

LEEDS AUTISM AIM NEWS

April 2015 | The monthly newsletter for Leeds Autism AIM

Leeds Autism AIM is a new service providing Advocacy, Information and Mentoring to autistic adults in the Leeds area. We provide:

- Info through the Autism Leeds directory - autismleeds.org.uk - as well as email and phone support
- We have a group of mentors with specialist training to meet regularly and help overcome barriers in order to reach personal goals

In this newsletter, we talk about two things. First is the Autism Hub, a weekly drop-in service running every Tuesday from 1.30pm-7pm to provide information and peer support. Secondly, we also inform you about other autism-related events going on in Leeds each month.



WOMEN'S PEER SUPPORT GROUP: NOW HELD MONTHLY

Starting this April, the Women's Peer Support Group at the Autism Hub is now going to be held once a month. This will give any autistic women interested in coming along more opportunity to come along and book their place in a regular slot.

The peer support group is there for women on the spectrum who want to get something off their chest in a comfortable, supportive environment.

We promise that each support group held will allow you to speak clearly and openly with no questions asked.

Hosted by Debbie Austin, the first of the new, monthly groups will be held on Tuesday 28th April, starting at 2.30pm and finishing at around 3.30pm.

To book a place or find out more about the peer support group, visit our Facebook page or get in touch with Debbie via our new, dedicated email address at leedsautismaim@leedsadvocacy.org.uk.

COOKING UP A STORM: NEW FORTNIGHTLY LESSONS AT THE HUB



Another new event to the Autism Hub, our resident chef Dave will be hosting the first of his fortnightly cooking classes on Tuesday 21st April.

Throughout the coming weeks, Dave will go over all the basics needed to become a good cook, sharing his extensive knowledge and talents with whoever fancies coming along. In the first of his lessons, Dave will go over hygiene and health

and safety in the kitchen, before moving onto subjects such as baking, preparing fresh food and making soups much like the ones he crafts so expertly.

To enrol on Dave's cooking course, all you need to do is get in touch with us by emailing leedsautismaim@leedsadvocacy.org.uk. We promise to confirm your place as soon as possible on receiving your message.

The Hub is open Every Tuesday from 1.30pm-7pm

It is located at the Lovell Park Hub on Wintoun Street, just to the left of North Street. Post-code: Leeds LS7 1DA

Email us at: leedsautismaim@leedsadvocacy.org.uk for more information

SPECTRUM SPACE: A NEW PLACE TO TALK

As we provide sufficient peer support for specific subjects such as employment, we have launched something exciting in place of our monthly peer support group. Spectrum Space, is a slot where anyone wants to share news and experiences.

Hosted by our own Luke Aylward and Debbie Austin, Spectrum Space will take place in the Quiet Room in the Lovell Park Hub. The first of our Spectrum Space slots will take place on Tuesday 21st April from 5.30pm, finishing just before 7pm.

EMPLOYMENT SUPPORT AT THE HUB

At the Autism Hub, we host a monthly employment peer support group, run by people with Asperger's Syndrome. The group meets on the second Tuesday of every month from 5.30pm to 6.45pm.

HELP FROM THE CAB

We're also offering support from a specialist worker from the Citizens' Advice Bureau throughout each Hub session. You don't need to make an appointment, but if you prefer to, please contact us.

AWARENESS EVENT A BIG SUCCESS

At the [Autism Awareness Day: Bigger and Better in Leeds](#) event, more than 550 people came on Thursday 2nd April. Attendees were treated to a Q&A session with TV scriptwriter Kay Mellor OBE and talks from local autistic people.

After a big publicity push in local media and online, hundreds came to learn about what it means to be autistic, what the event was for and the many groups in Leeds.

Speakers including autistic counsellor Debbie Austin, David Newall from Specialist Autism Services and performances from the likes of singer Georgette Hilton entertained at the Leeds City Museum.

To mark the day, various landmarks in Leeds such as the First Direct Arena were lit in blue, as it's the official colour of autism awareness.

At the event, Leeds Autism AIM had plenty of enquiries about the Autism Hub, our mentoring offering and the services that we provide from people who came to our stall.



LEEDS AUTISM AIM | NEWS IN BRIEF

OPPORTUNITIES FOR MENTORING WITH US

As part of our mentoring service, we have some new people to help. We now have 11 trained mentors in place, with a further six due to complete training by the end of May.

Our mentors are independent, trained volunteers who can visit your regularly and help address barriers to achieving what you want in life.

To apply for a mentor or find out more information about this free service, please:

- Ring us on 0113 205 6532
- Email us at leedsautismaim@leedsadvocacy.org.uk

NEW ENTRIES ON THE AUTISM DIRECTORY

We have added some new useful information to the Autism Leeds Directory, including a new listing for the Counselling Directory. They are a national service where you can get in touch if you're ever in distress.

Find out more about the Counselling Directory by visiting counselling-directory.org.uk.

To add your service, all you need to do is visit autismleeds.org.uk and click on the 'Include a Service' button.

We can offer signposting by email or phone; the details of which are in the article to the left.

LOCAL SPEAKERS TO STAR AT AUTISM SHOW

At the 2015 Manchester Autism Show, two autistic adults from the local area will be speaking.

On Friday 26th June, Debbie Austin will be talking about the subject of autism and mental health.

Meanwhile, on Saturday 27th June, Luke Aylward will be speaking on how autistic people are covered negatively in the media.

To find out more and book tickets, visit manchester.autismshow.co.uk. Tickets start at £10 a day per head for group bookings; £11 per day for concessions and £12 for everyone else.

APRIL 2015: TIMETABLE OF WORKSHOPS AT THE HUB

<u>DATE</u>	<u>EVENT ONE - 2PM TO 3.30PM</u>	<u>EVENT TWO - 5.30PM TO 6.45PM</u>
<u>TUE APR 07</u>	ACTIVITIES - ACTIVITY ROOM	LEEDS ASPERGER ADULTS MEETING @ CIVIC HALL
<u>TUE APR 14</u>	ACTIVITIES - ACTIVITY ROOM	EMPLOYMENT SUPPORT GROUP
<u>TUE APR 21</u>	COOKING WITH DAVE - KITCHEN	SPECTRUM SPACE - QUIET ROOM
<u>TUE APR 28</u>	WOMEN'S SUPPORT GROUP - QUIET ROOM	THAT'S ASPIE-TAINMENT! - FILM

FOR MORE INFORMATION, VISIT AUTISMLEEDS.ORG.UK/NEWS-AND-EVENTS/AUTISM-HUB

GET IN TOUCH WITH US ON SOCIAL MEDIA:

- Facebook: facebook.com/pages/leedsautismaim
- Twitter: twitter.com/leedsautismAIM