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## Autism Spectrum Disorder Adult Service

Post diagnosis information

# Helping people to be the best they can be

The advice below is for information purposes only and CWP NHS FT has not published or endorsed the material, however we hope it will be useful.

**[For Information – Autism and me](#) and [Autism and me \(easy read\)](#)**

## About Autism

**NHS Website** - <http://www.nhs.uk/conditions/Autistic-spectrum-disorder/Pages/Introduction.aspx>

**National Autistic Society** - [www.autism.org.uk](http://www.autism.org.uk) They also have a helpline 0800 800 4104. The helpline also offers telephone interpretation; [www.autism.org.uk/what-we-do/website/accessibility](http://www.autism.org.uk/what-we-do/website/accessibility) or [www.nas-cheshire.org.uk](http://www.nas-cheshire.org.uk)

**Autistica** - promotes and publishes Autism research <https://www.autistica.org.uk/>

**Autism support hub:** They have a selection of books, DVDs and resources. Membership is £10 for the year then hire of books and resources is free.

Rosebank Bungalow  
Townfield Lane  
Barnton  
Northwich, Cheshire  
CW84QP  
01606 783295 or email: [autismlibrary@rosebank.cheshire.sch.uk](mailto:autismlibrary@rosebank.cheshire.sch.uk)

**Autism Together Wirral** sometimes offer 1:1 sessions. [www.autismtogether.co.uk](http://www.autismtogether.co.uk)

**Shropshire Autism hub** - <http://shropshireautismhub.moonfruit.com>

**Space 4 Autism** (Macclesfield and East Cheshire) - <http://space4autism.com/>

**Ambitious about Autism** - information including "Know Your Normal" <https://www.ambitiousaboutautism.org.uk/>

**Research Autism** - reviews latest research evidence on Autism <https://www.researchautism.org/>

## Autism specific Information

**Sensory overload** - <https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences/all-audiences>

**Meltdowns** – <https://www.autism.org.uk/advice-and-guidance/topics/behaviour/meltdowns/all-audiences>

**Communication** - <https://www.autism.org.uk/advice-and-guidance/topics/communication>

**Friend or fake booklet** - <http://arcuk.org.uk/safetynet/friend-or-fake-easy-read-booklet/>

## After diagnosis

<https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/post-diagnosis-support> or <https://www.autism.org.uk/what-we-do/adult-residential-services/adult-services-stories>

## Debt/Finance management

[www.stepchange.org](http://www.stepchange.org) (National)  
[www.nationaldebtline.org](http://www.nationaldebtline.org) (National)  
[www.pennysmart.org.uk](http://www.pennysmart.org.uk) (Chester)

**Online money management course** - <https://www.autism.org.uk/what-we-do/professional-development/training-and-conferences/online/managing-money>

**Mobile apps for budgeting** - <https://www.thebalance.com/best-budgeting-apps-4159414> (There are other free apps also available.)

**BILD (British institute of Learning Difficulties)** - commissioned by Barclays bank) has developed a money skills programme suitable for people with learning difficulties/disabilities at <https://youtu.be/Of1WuCGnE4>

**Face to face money course:** [www.capmoneycourse.org](http://www.capmoneycourse.org)

Email - [info@capmoneycourse.org](mailto:info@capmoneycourse.org)

Local: New brighton Baptist Church.

Contact: Shirley Bowen: 07816563688 or [shirleybowen@capuk.org](mailto:shirleybowen@capuk.org)

## Relationships

<https://www.ambitiousaboutautism.org.uk/information-about-autism/coronavirus-and-autism/health-and-wellbeing/family-relationships>

<http://www.autism.org.uk/about/family-life/partners.aspx>

## Advice for Autistic people accessing Health Services

### Royal College of General Practice Autism Toolkit -

<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/asd-toolkit.aspx>

**Hospital passport** - <http://www.autism.org.uk/about/health/hospital-passport.aspx>

### Making the most of a visit to a psychiatrist -

<https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/making-most-visit-psychiatrist>

### Cheshire wide attention card:

<http://www.cheshireautism.org.uk/news/attention-card/>

## Mental Health support Services

**Wirral: Inclusion matters:** [www.inclusion-matters-wirral.org.uk](http://www.inclusion-matters-wirral.org.uk)

**IAPT South Cheshire** – 01606 555 263

**IAPT Vale Royal** – 01606 555 211

**Macclesfield: The big life** – 01625 469955 or 469950

**For other areas, contact your GP for a referral.**

[www.mytalkingtherapies.com](http://www.mytalkingtherapies.com)

[www.hubofhope.co.uk](http://www.hubofhope.co.uk) – a national portal to access support

<https://youngminds.org.uk/>

## How to access a Care Act Assessment

**Cheshire West and Chester** - Chester Gateway team: 0300 123 7034

**Cheshire East Gateway team** – 0300 123 5010

**Wirral - Central Advice and Duty Team** 0151 514 2222

**Shropshire – First point of contact team** – 0345 678 9044

## NAS (National autistic society) local branches

[www.nas-cheshire.org.uk](http://www.nas-cheshire.org.uk)

<http://naswarringtonbranch.webeden.co.uk>

<https://www.facebook.com/nasshropshire/>

<https://www.autism.org.uk/what-we-do/local-branches>

## Autism Support Groups/Hubs

**Shropshire Autism hub** - <http://shropshireautismhub.moonfruit.com/>

**Space 4 Autism (Macclesfield and East Cheshire)** <http://space4autism.com/>

**Autism inclusive (Crewe)** <http://www.autisminclusive.org.uk/groups/>

**CHAPS: (Cheshire autism)** [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk) run a variety of activities for adults and young people across Cheshire.

**About Autism (Wirral)** [www.aboutautism.co.uk](http://www.aboutautism.co.uk) (or email: [louise@aboutautism.co.uk](mailto:louise@aboutautism.co.uk)) Louise is happy to support people 1:1. Their activities and events are on their [Facebook page](#).

**Aspire** - A group for adults with autism for advice or post-diagnosis support and socialisation. 11.30 – 13:00 in the meeting room of the story house, on the first Wednesday of every month. Sandra & Jenny: [aspirechester@gmail.com](mailto:aspirechester@gmail.com) or visit their Facebook page.

**Autism together** Offer 1:1 autism and me sessions, and a monthly adult social group - 0151 334 7510 or [www.autismtogether.co.uk](http://www.autismtogether.co.uk)

**The Belvidere Centre** - A youth club for ages 12- 25 in Wallasey for people with disabilities and their friends. Operates 3 days a week at 60p per session. Contact Jim Wilkinson on 0151 639 6154.

**Geeks united (Flintshire)** - a technology based club for young people [www.alexlowery.co.uk/autism-social-group](http://www.alexlowery.co.uk/autism-social-group)

**Carer's Trust 4 all** - Adult social skills groups across Cheshire - 0333 323 1990

## Developing social skills

**CHAPS:** [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)

**National autistic society:** [www.autism.org.uk/socialskills](http://www.autism.org.uk/socialskills)

**NAS social eyes:** [www.autism.org.uk/about/strategies/socialeyes.aspx](http://www.autism.org.uk/about/strategies/socialeyes.aspx)

**Befriending services:** <https://www.autism.org.uk/what-we-do/support-in-the-community/befriending>

A good way of developing social skills is to meet with others with similar interests, though attending a group in your area. Groups can be found by searching online, or through [www.meetup.com](http://www.meetup.com)

## Developing Living skills

**CHAPS:** [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)

**Space 4 autism** provide cookery courses

## Benefit support

**National autistic society:** <https://www.autism.org.uk/advice-and-guidance/topics/finance/benefits> or email: [welfarerights@nas.org.uk](mailto:welfarerights@nas.org.uk)

## Advocate support

<https://www.autism.org.uk/directory/a/asd-advocacy>

[www.autism.org.uk/directory](http://www.autism.org.uk/directory)

**Cheshire advocacy** <https://www.cheshireautism.org.uk/>

**Shropshire advocacy** <https://www.shropshirepcas.co.uk>

## Employment support

**Bren Project** – Supported work placements (8 weeks) [www.brenproject.org.uk](http://www.brenproject.org.uk)

**Remploy** – Offer help with CVs, applying for jobs, attending interviews, and supported placements <http://www.remploy.co.uk>

**Shaw Trust** – [www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

**The Work Zone** - Individualised employment support programme

**Cheshire wide** email: [skillsandemployment@cheshirewestandchester.gov.uk](mailto:skillsandemployment@cheshirewestandchester.gov.uk)

**Total People** – supported internships <http://www.totalpeople.co.uk>

**National autistic Society training partners** <https://www.autism.org.uk/get-involved/corporate/our-partners> or <https://www.autism.org.uk/get-involved/corporate/our-partners/axcis>

**New Leaf** [www.newleafcheshire.co.uk](http://www.newleafcheshire.co.uk)

**Remploy works well for me program** – [www.remploy.co.uk/ww4m](http://www.remploy.co.uk/ww4m)

**Talent Match** – <https://wirralinfobank.co.uk/Services/1051/Talent-Match-Youth-match> (age 16-19)

**Reach out Wirral** <https://involvenorthwest.org.uk/what-we-do/reachout/>

**Local areas** have people who can help you find suitable employment, working with your strengths and skills in suitable environments, such as Remploy and New Leaf (Cheshire); and reach out (Wirral).

**Job centres** will make reasonable adjustments, and may see you at home if visiting the centre is stressful. Someone you know can be your appointee, and liaise on your behalf.

**Community connect café** – informal environment helping people meet new people. Chester Job centre, every 2nd Tuesday of the month 14:00-16:00.

## Reasonable Adjustments in work support

**Access to work Scheme** <https://www.gov.uk/access-to-work>

**NAS employment service** <https://www.autism.org.uk/professionals/training-consultancy/employment.aspx>

## Supported accommodation

**Autism together** 0151 334 7510 [www.autismtogether.co.uk](http://www.autismtogether.co.uk)

**National Autistic Society** - [www.autism.org.uk/communitysupport](http://www.autism.org.uk/communitysupport)

**The Together Trust** <https://www.togethertrust.org.uk/residential-care>

## Sensory products and services

[www.multi-sensoryworld.co.uk](http://www.multi-sensoryworld.co.uk) (online retailer of sensory items)

**Visual artwork** - <http://patricksamuel.net/>

<https://www.cheshirecandlecompany.com/>

**Trained support dog scheme:** [www.sherlockhounds.org.uk](http://www.sherlockhounds.org.uk)

## Specialist driving instructors

**Cheshire** – <https://www.autism.org.uk/directory/p/purple-wheels-drivingschool>  
(Covers areas of Macclesfield, Crewe, Stoke and Northwich test centers)

**Wirral – Jane Rooney:**

[https://twitter.com/autism\\_together/status/1101811388731871232?lang=en](https://twitter.com/autism_together/status/1101811388731871232?lang=en)

## Other useful information

**Quiet Shopping events** – <http://www.autismtogether.co.uk/cheshire-oaks-autism-friendly-shopping-evenings/>

**Autism friendly cinemas** – A lot of cinemas now hold autism friendly viewings, where the lights tend to be kept on at a low level, sound levels are lower than usual, there are no trailers or advertisements - just the film, and there is allowance for increased levels of movement and noise.

**Airports** – Some airports have an autism friendly lanyard, wristband or voucher. You need to apply in advance, or show your autism alert card and you will be taken to a quiet section of the security area where the officers will use a minimal touch procedure.

Some airport websites also have a guide of what to expect at their airport on their website;

<https://www.liverpoolairport.com/6630.aspx>

<http://www.manchesterairport.co.uk/at-the-airport/special-assistance/hidden-disabilities/>

<https://www.birminghamairport.co.uk/at-the-airport/terminal-facilities/special-assistance/>

**General Holiday advice** - <https://network.autism.org.uk/knowledge/insight-opinion/summer-holidays-resources-support-families>

**Park runs** (including ASD specific events) - [www.parkrun.org.uk](http://www.parkrun.org.uk)

**Morrison's supermarket** have autism friendly shopping 09:00-10:00 every Saturday morning. The lights will be dimmed, tills will be quiet, and no tannoy announcements are made. Check your local Morrison's for details.

**Sainsbury's and Argos** have a lanyard scheme for people with hidden disabilities who wish for staff to be able to identify and support this.

**Click and collect; or online shopping** can be of help to people with autism.

**Railways** – A new waiting room in Crewe station has been developed for people with hidden disabilities to provide a safe, calm environment called the calm corner.

## Useful videos

**About autism** - <http://www.autism.org.uk/about/what-is/asd.aspx>

**What is autism** - <https://www.youtube.com/watch?v=1qPFAT4p8Lc>

<https://www.youtube.com/watch?v=7JdCY-cdgkl>

**What sensory overload feels like** - <https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences> or <http://www.autism.org.uk/get-involved/tmi/about.aspx>  
[https://www.youtube.com/watch?time\\_continue=3&v=ycCN3qTYVyo](https://www.youtube.com/watch?time_continue=3&v=ycCN3qTYVyo)

**Understanding sensory processing**  
<https://www.youtube.com/watch?v=hWP5YNXRCTY>

**Developing ability to recognise non-verbal communication:**  
[https://www.youtube.com/watch?v=T4lq\\_qaJirs](https://www.youtube.com/watch?v=T4lq_qaJirs) or  
<https://www.youtube.com/watch?v=B0ouAnmsO1Y>

**How to start conversations** [www.youtube.com/watch?v=jpo4pzHy338](http://www.youtube.com/watch?v=jpo4pzHy338)

**Aspergers and relationships** <https://www.youtube.com/watch?v=9tjEZbfLuok>

**Autism and employment** [https://www.youtube.com/watch?v=Y\\_uN2LFv4WA](https://www.youtube.com/watch?v=Y_uN2LFv4WA)

**Traits that come in handy on the job**  
<https://www.youtube.com/watch?v=GQFQ5Kqvckc>

## Other non-ASD specific groups in Wirral

**SMILE project - Supportive mates in life exist** - Blacon Tuesdays weekly 10-12. Outings. United reform church.

**Fallen angels at storyhouse** – dance / drama group for people with mental health problems

**www.luv2meetu.com** a friendship and dating agency for adults with learning disabilities or autism.

**Live Cheshire** - A small charity in Chester offering activities for adults and young people with disabilities or autism. They do projects, trips and a variety of activities. [www.livecheshire.org.uk](http://www.livecheshire.org.uk) or 01244 320479

**WIRED (Wirral information Resource and Equality and diversity)** Support from carers. [www.wired.me.uk](http://www.wired.me.uk)

**Wirral ways to recovery** – helps adults with recovery from drug and alcohol problems, 0151 556 1335 or email: [wirral.services@cgl.org.uk](mailto:wirral.services@cgl.org.uk)

**Family Tree Wirral** - helps carers and families affected by mental health, includes counselling and advocacy. 0151 488 8159 email: [cwp.family.tree@nhs.net](mailto:cwp.family.tree@nhs.net)

**The Open Door Centre – Wallasey** supports individuals aged 15-30 who suffer from anxiety, depression, stress, panic attacks. They run an 8-week online CBT programme as well as mindful groups and activities. 0151 639 4545

**Hope Place café Wirral** – Open Mon – Sat 10-3, Prenton. A coffee shop and community hub that offers activities. 259 Woodchurch Road, Prenton.

**Tomorrow's women, Birkenhead** for people who feel isolated or want to try something new. 0151 647 7907

**Wirral Mind Birkenhead** – offers a drop-in facility; lots of different arts and craft sessions including an art club, a befriending service, sewing club, and counselling services. 0151 512 2200.

**Spider project Birkenhead** – a creative community project for people who have previously suffered from drug or alcohol problems. 0151 647 7723.

**Involve North West** - helps people in some areas of Wirral connect with local activities, to stop loneliness  
<http://www.involvenorthwest.org.uk/index.php/services/community-connectors-service>

**Next Chapter** - A service providing mentoring, befriending, activities, and social opportunities. [www.nextchapternwcic.co.uk](http://www.nextchapternwcic.co.uk)

**Neston Womens' support** at Neston Methodist church and community Centre every Thursday 19:00-21:00. Email: [lilibut3@yahoo.co.uk](mailto:lilibut3@yahoo.co.uk) or 07971477205



## Other non-ASD specific groups in Cheshire

**Advice about services and support in your area** at <https://makingspace.co.uk/>.

**Good company** - a social group for adults with disabilities living in Cheshire for friendship, fun and activities. Email: [office@cheshirecil.org](mailto:office@cheshirecil.org)

**Starting Well** - a service for 11-19 year olds. They can help people in this age bracket who have low mood, stress, relationship issues, with confidential mental health support provided by CWP. <https://www.startingwell.org.uk/>

**Live Cheshire** – inclusive and accessible clubs and social activities. 01244 320479 [www.livecheshire.org.uk](http://www.livecheshire.org.uk)

**Chester Plus** - Peer led support for positive health and wellbeing. [www.chesterplus.org](http://www.chesterplus.org) 01244 343489.

**Chester FC Heads up Football** – for anybody over 14 who has experienced a mental health problem. Contact: Lewis – 0151 4888381 or email [community@chesterfc.com](mailto:community@chesterfc.com)

**The Mersey Forest** – Whitby Park Walled Gardens, Ellesmere Port. Explore seed sowing, flower growing, salad planting, being active and drinking tea. Make new friends and learn new skills. Contact: Nina on 07533 352960 or email [mail@merseyforest.org.uk](mailto:mail@merseyforest.org.uk) <https://www.merseyforest.org.uk/>

**Christians against poverty** – Free debt counselling throughout Cheshire west and Cheshire, as well as the rest of the UK. Janet Greaves – 07587184253 <https://capuk.org>

**Volunteering on the Mid-Cheshire Line** – volunteering opportunities at railway stations along the line. Contact -01244 976788 or 0773652 3863 <http://www.midcheshirerail.org.uk/news/volunteering-on-the-mid-cheshire-line/%20/>

**Chapter** – Ellesmere Port provides support for people with enduring mental ill-health. Helps improve confidence, provide a sense of purpose, and support to pursue activities. They can also offer 1 to 1 support. [www.chapterwestcheshire.org](http://www.chapterwestcheshire.org) [www.chapterwestcheshire.org](http://www.chapterwestcheshire.org),

**Womens' makers mindful crafts for women over 50** - [www.healearth.co.uk](http://www.healearth.co.uk) (a Brightlife initiative)

## Parent/Carers support

**Cheshire carers Trust 4 all** – support for carers/parents.

**Singing Together for Carers** – Twice a month, relaxed singing sessions with refreshments available at St Johns Church Centre, Hartford. Contact Jonathan - 0333 323 1990 [JStewart@carerstrust4all.org.uk](mailto:JStewart@carerstrust4all.org.uk)

**WIRED (Wirral information Resource and Equality and diversity)** Support from carers – [www.wired.me.uk](http://www.wired.me.uk)

**Wirral carers** - <http://www.wirralcarers.co.uk/>

There are 2 groups for parents or carers who live in the Ellesmere Port area: <https://www.facebook.com/groups/EPASSupport/>

There is also a group in the Blacon area, which can be found by contacting the EPASS group.