

FRIDAY 10TH FEB 2023

With Lavinia Donling

MONDAY'S CHILD

It is Children's Mental Health awareness week as of 6th of February. Yasmin and I put together a variety of posts implementing every day of the week a client, or ourselves, of the success coming about with improved mental health when we are allowed to be ourselves. It is so important to celebrate each little win or success as we are often surrounded by negativity and other agencies struggling to help us because of their negative perceptions, or the barriers in place not conducive to supporting Autistic young people.

On Monday I had a discussion with Graeme Stevens, who has been encouraging SEN parents to sign a petition to support our SEN children with a variety of needs within education.

HOT SEAT WITH GRAEME STEVENS

Graeme Stevens, who has been encouraging SEN parents to sign a petition to support our SEN children with a variety of needs within education. He is incredibly proactive and passionate about supporting his children as well as other SEN young people. Given my meetings with schools who are under pressure to put in right codes for attendance, and rated on attendances, and mental health rarely accepted as authorized absences, this was a rather timely with Children's' Mental Health awareness week. So, Yasmin will be putting this out later today hopefully for you to hear how he set about putting a petition together and gaining over 17,000 parent signatures!

This episode is now live on The M Word YouTube Channel - Subscribe & click to notification bell so you don't miss out on any of the action! 🔔

THE M WORD REMIX

**MONDAY'S CHILD
IS FAIR OF FACE**

**TUESDAY'S CHILD
IS FULL OF GRACE**

**WEDNESDAY'S CHILD
IS FULL OF WOAH**

**THURSDAY'S CHILD
HAS FAR TO GO**

**FRIDAY'S CHILD
IS LOVING & GIVING**

**SATURDAY'S CHILD
WORKS HARD FOR
THEIR LIVING**

**AND THE CHILD BORN
ON SUNDAY
IS FAIR & WISE &
GOOD IN EVERY WAY**



Every Friday morning, I am interviewed on Ferndale Community Radio to talk about mental health and Autism. Steve, the presenter, and I have known each other since late 2020, when he first invited me to talk on the radio from my bedroom not long after TMW had opened its doors. We had a break of 18 months and we are back, as Steve has been very busy promoting the station. They have worldwide following, and this morning was no exception when we had someone bid us good morning from Dubai. Our news is spreading as we also had our first referral from Bangkok, which I thought John was teasing me when he relayed the information! You can find the radio station on our website, but we will also add the link when we can. It is generally around 09:15 to 09:45, and we have some very interesting discussions.

Last week we were approached by a Magazine agency asking if we could submit an article as they were signposted our way by a client of ours via Ambitious About Autism. Who knew! I had the opportunity to talk with their Strategist, Producer, and Account Director -all very nerve wracking, but an interesting experience. Anyway, I have now written the article, and have sent it over to Ginny, one of our NEDs, who, rather conveniently works in publishing to proof read and edit. Trying to get something succinct within a 1,000 words about a certain topic in and around Autism is a bit of a challenge with a very small window to get it completed by.

Next week by all accounts is half term! We have only just left January, so how come we are half way through the spring term??? I notice my diary has not decreased with many parents taking the opportunity to see me rather than take children out of school, which I completely get, but I hope that half term is a good break for those of you on half term.

Have a lovely weekend!

Lavinia