

# LEEDS AUTISM AIM NEWS

The monthly newsletter for Leeds Autism AIM | November 2015



Leeds Autism AIM is a service providing Advocacy, Information and Mentoring to autistic adults in the Leeds area that get little or no funded support. We provide:

- The Autism Hub, a weekly drop-in service held every Tuesday for info, groups and peer support. It runs from 1.30pm to 7pm at the Lovell Park Hub, Wintoun St, Leeds LS7 1DA
- Info through the Autism Leeds directory, [autismleeds.org.uk](http://autismleeds.org.uk), as well as email/phone support
- We have a group of mentors with specialist training who work can meet autistic adults regularly one to one to help overcome barriers in order to reach their goals

## Citizens Advice Bureau: Here to help



**Chapelton Citizens Advice Bureau (CAB) have had a presence at the Leeds Autism Hub since it commenced in January. Initially, it was represented by Kate, who continues to pop in from time to time, before handing over to Ian.**

Ian has been with the CAB for over 30 years in a variety of roles and is at the Hub every Tuesday between 2pm and 7pm.

Currently, the CAB provides info, advice and assistance on matters including benefit entitlement, council tax, housing issues and immigration. Service users may wish to look into the possibility of seeing whether they may meet the criteria to qualify for

the Warm Home Discount Scheme. It is a one-off discount of £140 off one's electricity bill, usually between September and March.

In addition to advice at the Hub itself, it may be possible to arrange an appointment with the CAB, either at your home or at the main Bureau.

To access the service and book an appointment, simply contact the Bureau directly at [citizensadvice.org.uk](http://citizensadvice.org.uk), or enquire at the Hub itself!

On Tuesday 17th November, Kate will be giving a talk about what the CAB does and how they can help you. It will take place at the Hub from 5.30pm. The talk will be followed by a question and answer session.

## POSITIVE FEEDBACK FOR MENTORING

Leeds Autism AIM's autism mentoring project was recently assessed and achieved accreditation by the Mentoring and Befriending Foundation.

We received excellent feedback, including "this is a very effective project that achieves good outcomes for this set of clients".

A comment that really stood out stated: "the approach adopted is an example of good practice. Interviews with service users showed a high level of satisfaction with the service provision and mentors are enthusiastic and effective."

Another comment received by our service read like this: "Exceptionally good feedback from mentors regarding the range and level of support offered"

Training was described as "Extremely good: content and approach are very good and the involvement of a trainer with Asperger's Syndrome is an excellent model in a number of ways."

We would like to give a big thank you to the volunteer mentors for their excellent work and to the autistic adults who contributed to this assessment.

If you are interested in becoming a mentor or would like a mentor yourself, please contact Wendy Cork at [wendy.cork@advonet.org.uk](mailto:wendy.cork@advonet.org.uk).



Leeds Autism AIM is part of Advonet, a charity which provides a range of advocacy services throughout Leeds. Find out more at [advonet.org.uk](http://advonet.org.uk)

**ON PAGE TWO:  
LADS EXPAND THEIR  
SERVICES AND DROP-IN  
LAUNCH FOR NEW YEAR**

# LEEDS AUTISM AIM NEWS

## CARERS DROP-IN STARTS

Carers Leeds are to hold a drop-in at the Autism Hub starting this month. The drop-in is open to carers for adults on the autistic spectrum who live in the Leeds area and will be held every two weeks.

The first drop-in will take place on Tuesday 3rd November in one of the meeting rooms from 5.00pm to 6.30pm.

To book a space at the drop-in, please contact us using the details at the bottom of the page.

## COOKING AND RELAXATION

We still have spaces available for our fortnightly cooking lessons and this month's meditation and relaxation sessions at the Autism Hub.

Dave, our chef, will show you how to prepare and cook meals from scratch using several easy steps. Paul, meanwhile, will give you lots of tips on how to relax and put aside life's stresses and strains.

To register, come along to the Hub or get in touch with us via email or our social media accounts.

## AUTISM DIRECTORY NEWS

The Autism Leeds Directory, which can be found at [autismleeds.org.uk](http://autismleeds.org.uk), is home to a directory featuring autism services throughout the Leeds area.

It also publishes news stories about what's going on in the autism scene in the city.

If you have any news or would like you and your service or group to feature in our directory, please drop Wendy a line via email at [wendy.cork@advonet.org.uk](mailto:wendy.cork@advonet.org.uk).

## AUTISM NEWS IN BRIEF

### LAA LAUNCH DROP-IN

Leeds Asperger Adults (LAA) are to hold a monthly drop-in for adults with Asperger's Syndrome and high-functioning autism, starting next year. The service will last for three months and will be held at the St George's Centre on Great George St, Leeds.

The dates are Saturday 30th January, Saturday 27th February and Saturday 2nd April. All three will last from 12pm to 4pm.

To book a place at any of the three drop-in sessions, please send an email to Luke Aylward at [autisticrevolutionary85@gmail.com](mailto:autisticrevolutionary85@gmail.com).

### AUTISM STRATEGY REWRITE

The Autism Strategy for Leeds is currently being rewritten and will be out later this month.

Following discussion with members of the city's Autism Partnership Board and interested groups including autistic people, parents/carers and service providers, there will be lots of new things added to the finished document.

It will run until 2020, covering a host of subjects such as work, education and benefits. We will post more in the December newsletter and on the Autism Leeds site.

### LADS EXPAND SERVICES

From 2nd November, Leeds Autism Diagnostic Service (LADS) and the ADHD service are going to merge with two clinical pathways, one for autism and one for ADHD.

The new service will result in extra staffing and the service hope to recruit an extra nurse, sychologist, occupational therapist and full-time specialty doctor in the near future.

The service also has a new clinical team manger, Frances Needham, who was the senior autism nurse. It can offer training to GP's and professionals on both autism and ADHD.

## NOVEMBER: AUTISM HUB TIMETABLE

	Early afternoon	Mid-afternoon	Evening
<b>Tue 03 Nov</b>	Cooking Lessons 2.30pm-4.00pm	Peer support as usual 1.30pm-7.00pm	Carers' Drop-In 5.30pm-6.45pm
<b>Tue 10 Nov</b>	Care Act: Seminar 3.30pm-5.00pm	Relaxation and Meditation 5.30pm-6.30pm	Employment Peer Support Grp. 5.30pm-7.00pm
<b>Tue 17 Nov</b>	Cooking Lessons 2.30pm-4.00pm	Peer support/information 1.30pm-7.00pm	Talk by Citizens Advice Bureau 5.30pm-6.45pm
<b>Tue 24 Nov</b>	DWP Employment Support 2.00pm-5.00pm	Relaxation and Meditation 5.30pm-6.30pm	Peer support/information 1.30pm-7.00pm

## GET IN TOUCH: ONLINE SOCIAL EMAIL PHONE

Website: [autismleeds.org.uk](http://autismleeds.org.uk)  
Facebook: [facebook.com/leedsautismaim](https://facebook.com/leedsautismaim)  
Twitter: [twitter.com/leedsautismAIM](https://twitter.com/leedsautismAIM)  
Email: [leedsautismaim@leedsadvocacy.org.uk](mailto:leedsautismaim@leedsadvocacy.org.uk)  
Telephone: 0113 205 6532  
Mobile: 0758 157 1380