

# LEEDS AUTISM AIM NEWS

May 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](http://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



## WE'RE LOOKING FOR FEEDBACK



As the Leeds Autism Hub enters its fourth month, we're always trying to make things better, but we need your help. We're looking to add new sessions to our timetable every Tuesday and would like to know what you want to see us do more of. We have already made a few changes for May to add to our employment and women's peer support groups. We are now holding new regular sessions for games and creative activities. We're also carrying on our cooking lessons and adding a new relaxation session to the timetable.

As part of that, we are going to publish some feedback forms, which you can fill in if you have visited the Autism Hub before. We will have them ready at the venue, but we're also going to publish them online through the Autism Leeds site, which can be found at [www.autismleeds.org.uk](http://www.autismleeds.org.uk). If you have any suggestions for what you would like us to do, feel free to get in touch with us by emailing [leedsautismaim@leedsadvocacy.org.uk](mailto:leedsautismaim@leedsadvocacy.org.uk) or through the Leeds Autism AIM Facebook and Twitter accounts.

### NEW MEDITATION AND RELAXATION GROUP

A group looking at ways to help relax and relieve anxiety will be held at the Autism Hub on Tuesday 19th May, starting at 5.30pm and finishing at 6.45pm.

The group will be run by Paul Lewis. If you are interested in coming along, contact Wendy at [leedsautismaim@leedsadvocacy.org.uk](mailto:leedsautismaim@leedsadvocacy.org.uk) or put your name down at the Autism Hub.

### STEERING GROUP TO MEET THIS MONTH

Leeds Autism AIM is led by a steering group of autistic adults (and a carer) who influence how the service develops.

The next steering group meeting is planned for Tuesday 12th May at the Autism Hub for around 1.30pm.

### COOKING LESSONS PROVING POPULAR

Late last month, our resident chef Dave Sigsworth has been on hand to demonstrate his culinary skills in the first of a series of cooking classes.

After covering the basics of hygiene in the kitchen, Dave will be moving on to some of the most common tasks performed by cooks, including baking. There are two spaces still available on the course. To enrol, all you need to do is drop us a line via email at [leedsautismaim@leedsadvocacy.org.uk](mailto:leedsautismaim@leedsadvocacy.org.uk).

### CAB CONTINUING TO HELP AT THE HUB

Kate Huthwaite, the specialist advisor for the Citizens' Advice Bureau, is available at the Hub throughout each session from 1.30pm onwards.

So far, she has provided help for 18 people at the Hub around areas such as benefit checks, admin and applications, finances, employment, housing and other issues.

To book a session, all you need to do is drop in to the Hub or, to make an appointment, email us at [leedsautismaim@leedsadvocacy.org.uk](mailto:leedsautismaim@leedsadvocacy.org.uk).

### CHANGES TO WOMEN'S SUPPORT GROUP

Due to career changes, Debbie Austin will only be able to run the Women's Peer Support Group at the Hub for a limited amount of time. The provisional dates are:

- Tuesday 26th May
- Tuesday 30th June
- Tuesday 28th July
- Tuesday 25th August

As always, the Women's Peer Support Groups are open to all women on the autistic spectrum in the Leeds area, starting at 2pm.

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### NEW MENTORS COMPLETING TRAINING THIS MONTH

Our next mentors training session is on Saturday 9th May. We are also looking for more autistic adults who can spare an hour a week and train to be peer mentors to help others.

If you or someone you know would benefit from a mentor or if you are interested in becoming a mentor, feel free to contact Wendy via email at [leedsautismaim@leedsadvocacy.org.uk](mailto:leedsautismaim@leedsadvocacy.org.uk) for more information or to make a referral.

Our next mentors' get-together is on Friday 15th May, held at the Leeds Advocacy office.

### AUTISM LEEDS SITE: NEW SERVICES ADDED TO THE DIRECTORY

Over the last month, we have added new services to the Autism Leeds directory. Debbie Austin, who provides counselling services and Aspiedent, a consultancy, training and social enterprise service, are now listed.

If you would like to add your service, all you need to do is visit the Directory page on the Autism Leeds site at [autismleeds.org.uk](http://autismleeds.org.uk) and add your service. Any existing entries from service providers can be updated as well, directly on the site.

If you are having any difficulties with your entry, please contact us at [leedsautismaim@leedsadvocacy.org.uk](mailto:leedsautismaim@leedsadvocacy.org.uk). You can also give feedback about the site directly through the feedback area on the site if you would like to.

## AUTISM NEWS IN BRIEF

### LAA ARE LOOKING FOR SPEAKERS AT MEETINGS

Leeds Asperger Adults (LAA) are on the lookout for speakers at their monthly meetings. Ideally, they would like people who are autistic to come and talk about subjects relevant to their experiences and needs, but non-autistic speakers are welcome too. To find out more about what LAA are looking for, visit [leedsaspergerblog.wordpress.com/2015/03/22/want-to-come-speak-at-meetings](http://leedsaspergerblog.wordpress.com/2015/03/22/want-to-come-speak-at-meetings). If you want to come and speak at their future monthly meetings, please email Luke at [autisticrevolutionary85@gmail.com](mailto:autisticrevolutionary85@gmail.com) and he will get back in touch as soon as he can.

### TALKS CONFIRMED FOR AUTISM SHOW

At the Manchester Autism Show, two Leeds Autism AIM volunteers have had their spots cemented in the schedule. Debbie Austin, is to speak on Friday 26th June at 10.50am, while Luke Aylward will be on at 15.30pm on Saturday 27th June. Debbie's talk is "What do Autistic People Need: Advocacy, Mentoring, Counselling or Therapy?". Luke's will discuss negative media coverage of autistic people. Both talks will be held in The Hub: Lecture Theatre 1 at Event City. To find out more, visit [manchester.autismshow.co.uk](http://manchester.autismshow.co.uk), where you can buy tickets and get directions.

### LAS HIT THE LANES FOR FUNDRAISER

On Thursday May 21st, Leeds Autism Services (LAS) will be holding a fundraiser at Hollywood Bowl in Cardigan Fields, Kirkstall, from 1pm till 6pm. Hollywood Bowl have donated six lanes for the day. All money raised during the event will go towards funding the purchase of new sensory/computer equipment. To play a game, it costs just £2.50. To find out which lanes are available at specific times, visit [www.las.uk.net/news/charity-bowling](http://www.las.uk.net/news/charity-bowling). You can book a lane either by emailing them or calling 0113 245 2645, pressing **option one**.

## MAY 2015: TIMETABLE OF WORKSHOPS AT THE HUB

<u>DATE</u>	<u>2PM TO 3.30PM</u>	<u>3.30PM TO 5PM</u>	<u>5.30PM to 6.45PM</u>
<u>TUE MAY 05</u>	COOKING LESSONS	GAMES/QUIZZES/ART	LEEDS ASPERGER ADULTS MEETING AT LEEDS CIVIC HALL - 6.45PM
<u>TUE MAY 12</u>	INFO/CAB AS USUAL	GAMES/QUIZZES/ART	EMPLOYMENT PEER SUPPORT
<u>TUE MAY 19</u>	COOKING LESSONS	ACTIVITIES	MEDITATION/RELAXATION
<u>TUE MAY 26</u>	WOMEN'S SUPPORT GRP.	ACTIVITIES	FILM EVENING

FOR MORE INFORMATION, VISIT [AUTISMLEEDS.ORG.UK/NEWS-AND-EVENTS/AUTISM-HUB](http://AUTISMLEEDS.ORG.UK/NEWS-AND-EVENTS/AUTISM-HUB)

### GET IN TOUCH WITH US ON SOCIAL MEDIA:

- Facebook: [facebook.com/pages/leedsautismaim](https://facebook.com/pages/leedsautismaim)
- Twitter: [twitter.com/leedsautismAIM](https://twitter.com/leedsautismAIM)