

ASPIA NEWSLETTER - July 2016

Next ASPIA partner support group meeting:

This coming Saturday 2nd July

AT: THE RUGBY BAR, CLUB BURWOOD, 97 Burwood Road, Burwood (Sydney)

This is NOT the RSL Club in Shaftesbury Road, although it is in their group of clubs.

Club Burwood is a smaller club, and is on the corner of George Street, just a short walk down the hill from the railway station. **The Rugby Bar is downstairs.**

Time: 1.30pm for 2pm start, concludes 5pm.

Cost: \$10.00 for non-members, \$5.00 for members (membership is \$55 per year, includes library)

PARKING:

The best option is the **John Street car park behind the Club (Wilson parking). \$4 daily rate for weekends.** Plenty of available spaces. Other options are mostly metered or too far away.

LUNCH CLUB is at the Club (from 12noon), and drinks/dinner after the meeting for those who can stay on. There is great benefit in getting to know each other informally over dinner or drinks.

What's happening at our JULY meeting?

For our July partner support group meeting we will have an informal "get to know you" and sharing session. Maybe also review some of the wonderful presentations we've enjoyed so far this year.

We always feel the benefit of having a couple of informal meetings throughout the year where we can just talk in a group and share ideas and mutual support. Hope to see you there.

(Additional Note: Bring something warm to put on during the meeting. The air conditioning in the Rugby Bar is freezing.)

ASPIA Support Group Meeting Dates for 2016		
2 July	6 August	3 September
1 October	5 November	3 December

New partner support group in Port Macquarie

Third Thursday of the month, 10am – 12noon, Port Macquarie Town Library.

Contact Meredith on 0428 904 007 or email meredithlew@gmail.com

Reminder about Divorce Partners who provided an informative session in our April meeting.

Divorce Partners offer low-cost settlement negotiation packages for couples who hope to avoid the horrendous cost and adversarial experience of lawyers and the Family Court Process.

Their business is growing and they have representatives in most major cities now.

Website: www.divorcepartners.com.au Facebook: www.facebook.com/divorcepartners

Special Request

From time to time we have partners in desperate need of short-term respite or safety. If you have a spare room and time to offer occasional support in this way, please let Carol know by email. Being aware of boarding availability could be helpful to us too. Also, if you're aware of accommodation within or near Sydney where ASPIA could hold a retreat, please let us know.

If you are looking to purchase books, remember to visit Footprint Books:

www.footprint.com.au (located in Warriewood, Sydney)

ASPIA's online Yahoo discussion group – now offering a separate forum for men with female partners

We've been receiving more enquiries from men who need a safe place to talk, so we've established a new ASPIA forum for them. \$25.00 subscription for either forum.

Visit ASPIA's website at www.aspia.org.au/contactus.html to request to join – Carol will email you with instructions once she receives notification of your payment.

The forum is a great place to discuss sensitive stuff that can't be published in newsletters, etc, and with an option for men now, more needs can be met more effectively.

ASPIA's website contains lots of helpful information sheets, plus information on other support groups, professionals, links, etc: <http://www.aspia.org.au>

Sydney Groups available for adults with AS and also couples

Clinical Psychologist [Jeroen Decates](#) runs groups for adults with AS and also for couples.

Psychologist [Eleanor Gittins](#) is running a couples group in Menai.

Please refer to the professionals list on the [aspia](#) website for their contact details.

Repeated from last month – research requests:

Research Study by Bronwyn Wilson. Please contribute if at all possible.

Bronwyn says: **“The purpose of this study is to explore communication patterns and resulting difficulties that can occur in the close relationships of adults with Asperger's Syndrome”**.

Bronwyn previously researched the need for prompting in AS adults, and presented her findings at an ASPIA meeting, which were very interesting and helpful.

If you can help with her next survey, please follow this link:

https://ecuau.qualtrics.com/SE/?SID=SV_6sNVH8I0WgVQsPH

(Please click on the final “arrow” in the survey so your answers are recorded).

Survey Request

The co-ordinator of the website www.theneurotypical.com is asking for partners who may be willing to complete the following survey please:

<http://www.theneurotypical.com/articles/survey%205%20for%20neurotypicals.docx>

Thought

It occurred to me that our relationships cannot grow further or deeper than our partner's capacity for relationship. I feel it's important to sit with this thought, even though it's painful, because it informs how and what we continue to invest in the relationship. I know it's not “cut and dried”, and every relationship has its own capacity, but a great deal of distress comes from unrealized or unrealistic expectations (in any situation in life), and sometimes it's kinder to ourselves (and possibly to our partners too) if we can adjust these, and seek meaningful connection and experiences through other avenues or ventures.

Carol Grigg OAM, Dip Counselling (I provide phone and skype counselling for partners who need to talk. Please see my website www.carolgriggcounselling.com.au)