

LEEDS AUTISM AIM NEWS

July 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. It is aimed mainly at people who get little or no funded support. We provide:

- The Autism Hub, a weekly drop-in service held every Tuesday for information, 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. Contact leedsautismaim@leedsadvocacy.org.uk or phone 0113 2056532.
- We have a group of volunteer autism mentors with specialist training who can help overcome barriers in order to reach their goals.



OUR VOLUNTEERS SPEAK AT MANCHESTER AUTISM SHOW

A number of volunteers who work with Leeds Autism AIM went to the Manchester Autism Show at Event City, Urmston, in the final weekend of June. Among the highlights were two of our own: Debbie Austin and Luke Aylward.

Debbie's talk about mentoring, advocacy and counselling and which one was best attracted close to 80 people on Friday 26th June, proving to be one of the most popular talks.

On the following day, Luke's talk about autistic people and media coverage attracted around 30 people despite being the last one of the day. Both talks received rapturous applause.

At the show, we managed to let hundreds of people know about Leeds Autism AIM by networking with people from charities across the UK.



We also met a few people from Leeds and the surrounding areas, gaining new ideas along the way. For further news about any of us speaking at events, it'll be on the Autism Leeds site at www.autismleeds.org.uk.

SPOTLIGHT ON PEOPLE AT THE AUTISM HUB MEET DAVE, OUR CHEF AND LUKE, WHO DOES PEER SUPPORT



Dave runs the cafe area and our fortnightly cooking group at the Autism Hub. He's a trained chef who works with us one day a week as he wanted to learn more and help autistic people. He is passionate about helping people to become good at cooking, something which he is sharing with people in his cooking lessons. You can usually find Dave in the kitchen making scones, sandwiches and soup!

Luke is a volunteer who runs our monthly employment peer support group and our social media pages. He works full-time as a copywriter and is there to provide a friendly ear if you need it. He has Asperger's himself, so knows all about what it is to be on the autistic spectrum. He's also there to help if you have any questions about being in work, looking for a job or even using the Wi-Fi!



LEEDS AUTISM HUB NEWS

BBQ TO MARK SIX-MONTH HUB MILESTONE

Later this month, the Autism Hub will have been going for six months. To celebrate that milestone, as well as the nice weather, we're going to hold a barbecue on the 28th from 5pm and you're all invited.

Throughout the past six months, we have helped dozens of people with issues such as employment, self-esteem and signposting towards other services.

At the barbecue, we will provide food and drink, the former being prepared by people involved in the cooking group. More information will be available on our social media sites in due course.

MINDFULNESS AND MANAGING ANXIETY

Paul Lewis will be continuing his mindfulness/relaxation group every fortnight as people have passed on that they found this very useful. If you want to join this group just come along on the 14th or 28th at 4pm.

We are also looking at introducing some anxiety management sessions in future with support initially from the Leeds Autism Diagnostic Service who will be running some of their consultations at the Hub this month.

We will let you know more about this in next month's newsletter.

MORE EMPLOYMENT SUPPORT- CV BUILDING

This month, we will be offering regular support from DWP Disability Employment Consultant Jane Flaherty. There will be a programme of **employment workshops** every fortnight, starting with **Building Your CV** on April 7th from 3pm-4pm.

Consultations: Jane will also be available for consultation between 2-3pm and 4-5pm on the 7th and 21st. She'll be able to advise you about any employment issues you have.

Please ring or email us at leedsautismaim@leedsadvocacy.org.uk if you would like to book in or need more information.

AUTISM NEWS IN BRIEF

DATE SET FOR LAA FUNDRAISER

Leeds Asperger Adults (LAA) have announced that their latest fundraiser will be held on Wednesday 16th September. It will take place at La Fuego, a tapas bar in central Leeds and is due to start at 6pm.

All funds raised at the event will go towards a drop-in service where autistic people and their friends, relatives and even employers can come in and ask LAA volunteers for advice on a number of autism-related topics.

For more information on the event, please visit [facebook.com/leedsaspergeradults](https://www.facebook.com/leedsaspergeradults).

LEEDS AUTISM STRATEGY UPDATE

Helen Gee, the Autism Spectrum Conditions Commissioning and Development Officer for Leeds City Council, is helping to put together a small working group of autistic people, carers and professionals to develop a new Leeds Autism Strategy.

In the near future, we will be asking people to say what they think are the most important things for autistic people and carers the next five years.

Keep your eyes open for more news from the Council in the August edition of this newsletter.

NEW SERVICES ON OFFER IN LEEDS

The Leeds Autism Diagnostic Service (LADS) are now able to offer advice over the phone to other workers. They are also training GP practices to help them gain a better understanding of autism.

More information is available here: http://www.leedspsft.nhs.uk/our_services/LADS

In another recent development, all staff at Jobcentres across Leeds have had autism awareness training. This means that if you are an autistic jobseeker, staff at your local branch will be in a better place to know what your job requirements are.

JULY 2015: TIMETABLE OF EVENTS AT THE HUB

DATE

EARLY AFTERNOON

LATE AFTERNOON

EVENING

TUE JULY 07

EMPLOYMENT ADVICE
Computer room
2PM-3PM WITH JANE

EMPLOYMENT WORKSHOP-CVs
Computer Room 3-4pm
WOMEN'S PEER SUPPORT Debbie
Quiet room 2.30PM-3.30PM

EMPLOYMENT ADVICE
Computer room
4PM-5PM WITH JANE

TUE JULY 14

COOKING
Kitchen
2PM-3.30PM WITH DAVE

MINDFULNESS/RELAXATION
Meeting Room
4PM-5PM WITH PAUL

EMPLOYMENT PEER SUPPORT GROUP
Quiet room
5.30PM-6.45PM WITH LUKE

TUE JULY 21

EMPLOYMENT ADVICE
Computer room
2PM-3PM; 4PM-5PM W/ JANE

EMPLOYMENT WORKSHOP
Computer room
3PM-4PM WITH JANE

GUEST SPEAKER SLOT
Cafe area
5.30PM-7PM

TUE JULY 28

COOKING
Kitchen
2PM-3.30PM WITH DAVE

MINDFULNESS/RELAXATION
Meeting room
4PM-5PM WITH PAUL

BARBECUE
Garden area
5PM-7PM

GET IN TOUCH WITH US

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- Twitter: twitter.com/leedsautismAIM