate, engaging and witty. I came away from the meeting with much better insight and more determination to get through the EHCP process for my son. Please will you pass on my thanks to Ben for such a great job.

Lisa – Parent

July 2020

Great zoom meeting, really enjoyed it, proper eye opener..! Cheers Ben

Wow thank you so much for the opportunity to listen to Ben's talk on Autism and diet - it was so interesting and gave me a fantastic insight into the benefits of a good diet not just for the body but for the brain. Thank you for sharing your knowledge and experience with us, Ben and Cheryl.

I would be very interested in future talks especially if there is anything on Autism and puberty and Autism and sleep.

Many thanks,

I just wanted to drop a note to say could you please pass on huge thanks to Ben for me for tonight's session. Ben is really inspiring, incredibly informative and delivered the sessions so clearly, a true inspiration.

I would absolutely love to join his next presentation on Living with Autism to gain further insight, could you please let me know if and when this would be possible as I believe it could be really help me.

Thank you so much for the very informative talk, which Ben gave regarding Autism and Diet this evening. It gave me a much better understanding of the impact that diet can have on someone with Autism. I will certainly be buying some berries for my 5 year old who has Autism next time I am at the supermarket.

Many thanks for the link and for putting on the zoom call tonight.

All really useful info to pass on to our son and hope he'll take on board:-). Can you pass on our thanks to Ben for his time and passing on what he's learnt, very much appreciated.

Fab Zoom last night, great to meet Ben - awesome!

It worked really well, despite me taking ages to cook, as all 3 of our boys were eating in the kitchen at some point. Ben's presentation hit the spot for all of them in different ways... a little bit Brilliant to get Jen involved - she'd really struggle to make the time to GO to a meeting normally Be great to 'meet' Tom (?) at some stage Well done Mum / founder & CEO

Clubs Feedback

Dec 2019

I just wanted to say a big THANK YOU for arranging the session with Macc Town Football Club at the after school club this evening. It was brilliant! I do hope they visit again so or perhaps even do a regular session.

The football lads were so patient and caring with the children. They showed a good understanding of their needs and set clear boundaries but made the activities accessible; aimed and paced at the right level as well as great fun. Keeping the groups small worked really well.

My son often chooses not to participate and is demand avoident. He loved every minute and was not pressured to do anything so did everything and loved every minute. He asked if they are there again next week...that speaks volumes!

Thank you very much.

Thank you for your help and also the team it enabled us to enjoy a lovely afternoon

Feb 2020

Just a quick thank you. Noah came to the slime lab session on Saturday and he loved it. He never gets invited to parties so misses out on this kind of stuff. He's currently blowing a slime bubble as I type this.

He also talks about friends he has made at the sessions which is again something he rarely does.

Thank you for putting the sessions on and making a little boy feel included.

May 2020

Please can you thank the staff who ran this zoom session especially as it was a public holiday evening! Josh really enjoyed the quiz.

Thank you so much to Hayley, Kim, Halle and Amy for the Zoom quiz this evening. It was really fun, Oliver loved it and it was really visual so he was able to do it and stayed for the whole hour. He so enjoyed seeing everyone on screen.

Please thank the girls.

June 2020

I was with Oliver Fearon tonight while on his zoom call organised for the children/teens!

I have have to say I thought it was brilliant!!! I tried my best to stay out of it and I thought it was pitched at the right level, with clear simple instructions, lots of smiley and encouraging faces and lots of fun! Thank you very much for all the effort and thought the girls put into the call and it is really helping with Oliver social contact and development...

It was also nice for the girls to include Oliver's brother (Felix) in the proceedings!!!

Also Oliver got the lovely suncatcher this afternoon and he has already coloured it in...I think he was very pleased to receive his own letter!!! Thank you so much..!

July 2020

Many thanks for all the zoom calls over lockdown. They have been fantastic and Oliver has really enjoyed them and having that social connection over lockdown has been so important. Huge thanks for all the hard work you and the rest of the team do.

Sept 2020

I just wanted to say a big THANK YOU. Jack had a wonderful time this morning. He hasn't told me about any activities just that it was fun, fun, fun! I asked what makes it so good and he said 'they understand me mummy'.

The past few months have been tough for everyone. As you know Jack is really struggling with his mental health after what his Grandad has been through. He's been reluctant to leave home. He was obviously a little nervous as we were leaving but he is so pleased that he went and can't wait for the next Saturday club. This is massive to me. Thank you all.

Oct 2020

You guys are absolutely amazing 🙌 Ruby is much calmer and loves coming to Space. Thank you for making sure the clubs are still available for our children. I feel the charities like yourself should be absolutely recognised for what you do during these uncertain times. Me and my partner are so proud Ruby is apart of such an amazing place. Ruby will be attending.

I would just like to say a big THANK YOU for the cookery sessions this year. They have been absolutely wonderful and in fact life changing for us.

My son gets so excited for his sessions. Each week he asks repeatedly if it's cookery day and skips to Space ready to learn and have a go.

My son has an extremely restricted diet due to his additional needs (ASC- autism spectrum condition and SPD - sensory processing disorder) When we started the sessions there is no way I would have believed that by the end he would be baking bread and stuffing samosas!!! Due to the approach and professional delivery by Mark Boswell (Bozzie), plus establishing a relationship over time with familiar people in a safe space my son has been able to develop his skills and more importantly his confidence. Little things like having gloves available and being given the option to

add/not add particular 'trigger' ingredients e.g. onions, has made all the difference. I think the biggest thing though was absolutely no pressure to meet any demand, for example, my son could work at his own pace and there was no expectation to try what he had made, for a demand avoidant child this is wonderful as he could make the decisions for himself and ended up doing far more as the anxiety had been removed. He now sees cookery as fun!

I really hope that the cookery sessions continue next year, I would love to see my son's confidence and love for cookery grow even further.

Thank you.

Covid -19 Letters and Gifts Feedback

That's ever so much for providing visual aids. This will be very helpful for everyone. Hope you and your staff stay safe and well.

Thankyou for this chloes very excited to do it as it's from space....she's been reluctant to do the ones I've suggested 🤔 x

I just wanted to say a big thank your for sending Georgia Kerr a letter and gift....she was so excited to receive it.

I wanted to say a big thank you for the card and pom poms.....again Georgia was over the moon to receive them!

I will post to coloured in piece of wood now she is ready to part with it 😊

Fabulous thank you. Its would be the evening one and would be dad and I.

Also can I say a big thanks for Evies little gift through the post this morning. She was gety excited and it put a smile on her face.

A HUGE thank you from Josh and I to all from Space for sending us the lovely card and heart, it meant a lot to us both....

Thank you so much for the gift for Oliver. He really enjoyed receiving this by post. What a nice surprise.

Also thank you so much for the gift you had sent through the post Tom was made up and cannot wait to see you all again

Thank you for the various craft gifts in the post.. we got the stain glass cars yesterday.

Noah loved his car and I enjoyed a little bit of peace whilst he did it.

Thanks for all the other bits you e sent through. He's decorated his wood, just need to post it back to you.

Nov 2020

Georgia Kerr says a big thank you for the Activity Book, pencils and lovely note.

Thank you for Joseph's activity book. He loves getting his own post.

A big thank you from Logan- sent a video