



Fareham and Gosport Voluntary Sector Health Forum

Support Services for Neurodivergent People

1-2pm

Tuesday 6 February 2024



Hampshire and Isle of Wight





Support Services for Neurodivergent People

- Welcome and Agenda – **Angela Gill** Community First & GVA Health Forum Facilitator
- **Tim Houghton**, Chief Executive, **Community First**
- **Zoe Beasley**, Autism Partnership Coordinator, **Adults' Health & Care, Hampshire County Council**
- **Tanya Egan**, Chair of Trustees, **Gosport ADHD & You – Information & Peer Support (18+)**
- **Ashleigh Spice**, Services Manager, **Autism Hampshire**
- **Date** of the next Fareham and Gosport Voluntary Sector Health Forum Webinar
- **Close** of the Health Forum



Tim Houghton

Chief Executive, Community First

Community & Voluntary Sector Update

tim.houghton@cfirst.org.uk



Community First

1. HCC Future Services consultation:-

<https://www.hants.gov.uk/aboutthecouncil/haveyoursay/consultations/future-services-consultation>

- Proposed cuts to VCSE grants, including CVS, Community Transport, Homelessness services and Sexual Therapeutic services
- We need to demonstrate our impact and social value and keen to work with local partners to better evidence what we are doing works

<https://socialvalueportal.com/>

<https://hact.org.uk/how-we-can-help/social-value/>

<https://socialvalueuk.org/social-value-self-assessment-tool/>

Cooperation & collaboration must continue as we explore new ways of meeting the needs of people who need our help the most



Community First

2. **HIVCA** (Hampshire & IoW VCSE Health and Care Alliance) <https://actionhampshire.org.uk/get-involved/networks-and-forums/hivca/> HIVCA Leadership Committee includes Becky McGregor, Mountbatten; Helen Fisher, Energise Me; Natalie Webb, No Limits and Rob Kurn, Southampton Voluntary Services and representatives for our work/partnerships around children and young people, and mental health are; Sally Arscott, Solent Mind; Dr Kim Brown, Nature Therapy CIC; Clare Ansell, Motiv8 and Natalie Webb, No Limits
3. **Healthier Together website** is a valuable resource for families [Home :: Healthier Together \(what0-18.nhs.uk\)](https://what0-18.nhs.uk/Home::HealthierTogether) Keeping your family 'winter strong' campaign and downloadable app. LCPs are effective cross-sector partnerships tackling the needs of families and children. Further development funding available across Fareham and Gosport LCPs. For more information contact Debbie.Grace@cfirst.org.uk
4. Energise Me/HCC's **Hampshire Active Health Programme** is due to kick off soon <https://www.energiseme.org/funding-support/hampshire-active-health-programme/>

Community First

5. Final round of **Household Support Grant** being allocated
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitygrants-overview/communitygrants> being allocated
6. **Live Longer Better** funding available to District Councils
<https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter>
7. **Public Health Mental Wellbeing Campaign** targeting men and ethnic minorities focuses on Five Ways to Wellbeing, signposting to <https://www.hants.gov.uk/socialcareandhealth/publichealth/fivewaystowellbeing> Printable posters and digital ads are available. Contact megan.saunders@hants.gov.uk for more info
8. **Amparo** offers an ICS-wide **bereavement by suicide service** <https://amparo.org.uk/our-locations/hampshire/>
9. **Fareham and Gosport Voluntary Car Scheme** <https://www.fgvcs.org.uk/> and Community Transport <https://www.cfirg.org.uk/community-transport/call-go-and-dial-a-ride/dial-a-ride-fareham-and-gosport> can help with health appointments and social trips



Gosport Voluntary Action (GVA)

- GVA have researched with stakeholders, produced & submitted at the end of January, a National Institute for Health & Care Research (NIHR) Small Grant Research Impact Report... *'Evidence-focused exploration of the link between social deprivation, health inequalities and anti-social behaviours experienced by young people in Gosport'*
- There is a **Bereavement Support Drop-in** held at **GVA**, Martin Snape House - **every 3rd Monday – 11am-12pm**
- **Gosport Walking Past ... 'Seekers Create'** collaborated with Gosport Voluntary Action to co-produce a **series of podcasts** focusing on **5 local historical walks** around Gosport as part of GVA 'Walking Past' project. 'Walking Past' walks are **free** and can be **self-led** or, **you can join GVA walk leaders** and explore Gosport together!
- GVA's '**Meet the Funder**' event on **Thursday 29th February**, with 2 bookable sessions being held in two sessions – **1.30-4.30pm & 5.30-7.30pm** at **Rowner Community Trust**, 17 Falcon Meadows Way, PO13 8AA
- The **Bringing Gosport Together** (BGT) Network brings together local voluntary, community, and faith-based organisations, as well as businesses, public services and community champions to connect, share best practices and work together on local initiatives. **Next Bringing Gosport Together** will be at **12-2pm** on **Wednesday 20th March** at **St Mary's Parish Centre**, Alverstoke, PO12 2ET

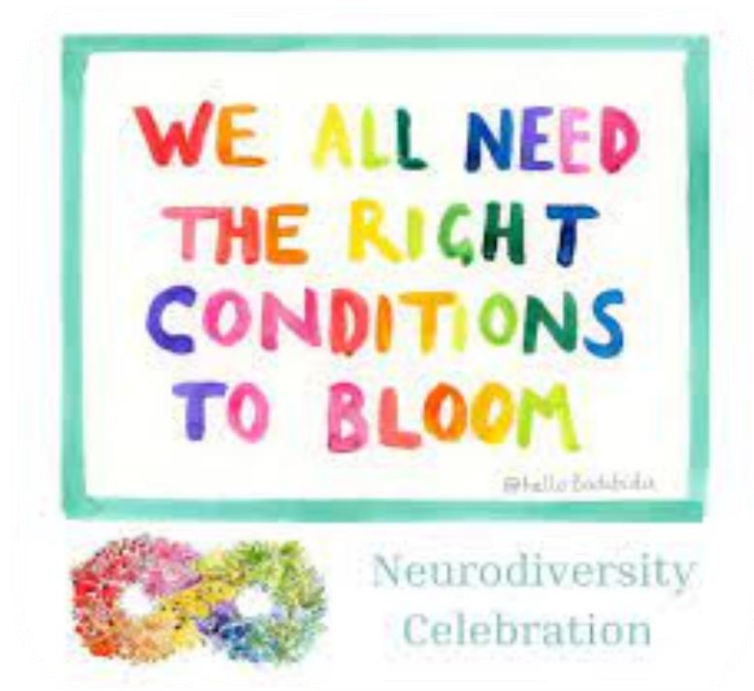
Update



Gosport Voluntary Action (GVA)



- **Gosport's Ukrainian Community Hub** (NAVCA - 1-year funded) partnered with c15 organisations, coordinated by GVA's Ukrainian Coordinator. This project has had a huge impact - **supporting c120 Ukrainian refugees**. Sadly, this much-needed **support service will close** at the end of February - unless future **funding** is secured this month (a Household Support Grant application is pending)...

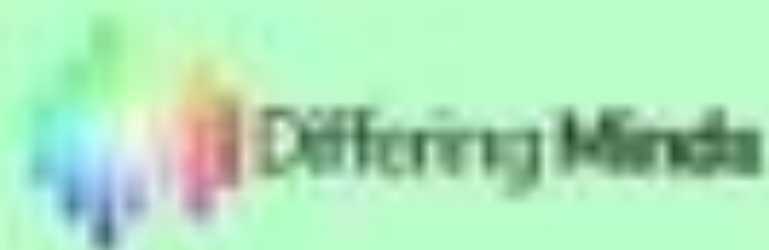


Supporting Autistic Individuals

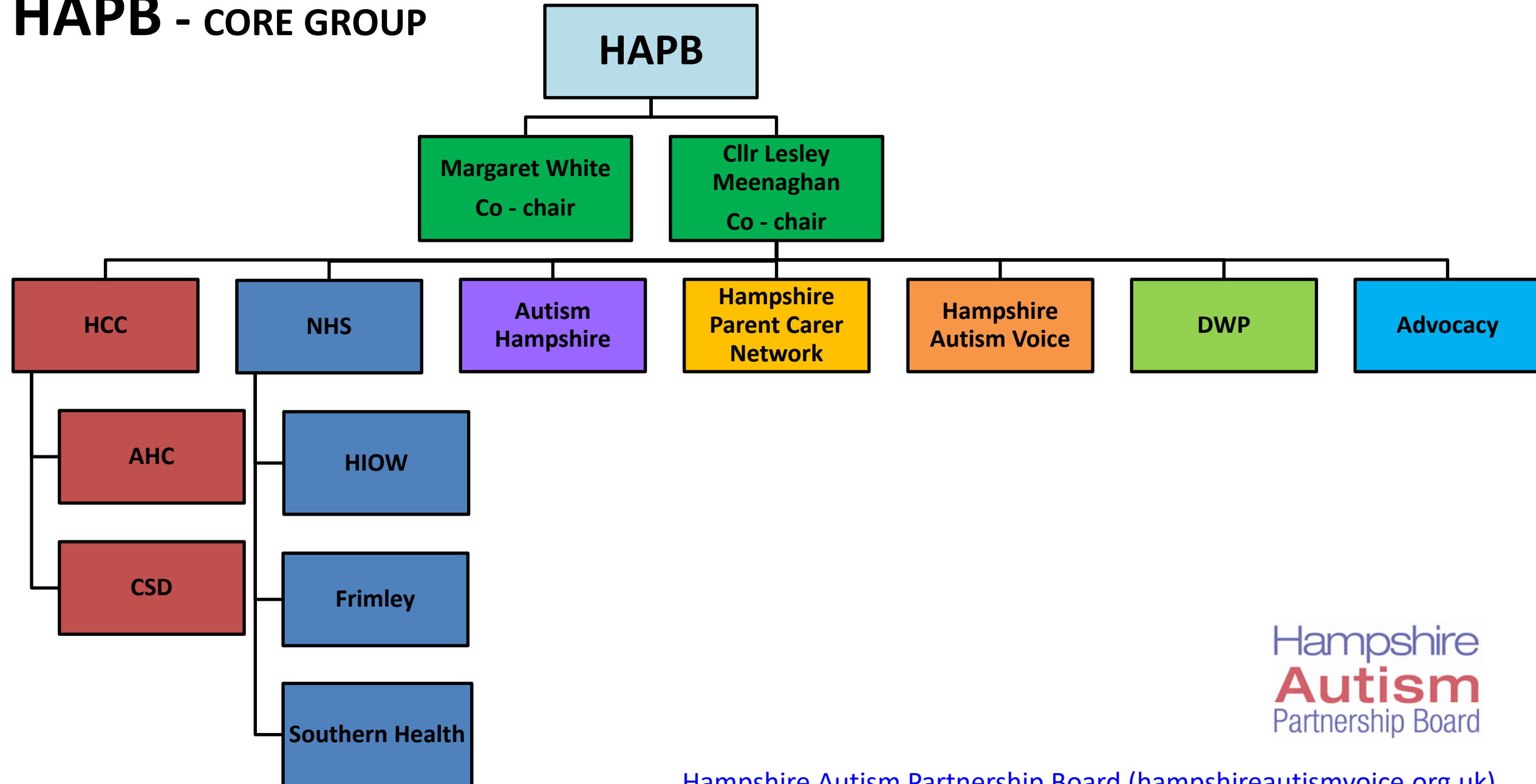
Zoë Beasley
Autism partnership coordinator

Hampshire
Autism
Partnership Board

WHAT IS NEURODIVERSITY?



HAPB - CORE GROUP



Hampshire Autism Strategy

Work has been ongoing since December 2021 to review and update the Hampshire* Autism Strategy to an all-age strategy, that will look to improve services for autistic individuals and those that support them.

The Strategy focuses on six priority areas, which mirror the National Autism Strategy priorities:



Improving understanding and acceptance of Autism within Society



Improving education and supporting transitions



Supporting more Autistic people into employment



Tackling Health inequalities



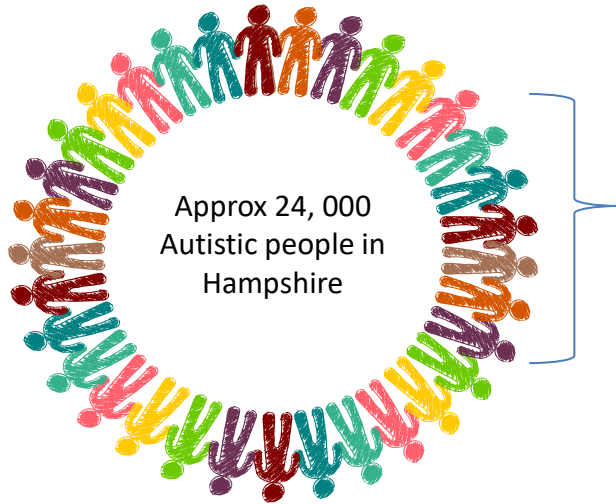
Supporting those in Inpatient care and building the right community support



Improving support in all aspects of the Criminal Justice System

**Hampshire for this survey/ the strategy refers to the area covered by Hampshire County Council only*

Autism demography in Hampshire

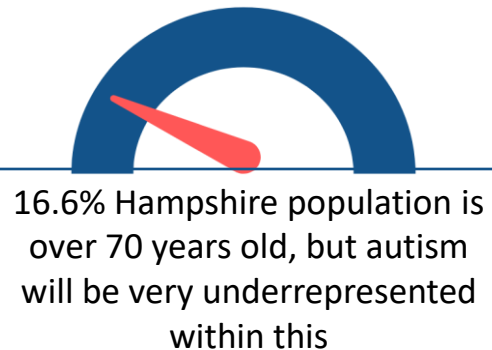


16.7% of all EHCPs show Autism as primary need

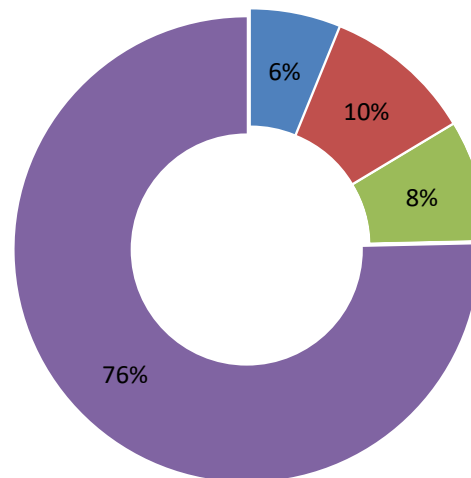
CYP with EHCPs suspension and exclusion rates are higher than national average (Autumn 22/23 term data)

CYP with SEN support had 40.9% of permanent exclusions academic year 22/23 compared to 38.6% of CYP with SEN

SEND & EHCPs



Disability in Hampshire

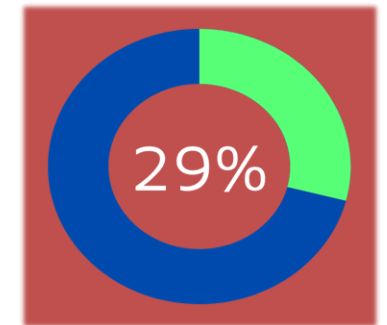


■ Disabled under the Equality Act: Day-to-day activities limited a lot

■ Disabled under the Equality Act: Day-to-day activities limited a little

■ Not disabled under the Equality Act: Has long-term physical or mental health condition but day-to-day activities are not limited

■ Not disabled under the Equality Act: No long-term physical or mental health conditions



Employment levels for autistic people (Nationally)

Health and Care Inequalities for Autistic People

Prevalence

- Autism referrals have gone up by 200% since 2019
- Less than half of autistic individuals have been identified in Hampshire GP databases (based on the current prevalence)
- 30% of Autistic People have ADHD & 40% have a Learning Disability

Healthy life expectancy

- Life expectancy is less in autistic people, with less time spent in good health
- Associated long-term health co-conditions including Epilepsy, Eating disorders, ADHD, Ehlers-Danlos syndromes/Hypermobility and Anxiety.

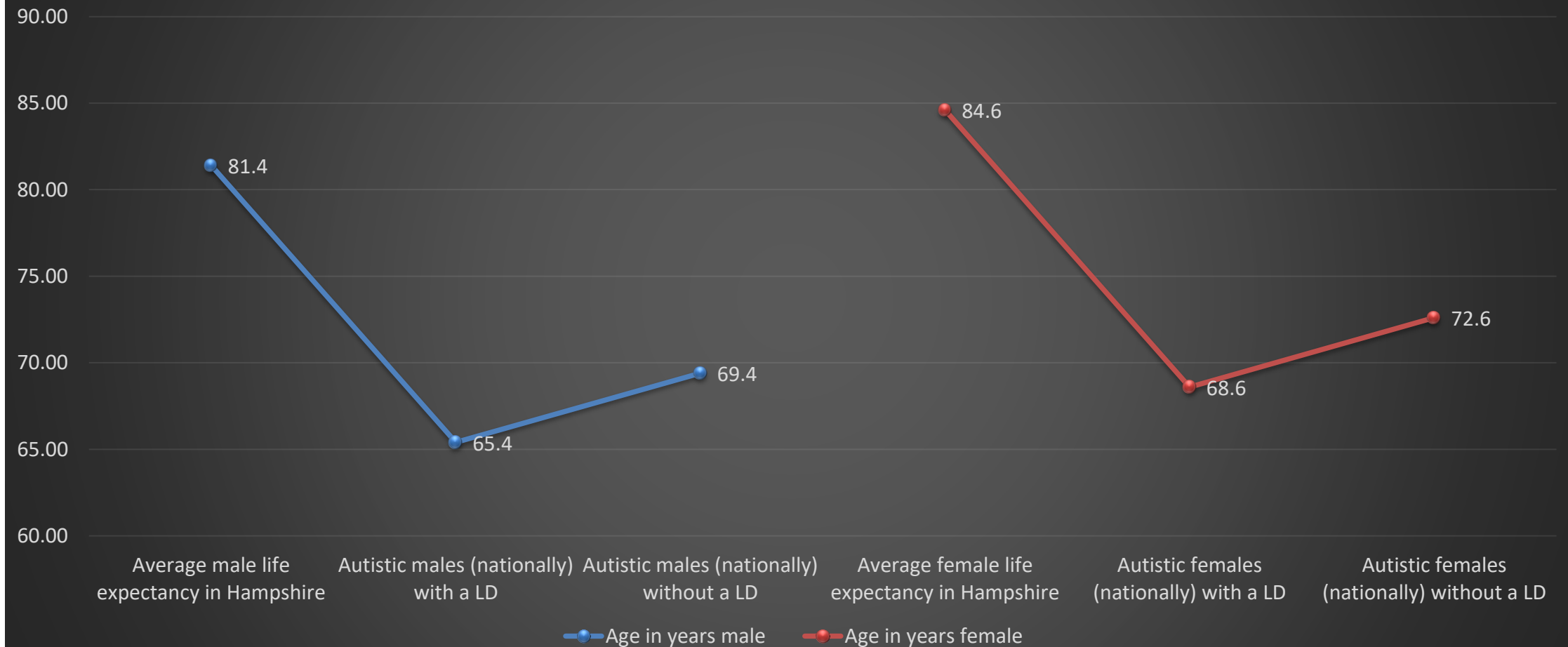
Mental Health

- 80% of autistic individuals will experience mental health issues during their lifetime.
- Autistic adults without a Learning Disability are 9 times more likely to die by suicide than the general population
- 15% of Autistic CYP have had suicidal thoughts
- Autistic people were 7 times more likely to be chronically lonely than the general population during Covid

Accessibility and Trust in Health Services

- 85% from our public survey felt being autistic was the main reason attending healthcare appointments was difficult
- Autistic people often feel dismissed, misunderstood, or not believed by clinicians at appointments.
- There are challenging sensory issues, such as noisy waiting areas and unpredictability over timings/who they see/location.

Life expectancy



Ways to improve accessibility and inclusion

Send out information
prior to appointments
with key information
(inc. visuals)

Above all... be patient and ask
where you can assist

Keep people updated re
any delays

Ask if any adjustments
may be required

Have clear information
signs, with imagery

Clarify with the person –
don't just assume



Support services in Fareham & Gosport

★ Professionals and training

Developing Understanding and Implementing Practical Approaches

Autism Hampshire
part of Avenues Group

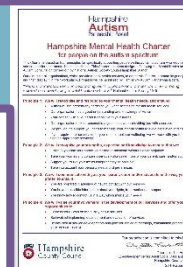
Hampshire Parent and Carer Network



Autism Ambassador Scheme

Autism Ambassador
Hampton - Hampshire
of Wight - Portsmouth

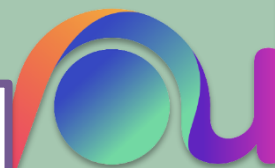
Mental Health Charter consultation



Community First



The You Trust



Early Years Inclusion training

Hampshire County Council

Barnardo's neurodiverse support for families

Hampshire and IOW Support for Neurodiverse Families
Skills building programmes for parents and carer

NAS South Hampshire Branch

National Autistic Society
South Hampshire Branch

VoiceAbility Hampshire

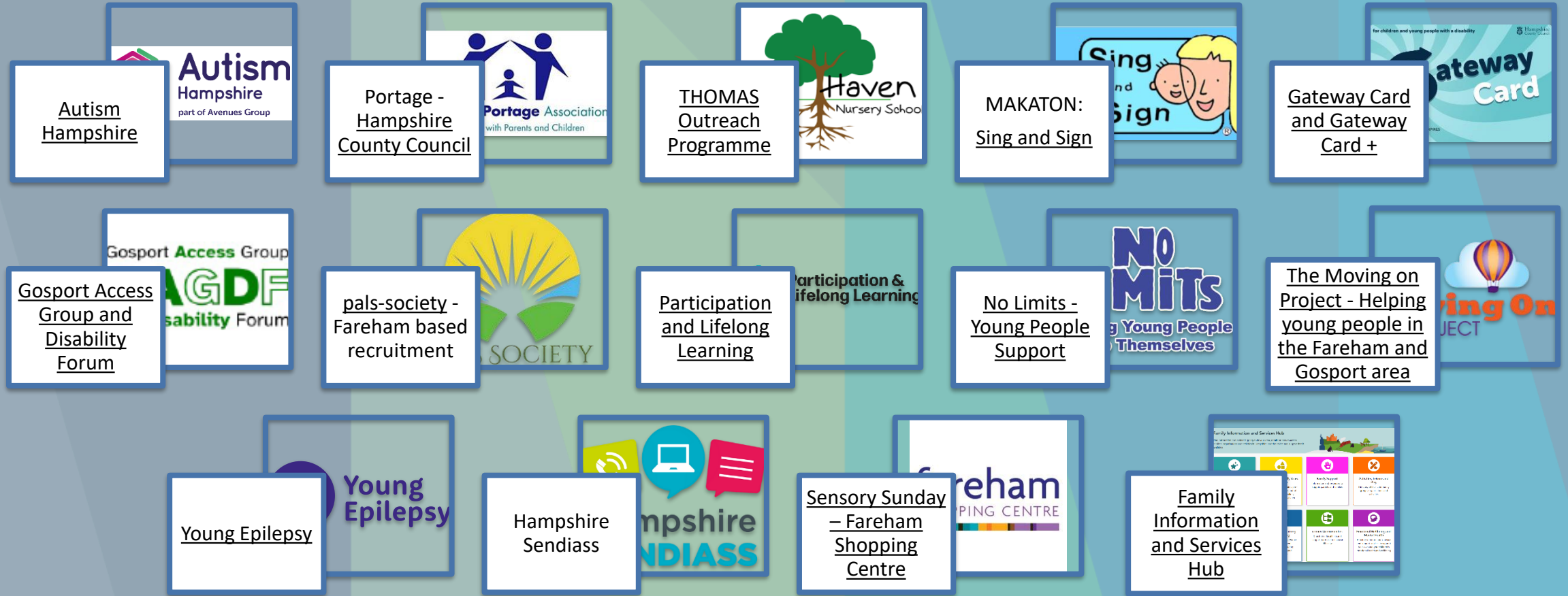
VoiceAbility

SpeakEasy Advocacy



Support services in Fareham & Gosport

★ Children and Young People



Support services in Fareham & Gosport

★ Adults



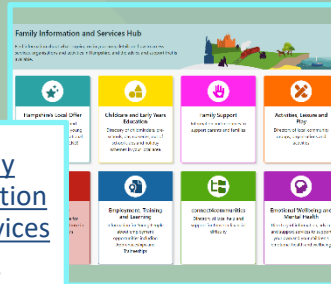
Support services in Fareham & Gosport

★ Parents/Families/Carers

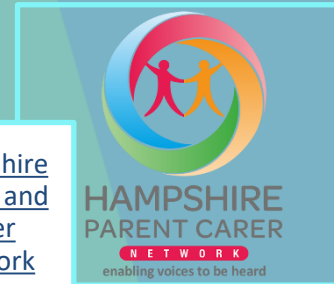
[Autism Hampshire](#)



[Family Information and Services Hub](#)



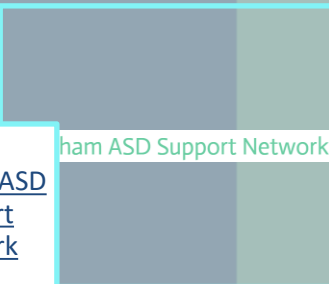
[Hampshire Parent and Carer Network](#)



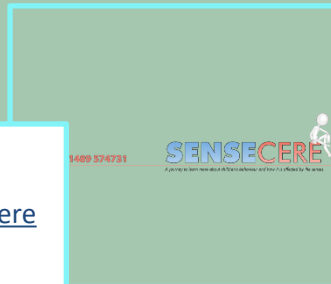
[Marvels & Meltdowns](#)



[Fareham ASD Support Network](#)



[Sensecure](#)



[Gateway Card and Gateway Card +](#)



[Sensory Sunday – Fareham Shopping Centre](#)



[Barnardo's neurodiverse support for families](#)



[Carers First](#)



Ways to support us

Hampshire Autism Partnership Board

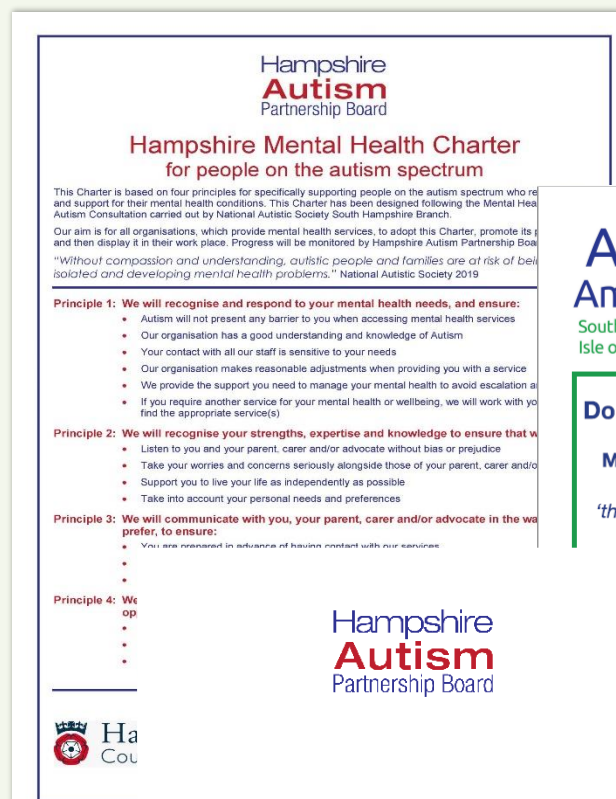
- Hampshire Autism Strategy - The strategy is due to be launched soon so please share and utilise.
- Inform us of any initiatives, projects you are working on that we can share at our meetings or to the community and/or any concerns that may affect autistic people (email autismboard.admin@hants.gov.uk)

Autism Ambassadors

- Being an Ambassador is a great way to be an ally to an autistic individual - <https://www.ascambassador.org.uk/>

Mental Health Charter

- The Charter is based on four principles for supporting people who require care and support for their mental health - [Mental health consultation \(shantsnas.org.uk\)](https://shantsnas.org.uk/consultation)



Autism Ambassador
Southampton - Hampshire
Isle of Wight - Portsmouth



Do you want to help your local community?

Make your business/organisation autism-friendly

'the smallest change can make the biggest difference'

Autism Ambassador
are launched by the Autism Partnership Boards of
shire, Portsmouth, Southampton & Isle of Wight
all our communities to become more autism-friendly.

For more information please visit:
www.ascambassador.org.uk

introduced to the Ambassador role, receive autism awareness
ow they will make a difference and meet fellow Ambassadors.

interest to take part in this fantastic project, please email
admin@ascambassador.org.uk

0 Ambassadors already appointed – *sign up now!*



What you can do to help me:	My name is: I am _____ years old I communicate by:	What is important to me:
What people like and admire about me:	Me Click to add a photo here	My strengths & talents:
My dream is to:	My fears / worries / things I don't like:	My favourite things:

What's
YOUR
'NORMAL'?

What's
If you are an autistic person around them it

The 'know you describe what such as how much time you spend and how this changes, it's who may not some

My Health Passport For autistic people



Healthcare staff, please consult this passport before you assess me or carry out any interventions.
Hospital staff, please keep this passport with my notes at the end of my bed and return to me when I am discharged.

Please look at the guidance notes before filling out your health passport the notes are at www.autism.org.uk/health-passport

Personal information

Name: _____
I like to be called: _____
Date of birth: _____
NHS number: _____

Like the following person to be contacted:

act in connection with my treatment and care:

Relationship: _____ Phone: _____

Relationship: _____ Phone: _____

No ☐

Put me in:

What autism means for me

My name is _____ and I am autistic.

I was diagnosed with autism when I was _____.

My special interests are _____.

Being autistic means I am a little bit different from other people.

I have many strengths, but I also have challenges in some areas. In the boxes below I have listed these things so that you can understand me a bit better.

Social interaction

Social communication

24

Sensory issues

means that I can _____



27 Top tips and practical resources for youth group leaders

Communication

To make your youth group truly accessible, you should have multiple options for communication such as verbally talking, writing responses on paper or a device and sign language. Autistic people might be very good at expressing themselves, some may struggle to put their thoughts together into clear sentences and some may use assistive technology or alternative methods to communicate.

Some young people may struggle with starting conversations or may need reassurance that their communication preferences are known and respected. This can be done with stickers, lanyards or badges that can be easily interchanged by the young person. Work with the young person to agree the rules of each colour badge and make sure that staff and other members know and respect these rules.

A red badge means that the person does not want to talk to anyone, or only wants to talk to a few people. The person might talk to others if they feel able to, and that is okay; the approached people are welcome to talk back to them in that case.

A yellow badge means that the person only wants to talk to people they recognise or prefer to have people start conversation with them. They may start a conversation with someone if they feel able to or prefer to have someone start a conversation with them.

A green badge means that the person wants to talk to other people. They might have trouble starting conversations but want to talk to people who want to have a conversation.



Section 3

Decision Making Profile

HOW I LIKE TO GET INFORMATION	HOW TO PRESENT CHOICES TO ME	WAYS YOU CAN HELP ME UNDERSTAND	THE BEST TIME FOR ME TO MAKE DECISIONS	THE WORST TIME FOR ME TO MAKE DECISIONS

Section 5

28 Top tips and practical resources for autistic young people

What might I need for support?

This tool is something you can bring with you to a youth group to help tell the youth group leaders what they can do to include you and make you feel comfortable.

You can tick options that you like and add your own.

Things you must know about me

Name: _____ Age: _____

Parent/Carer name: _____

Parent/Carer contact details: _____

My diagnoses: _____ My medication: _____

What to do during a meltdown / shutdown

I like to be:

left alone
allowed to leave
checked on by staff
sat somewhere quiet

Please:

let my parent or carer know
let me move onto the next activity
let me play with a toy
other _____

Behaviours to look out for

Things that show I'm upset:

scratching
not talking to anyone
leaving the room
looking angry

looking scared
covering my ears
jumping around
other _____

Things that show I'm happy:

flapping

dancing
humming
other _____

Section 5

Resource
examples

Resources

Local Information websites

- **Hampshire's Local SEND Offer:** <https://fish.hants.gov.uk/kb5/hampshire/directory/localoffer.page>
- **Autism central:** www.autismcentral.org.uk/resources
- **NAS South Hampshire Branch:** www.shantsnas.org.uk
- **Autism Hampshire:** www.autismhampshire.org.uk/local-autism-directory & alert card: www.autismhampshire.org.uk/how-we-can-help/autism-alert-card

Education

- **AET:** www.autismeducationtrust.org.uk/resources/ Resources to Support Autistic Children and Young People (autismeducationtrust.org.uk) / Raising Peer Awareness During World Autism Acceptance Week & www.autismeducationtrust.org.uk/resources/transition-employment-toolkit
- **Ambitious about Autism:** www.ambitiousaboutautism.org.uk/information-about-autism
- **Anna Freud:** www.annafreud.org/resources/ Neurodiversity Celebration Week toolkit - Secondary (mentallyhealthyschools.org.uk) / Neurodiversity Celebration Week toolkit - Primary (mentallyhealthyschools.org.uk) & Mental health lead resource hub : Mentally Healthy Schools
- **Learning About Neurodiversity at School:** [leans_recommended_neurodiversity_readings_for_educators.pdf](#)
- **Sensory assessment checklist:** [AET Individual Sensory Checklist.pdf](#) (locala.org.uk)

Health

- **Health Passport:** My health passport (autism.org.uk)
- **CAMHS:** <https://hampshirecamhs.nhs.uk/nhs.uk>
- **NAS:** www.autism.org.uk/advice-and-guidance/topics/mental-health
- **MIND:** www.mind.org.uk
- **Mental Wellbeing:** www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire

Communication, planning and accessibility tools

- **Ambitious about Autism** (www.ambitiousaboutautism.org.uk): your-normal-toolkit, what-autism-means-for-me & daily and session planners
- **NAS** - <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools>
- **NDTI:** www.ndti.org.uk/assets/files/f.-decision-making-profile-editable.pdf
- **Terminology Guide:** www.autismeducationtrust.org.uk/sites/default/files/2021-11/terminology_guide.pdf
- **Makaton:** https://makaton.org/TMC/Free_resources_.aspx
- **The Spectrum:** <https://thespectrum.org.au/autism-strategy/autism-strategy-communication/>
- **Text Help:** www.texthelp.com/solutions/creating-accessible-content/

Good books link - Jessica Kingsley Publishers | Jessica Kingsley Publishers - UK (jkp.com)

Downloadable Resources | Autistic Parents UK

Challenging-Stereotypes-ImWithSam.pdf (dimensions-uk.org)

Resources Archives - Gareth D Morewood (gdmorewood.com)

Communication tips (autism.org.uk)

I am a professional supporting Autistics - Reframing Autism

Hampshire Equality and Rights Advocates (EARA) | Hampshire County Council (hants.gov.uk)

Neurodiversity Celebration Week toolkit - Secondary (mentallyhealthyschools.org.uk)

Neurodiversity Celebration Week toolkit - Primary (mentallyhealthyschools.org.uk)

Useful videos and blogs:

Know your normal: <https://youtu.be/ZLJACPxcojg>

Autism Education Trust – what is autism: <https://youtu.be/h-bc1CJlhbM>

The Neuro Bears - the autism experience: https://youtu.be/_490q6LaHIY?

Young people explain what it's really like being autistic <https://youtu.be/xTLUYda-0O8>

Young people explain meltdowns and shutdowns: <https://youtu.be/zseDI1V-BqU> &
<https://youtu.be/gztHLxesWII>

NAS – sensory overload: <https://youtu.be/aPknwW8mPAM?>

NAS – barriers to work: <https://youtu.be/GAehvcnFjml>

NAS – Diverted short film: <https://youtu.be/GfIKHWfnH-Y>

[Blog | Ambitious about Autism](#)

[Blog | Autism Education Trust](#)



Links for additional resources

Thankyou



Zoë Beasley

Autism partnership coordinator

Adults Health and Care, Hampshire County Council

Email: zoe.beasley2@hants.gov.uk Direct dial: 0370 779 6844

Autism
Ambassador
Southampton - Hampshire
Isle of Wight - Portsmouth
2021-2022

Hampshire
Autism
Partnership Board

Additional information

- The following slides have information and video's that would be beneficial to look at and share with colleagues in your own time.

Things people may have



Lanyards



[Hidden Disabilities Scheme UK](#)



[I am autistic card \(autism.org.uk\)](#)



[Autism Alert Card | Autism Hampshire](#)

[Alert Card Schemes | National Police Autism Association \(npaa.org.uk\)](#)



Things people may use

Sensory
aids



PECS &
Electronic
communication
systems





Billie Eilish.png

...



Cara D...gne.png

...



Chris P...ham.png

...



Clay Marzo.png

...



Daniel...cliffe.png

...



Emma...tson.png

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Whoopi...erg.png

...



Greta T...erg.png

...



Hannah...sby.png

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Jack Monroe.png

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Jessica-...ate.png

...



Keira K...tley.png

...



Ladyhawke.png

...



Will.I.Am.png

...



Lewis H...ton.png



Maggie...ock.png



Richard...son.png



Ryan Gosling.png



Satoshi Tajiri.png



Simone Biles.png



Tom St...man.png

Neurodivergent celebrities

Social understanding, Communication & Sensory processing

Autistic individuals can have varying levels of communication. Social situations can be difficult for Autistic individuals and cause great anxiety. Autistic individuals may find it more difficult to understand other's intentions and express themselves in the way society deems the 'norm'.

The theory the 'Double Empathy problem' by Dr. Damian Milton explains essentially it is not that Autistic individuals don't have social skills, they are just different to non-Autistic social skills. [The double empathy problem \(autism.org.uk\)](http://autism.org.uk)

Individuals may be Hypersensitivity or Hyposensitivity to certain senses and use stimming to regulate these.



‘Autism rates and differences in ethnic minorities and links to social disadvantage’ study

The study of more than 7 million children in the UK showed around one in 57 (1.76%) children in the UK is on the autistic spectrum.

The highest prevalence was found in Black pupils (2.11%) and the lowest in Roma/Irish Travelers (0.85%), with important variability across geographic areas.

26% of Black pupils and 38% of Chinese pupils were found to be much more likely to face significant social disadvantage.

Pupils with a record of autism in schools were 60% more likely to also be socially disadvantaged, and 36% less likely to speak English.

Findings showed that pupils facing social disadvantage were more likely to be autistic.

Professor Fiona Matthews from Newcastle University stated:

“This study highlights the need for more attention to the unrecognised and differing needs of autistic children from disadvantaged and diverse backgrounds.”



Autism

Task – pen and paper required --- warning of potential sensory overload



This is a video of the young Autistic individuals experience around communication



[Reference: Young people explain communication | Ambitious about Autism - YouTube](#)

Repetitive behaviours & stimming



Repetitive behaviours can be a major part of life for many Autistic people. They can be an essential way of regulating emotion and providing someone with a source of comfort or enjoyment that enables them to carry on with their day.

Meltdowns and shutdowns





Tanya Egan

Chair of Trustees

ADHD & You - Information & Peer Support (18+)

adhdgosport@gmail.com





- We are a community group that constituted in July 2023 we currently have 4 trustees and all of us are affected by ADHD. I was diagnosed at 34 years old and have been on medication for a year and half but it is not a miracle pill, being able to be with other people who understand, makes me feel safe and a part of a community
- We currently run a monthly peer support hub, a monthly women's chat group and virtual peer drop-in's
- We are based in Gosport but do not turn any one away as long as they are in within the surrounding areas, are aware of what is local to them and will benefit from our support
- Our criteria is 18+ and affected by ADHD - this includes people who are undiagnosed, diagnosed, partners of someone with ADHD and parents of young people



- We support people think they may be living with ADHD by exploring what that might mean for them and the next steps they could take and how to navigate that
- We provide a safe space for people to be themselves and share their experience with like-minded people
- We have a quiet space which we are developing and are hoping that this will become a pop-up sensory space for people to access whilst at the hub
- We have a peer member who shares his mindfulness strategies by showing people how they can use this to support themselves



- Moving forward we will be attending some events through out the year to raise awareness of ADHD and our groups
- We will be having a “come and meet us launch”
- We will be looking to bring some volunteers on board to help with a digital support project we will be introducing to our hub
- We will be outreaching to increase our members
- We will be applying for more funding to hopefully be offering talks, workshops, coaching and branded fact sheets



“I was telling a friend from work that I have never been in a room of strangers and felt so accepted and amongst people who get it. You have built a great safe place.”



Autism
Hampshire
part of Avenues Group

Ashleigh Spice

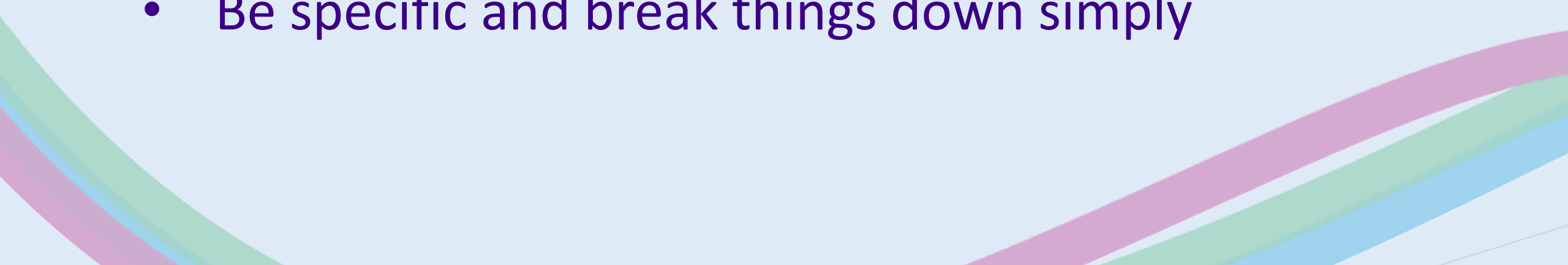
Community Services Manager



ashleigh.spice@autismhampshire.org.uk

**How would you
make a glass of squash?**

How would you make a glass of squash?

- Question your own knowledge, judgements and perceptions of a situation
 - Ask questions and get clarity
 - Check your own understanding and remember it may be different to someone else's
 - Be specific and break things down simply
- 

1. Information, Advice, Guidance

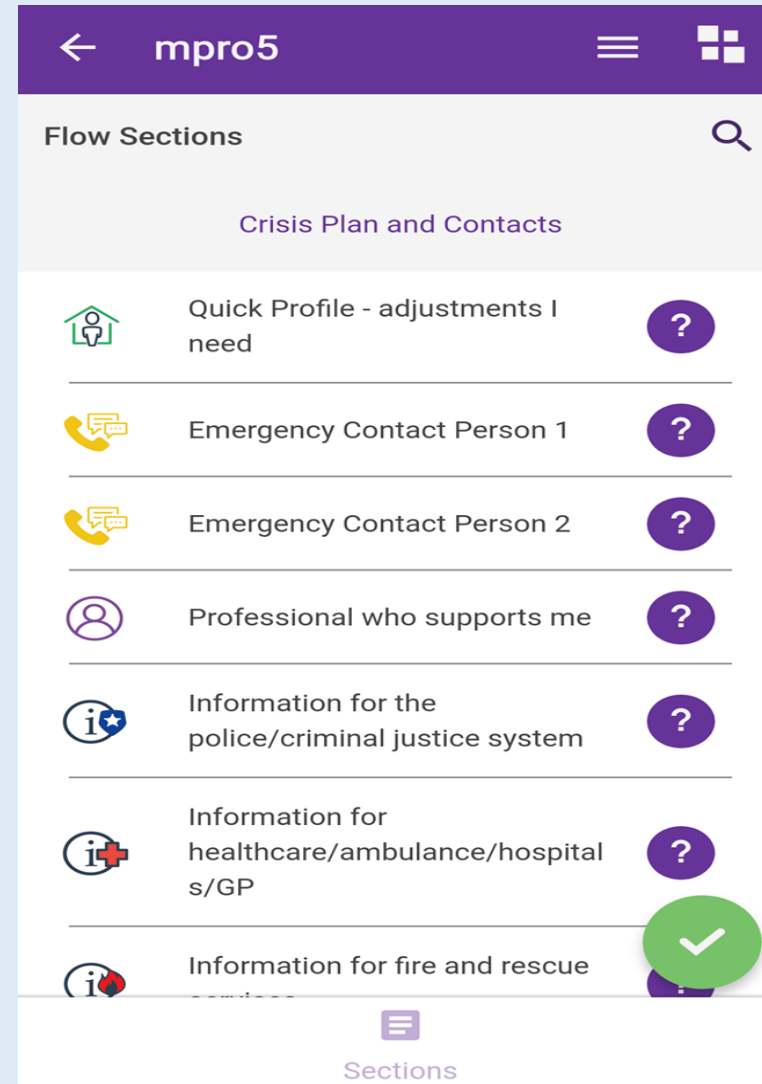
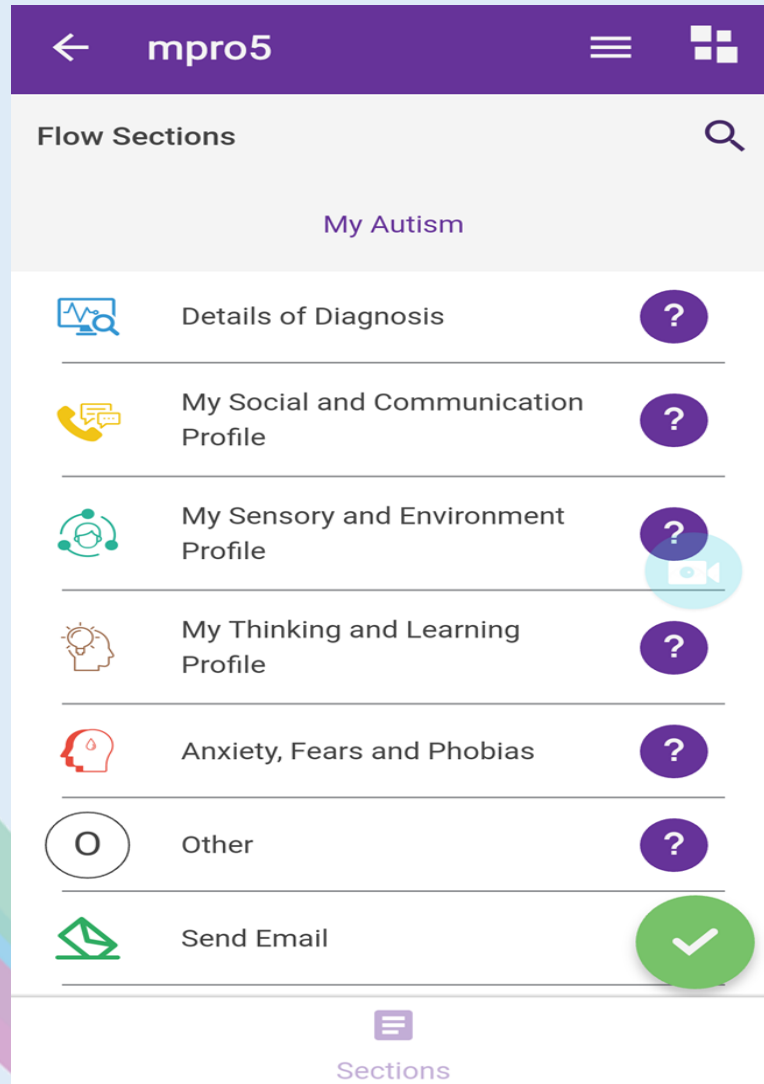
- Free service (for people in Hampshire) to support autistic people, their parents, carers and professionals
- Access available pre, during and post diagnosis
- Open Monday-Friday 9-5

IAG offers 3 tiered levels of support:

- Tier 1- When a question can be answered through an email or call
- Tier 2- When an appointment is needed or further research and guidance is required
- Tier 3- Ongoing regular appointments with an IAG Officer



Alert card and Autism Assistance App



2. Serendipity Community Groups

Our Serendipity groups are a great way for autistic adults to meet in a supportive and non-judgmental setting.

- Free online and in-person groups across Hampshire
- Facilitated by a our team and trained volunteers
- For autistic adults aged 18+
- No diagnosis needed
- Attend independently or with support if needed
- Most groups meet one to two times per month in a regular venue



3. External Training & Consultancy

Empowering autistic people, their families and professionals by learning more about neurodiversity in an interactive way, using first-hand experience.

- High-quality, CPD-accredited training and consultancy
 - Training courses are created, designed and, wherever possible, delivered by autistic people themselves using innovative and immersive exercises
 - Consultancy includes workplace/environmental assessments and 1-1 interviews
- **Being with Autistic People** (3 hrs): An entry-level course
 - **Towards Understanding Autistic People** (6 hrs): An intermediate-level course
 - **Understanding, Accepting & Accommodating Autistic People** (6 x 3 hrs): A longer course for parents, professionals, and anyone else who has frequent contact and interaction with autistic people.

4. Specialist Mentoring Service

Our service aims to empower university students using specific strategies to help manage barriers to learning and life and encourage successful and independent management of lifestyle and studies.

- For students who are: autistic, have other neurodivergences or specific learning differences and/or mental health conditions
- Online or in person
- Funded by universities or Department For Education based on needs assessments
- Have dedicated time to set goals that help with challenges, reflect on their experience of university and celebrate achievements



How can you help us?

- **We need more volunteers!** Serendipity Volunteers alone donate approximately 960 hours of their time per year
- **Attend our training courses** – it's made by autistic people with real lived-experience stories and a great way to learn from the experts in Hampshire (CPD accredited)
- **Fundraise for us!** A fun run, silly sock work day
- **Spread the word** – we get such great feedback from people we support – please signpost and share information about our services to others so we can try to support as many people as possible





Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health Forum Webinar
- ✓ The recording and PP will be saved on Community First's and GVA's webpages by Tuesday 13 February
- **Dates** of the 2024 Fareham and Gosport Voluntary Sector Health Forum Webinars/Meeting...
 - Wednesday 1 May, 1-2pm (Webinar)
 - Thursday 12 September, 10.30-12.30pm (Networking & Showcase Event - Face to Face)
 - Tuesday 12 November, 1-2pm (Webinar)
- **Please feedback** via Chat or email - including re future Health Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please ask them to email Jane:- healthforums@cfirst.org.uk
- ❖ Have a **Happy, Healthy Spring!**

Community First

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