

LEEDS AUTISM AIM NEWS

August 2015 | The monthly newsletter for Leeds Autism AIM

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

- The Autism Hub, a weekly drop-in service held every Tuesday for info groups and peer support. It starts from 1.30pm, ending at 7pm at the Lovell Park Hub, Wintoun Street, Leeds LS7 1DA
- Information 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



NEW MANAGING ANXIETY CLASSES START THIS MONTH



At the Autism Hub this month, we will be holding new anxiety management sessions with advice from the Leeds Autism Diagnostic Service (LADS). The sessions will run for six weeks, starting from the 18th of this month. Each session will last for one hour. Over each session, we will go through various ways to make you feel less stressed. They will be adapted to the needs of anyone who wants to join in and, if successful, will continue at the Hub in September.

The addition of these sessions to our monthly calendar now means that our semi-regular Mindfulness sessions will no longer be held at the Hub.

The sessions will be held by Paul Lewis and Trudi Longbottom, with advice from LADS. The first one is on Tuesday 18th August from 4pm to 5pm and will be held in one of the quieter rooms at the Hub. More information will be posted on the Leeds Autism AIM Facebook page.

SOCIAL EVENING ON THIS MONTH

After the Autism Hub closes on Tuesday 18th August, some of the volunteers will be going for a drink and a bite to eat. Following on from our social event in June, this is now a regular thing.

From now on, we will be holding a social evening from 7pm at a nearby bar on the third Tuesday of every month.

TALKS SET TO CONTINUE AT THE HUB

Debbie Austin's talk about therapy at the Hub last month went down really well, attracting nothing but praise.

This month, Luke Aylward will be talking about how to make digital and printed media more autistic-friendly on the 18th from 5.30-6.45pm.

If you are interested in doing a talk, which will be on the third Tuesday of every month, please contact Luke by email at autisticrevolutionary85@gmail.com.

SPOTLIGHT ON PEOPLE AT THE AUTISM HUB MEET WENDY AND DEBBIE



Debbie is a Person Centred Counsellor working in private practice, with experience of working with autistic people in many support settings. She's an experienced lecturer and trainer with interests in mental health and wellbeing. She runs the women's peer support group at the Hub and provides mentoring and counselling for individuals on the spectrum. She's willing to share her experiences and to give advice and support should you need it.

Wendy coordinates Leeds Autism AIM with the help of the steering group. She is based at Leeds Advocacy and has over 15 years of experience in working with autistic people. She makes sure that the Hub runs smoothly and will meet and greet you when you arrive for the first time. She's able to provide information about services and how to access them. She also manages the Autism Leeds directory and can provide info via phone and email.



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MENTORING SERVICE UPDATES

We are continuing to build our autism mentoring team as our service continues to be in high demand. Over the past month, Leeds Autism AIM have made two new mentoring matches and have also had several new referrals.

In addition to that, we will be training a new group of volunteer mentors over two Saturdays in September, on which more details will be given in due course.

If you are interested in either volunteering or getting a mentor, please feel free to contact Wendy Cork via email at wendy.cork@leedsadvocacy.org.uk.

AUTISM LEEDS SITE: SEND US YOUR NEWS

The Autism Leeds directory - www.autismleeds.org.uk - has a comprehensive news and events section as well as a list of services for autistic children, adults and carers/parents in the Leeds area.

To help the website remain relevant, we are hoping to get anyone who wants to publicise their services or events to send us some news or information.

If you are involved with an autism charity/ community group and want your news published, email Wendy at wendy.cork@leedsadvocacy.org.uk or Luke at autisticrevolutionary85@gmail.com.

UPDATES NEEDED FOR AUTISM DIRECTORY

If your service has an entry on the directory section of the Autism Leeds site, you may have received an email asking for you to update your details.

If you have any difficulties with doing so or have forgotten your login details, please contact Wendy Cork via email at the address given in the news item to the left of this one.

Should you remember your login details and have changed your address or means of contact (phone number, email, website etc.), we encourage you to do this as it makes it easier for people to get in touch.

OTHER AUTISM NEWS IN BRIEF

LAS TO HOLD PHOTO EXHIBITION

Leeds Autism Services (LAS) are to hold a photo exhibition at the Corn Exchange on the 7th, 8th and 9th of this month. The event will feature photos from local people, with all sold to raise funds for the charity.

There's an open evening on the 7th from 4.30-6pm. On the 8th, the exhibition is on from 10am-6pm and on the 9th from 10.30am-4.30pm.

If you have any photos you would like to donate, please email Karl Wilson at karlwilson@las.uk.net.

SAS HOLD SUMMER FETE IN OTLEY

Specialist Autism Services (SAS) are to hold a summer fête on Saturday 8th August to help raise funds and awareness.

The fête will take place at their Otley office on Westgate and will feature live music, tea, scones, massage sessions, raffles, a tombola and an information stall.

Anyone is welcome to attend and join in the fun, which starts at 11am and finishes at around 3pm.

Earlier this year, SAS were named as the Lord Mayor of Leeds's charity of choice for 2015/16.

AUTSCAPE 2015: REMINDER

The deadline for registering at Autscape 2015 is looming. There are a small number of places still available at the annual retreat, which takes place at Giggleswick School in Settle, North Yorkshire.

Autscape takes place from Friday 21st to Monday 24th August and is based on the theme of 'autistic space'. It features a slate of speakers from across the UK.

For more information about accommodation, the programme of events and how to get to the venue, please visit the Autscape website at www.autscape.org.

AUGUST 2015: TIMETABLE OF EVENTS AT THE HUB

DATE

EARLY AFTERNOON

LATE AFTERNOON

EVENING

TUE AUG 04

EMPLOYMENT ADVICE
GARDEN ROOM
2PM-3PM WITH JANE

WOMEN'S PEER SUPPORT GROUP
QUIET ROOM
2.30PM-3.30PM WITH DEBBIE

EMPLOYMENT ADVICE
GARDEN ROOM
4PM-5PM WITH JANE

TUE AUG 11

COOKING LESSONS
KITCHEN
2.30PM-4PM WITH DAVE

ACTIVITIES AND ADVICE
CAFE AREA
3PM-5.30PM WITH ALL OF US

EMPLOYMENT PEER SUPPORT GROUP
QUIET ROOM
5.30PM-6.45PM WITH LUKE

TUE AUG 18

EMPLOYMENT ADVICE
COMPUTER ROOM
2PM-5PM W/ JANE

MANAGING ANXIETY
MEETING ROOM
4PM-5PM WITH PAUL/TRUDI

TALK ON AUTISTIC-FRIENDLY MEDIA
CAFE AREA
5.30PM-6.30PM WITH LUKE

TUE AUG 25

WOMEN'S SUPPORT GROUP
QUIET ROOM
2.30PM-3.30PM WITH DEBBIE

MANAGING ANXIETY
MEETING ROOM
4PM-5PM WITH PAUL/TRUDI

STEERING GROUP MEETING
QUIET ROOM
6PM-7.30PM

GET IN TOUCH WITH US ON SOCIAL MEDIA:

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