

**THE TELFORD AND WREKIN
DIRECTORY OF SERVICES AND
INFORMATION**

**FOR
ADULTS WITH
HIGH ABILITY AUTISM
OR
ASPERGER'S SYNDROME
March 2012**

INTRODUCTION

This publication provides information about current services and support that is available to adults with high ability autism or Asperger's syndrome and their carers/families in the Telford and Wrekin Council area. It is produced by the Senior Practitioner for People with Asperger's Syndrome at Telford and Wrekin Council and will be updated on a yearly basis. If you have details of anything which should be included in this document, then please contact Sara Heath, The Senior Practitioner for People with Asperger's Syndrome, Telford and Wrekin Council, Care and Support, Darby House, Lawn Central, Telford, TF3 4JA Telephone: 01952 381486

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WHAT IS AUTISM?

You may hear many different names used to describe autism. These could include:

- Classic autism
- Kanner's syndrome
- High-functioning autism
- Able autism
- High-ability autism
- Atypical autism
- Asperger's syndrome
- Semantic pragmatic disorder (SPD)
- Autistic tendencies
- Pervasive developmental disorder (PDD)

Autistic Spectrum Disorder (ASD) or Autism Spectrum Conditions (ASCs) are umbrella terms that are often used to describe the broad spectrum of difficulties that make up the condition of autism. The idea of a spectrum is useful because it acknowledges that people with a diagnosis of autism can range from having average or above average intelligence to having severe learning disabilities, and that the way he/she shows his or her autism will be unique for each individual. Many people with autism do not like the use of the term "autism spectrum disorder" prefer to use "autism spectrum condition" instead.

Some Facts about Autism

- It is a 'hidden disability' because people with autism are usually no different in appearance from anyone else
- It is now believed to affect as many as 1 in 60 people
- It is believed to be 4 times more common in males than females
- It is a lifelong disability, but getting the right help and support from people who understand can really make a difference.
- Nobody knows for certain what causes autism, but research points to a genetic link.
- People with autism can be very sensitive to sounds, tastes, smells, touch or the sensations caused by what they see.
- People with autism may have additional health needs or mental health difficulties.

Autism

Autism affects the way a person relates to other people and this can cause difficulties with social interaction, communication, and flexibility of thought. In addition, the person may have difficulties with empathy and also understanding and expressing emotions.

Communication – Talking and Understanding

People with autism may have language difficulties may range from no speech at all to fluent talking. They may not be able to make "small talk" and their speech may often be repetitive and one sided, focussing on their own areas of interest, rather than true reciprocal conversation. Some people with autism have a delay in processing speech and

language, which significantly affects their understanding. Others may not recognise a person's body language, gesture, tone of voice and/or facial expression.

Social Interaction – Getting on with other people

Social difficulties may include problems making and maintaining relationships and the misunderstanding of social rules or other people's behaviour. A person with autism may not cope well in social situations. He/she may misread people's feelings, make inappropriate comments, or may not seem to be interested in being with them.

Flexibility in Thinking and Behaviour

People with autism often have difficulties in making sense of the world, and being flexible. They are often rigid in their way of thinking and behaving and they often have narrow interests and enjoy repetitive activity. Many people with autism have problems with coping with change, and being out of routine can cause them anxiety and distress.

What can Help?

Clear Language

- Keep your own language simple
- Keep sentences short and to the point
- Use the person's name to get their attention first
- Give time for the person with autism to process what you say and to respond
- Avoid 'flowery' phrases and abstract ideas
- Speak clearly and watch for signs of understanding of what is said
- Give visual clues, if appropriate, to aid understanding e.g. photos, lists, calendars.

Clear Structure

- Provide a clear structure to a day so he/she knows what to expect and when
- Keep to predictable routines
- To minimise anxiety, try to explain any changes in advance

From 'A Guide to Autism' by autism.westmidlands

WHAT IS ASPERGER'S SYNDROME?

People with Asperger's syndrome are usually of average to high ability and many have high level academic qualifications and creative abilities.

People with Asperger syndrome have similar problems to those with autism, eg communication, social difficulties and inflexibility of thought and behaviour; but their main problem is they are often highly intelligent and seem to be more independent and able than they really are. People with Asperger's syndrome appear to cope well in some areas of life whilst having unexpected gaps in ability in others; the mismatch of intelligence versus performance can frequently lead to a misunderstanding of the person with Asperger's syndrome. In many cases, individuals with Asperger's syndrome are not diagnosed until adulthood and often have had to cope without specific support or understanding of their difficulties. This can lead to individuals developing additional (or co-morbid) conditions such as depression, severe anger, anxiety, or Obsessive Compulsive Disorder.

Although individuals with Asperger syndrome vary enormously in the way their condition affects them and in their ability to hide or overcome their problems, there are some common features.

Common Features of Asperger's Syndrome:

- Stilted speech, repetitive use of phrases and topics of conversation limited to own interests.
- Inability to pick up on verbal clues and hints and to understand and use facial expression, body language or eye contact appropriately.
- Little insight into the unwritten rules of human relationships. May lack empathy with other people and appear rude selfish or tactless. Seem to lack understanding of how people affect and influence each other. May have an unusual sense of humour.
- Social situations can often cause extreme anxiety, linked to an awareness of being different and not fitting in, fear of failure, being misunderstood or not being able to understand what others expect.
- Change, especially unplanned change, can be experienced as very stressful and predictable, repetitive activities can provide reassurance.
- High motivation and knowledge in own field of special interest, sometimes to the point of obsession.
- Good attention to detail but great difficulty in seeing 'the bigger picture' because this requires flexible and abstract thinking, which they find difficult.
- Difficulty in predicting consequences of their actions or putting things into context
- Difficulties with planning and time management, anxiety when working under pressure and a perfectionist streak.
- Poor spatial awareness, motor skills and co-ordination may also be affected.
- Unusual, repetitive movements, tics
- Anxiety, depression and motivation problems

What can help?

Lack of understanding of the condition by the person and others may increase many of the difficulties associated with Asperger's syndrome. Once the condition and its effects are understood, the individual should be supported to work on the negative aspects, making the most of the positive. Qualities like honesty, reliability, determination and dedication are associated with the condition, and many people show talents in maths, music, the visual arts, drama, computing, science and technology.

Support

Early support can help as once problems occur, anxiety can overtake; issues can become exaggerated and become much harder to deal with. Maximum support at the outset can be reduced as the individual gains confidence and experience.

Structure

Written or visual information will help the individual to cope with possible change, and a structured environment may help to make events more understandable and predictable.

Consistency

A consistency of approach will help to prevent anxiety. People with Asperger's syndrome find it difficult to engage with other people; they may not have many strategies to deal with difficult situations. With the right support and an understanding environment, people with Asperger's syndrome can develop their skills and be helped to find their own ways of adapting to society's demands, making the most of their different way of viewing the world.
Adapted from 'A Guide to Asperger Syndrome' by autism.westmidlands

1. ADVOCACY AND SUPPORT FOR INDIVIDUALS WITH ASPERGER'S SYNDROME AND HIGH ABILITY AUTISM

Organisation: NATIONAL AUTISTIC SOCIETY – SOCIAL GROUP
Contact: Beth Jones 07974067833 or Eric Heath 01743 821363
E-Mail: beth.jones@nas.org.uk

Service provided: Adult Social Group

The NAS runs a social group in Telford for people over the age of 16, who have a diagnosis of autism or Asperger's syndrome. The group meet on a Thursday twice a month and has a rolling programme of events including cinema, bowling and meals out.

You can contact Beth direct for more information or to make a referral. There may be a waiting list prior to a member joining the group.

Organisation: AUTONOMY – Shropshire and Telford
AUTONOMY FOR WOMEN
AUTONOMY BOARD GAMES CLUB

Contact: Sara Heath and Eric Heath
Telephone: 01743 821363
E-Mail: autonomyshropshire@yahoo.co.uk
Website: <http://www.shropshireautonomy.co.uk/>

Service provided: Autonomy is an independent Shropshire based self-help and social group for adults and young people over 16 years who have high functioning autism and Asperger's syndrome with or without a medical diagnosis. Membership of Autonomy is free. Autonomy is an informal group; anyone can join in at any time providing contact has been made initially with Sara or Eric. Members enjoy regular meetings usually at a local pub in Shrewsbury or Telford but also have other social activities which are listed in the regular newsletter and on the website.

Autonomy for Women is a monthly group for women with the conditions. Autonomy Chess Club is a monthly group for those who enjoy a quieter social event. Sara and Eric provide friendship, support and advice to those who do not wish to attend the social events and can be contacted by e-mail or phone.

Organisation: ASPERGER'S SUPPORT GROUP (ASG)
Contact: Paul Moloney
Address: Adults with Learning Disabilities Service, Diamond Jubilee House, Doseley Road North, Dawley TF4 3AL
Telephone: Paul Moloney (Psychologist) or Alison Laing (Senior Secretary) 01952 502697
E-Mail: alison.laing@sssft.nhs.uk or paul.moloney@sssft.nhs.uk

Service provided: The ASG "Thinking it Through, Working Together" group is a discussion and support group for people in Shropshire which have been diagnosed with high functioning autism/Asperger's syndrome. The group meets monthly in Shrewsbury and it offers advice, support, and friendship encouraging people to understand their difficulties. The group looks to understand the diagnosis of autism by identifying and building strengths and coping strategies and exploring areas of interests. Referrals can be made to Paul Moloney; there is presently a waiting list.

Organisation: TELFORD ASPERGER'S GROUP (TAG)
Contact: Sara Heath
Telephone: 01952 381486
E-mail: sara.heath@telford.gov

Service provided: Social and discussion group

TAG is an invitation only discussion and social group for service users and non-service users with or without a diagnosis of Asperger's syndrome. We meet once a month, in a quiet room in Wellington on a Tuesday afternoon. If you are interested in joining TAG, then please contact Sara for more information

Organisation: NATIONAL AUTISTIC SOCIETY – BEFRIENDING SCHEME
Contact: Sharlene Davis
Address: Canterbury Building, Exhall Grange Campus, Easter Way
Ash Green, Coventry CV7 9HP
Telephone: 07795 301710
Email: sharlene.davis@nas.org.uk

Service provided: Befriending Scheme

Please contact Sharlene Davis for further information

The Befriending Scheme is a free service which provides trained volunteers to provide individual social opportunities to either adults or children who have a diagnosis of autism.

The Befriending scheme is based in Birmingham, and some of our volunteers may live in the outskirts of the city and may be willing to travel to the area.

E Befriending offers online friendship and support to people rather than the traditional befriending opportunity.

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2. SUPPORT FOR PARENTS AND CARERS FOR PEOPLE WITH ASPERGERS SYNDROME AND HIGH ABILITY AUTISM

Organisation: CARER'S CONTACT CENTRE
Contact: Louise Griffiths
Address: The Poplars, Lightmoor, Telford TF4 3QN
Telephone: 01952 240209
E-Mail: louise.griffiths@carerscontact.org.uk
Website: www.carerscontact.org.uk

Service provided: The Carers' Contact Centre (CCC) offers Carer's Assessments for parents/carers of adults with mental health conditions, autism and Asperger's syndrome and administers Carers Short Break grants on behalf of Telford Council. CCC provides up to date information and quarterly newsletter which shares carers' comments, experiences and views along with local and national information for carers. It provides support when most needed, links carers to organisations that can provide specialist help and creates opportunities for carers to have a voice in planning and developing services. A carer's information booklet is available on request to carers, professionals and voluntary groups who provide support for carers.

Organisation: S.T.A.C.S (SHROPSHIRE AND TELFORD ASPERGER'S CARER'S SUPPORT)

Contact: Louise Griffiths (Telford)
Telephone: 01952 262064
E-mail: louise.griffiths@carerscontact.org.uk

Contact: Peter Hopkins (Chair)
Telephone: 01952 461139
E-mail: peter.hopkins1@btinternet.com

Service provided: STACS is an independent constituted group of and for parents and carers of adults over the age of 16 years, who have Asperger's syndrome, or who are seeking a diagnosis. STACS meets on the first Wednesday of the month (January, March, May, July, September, November) at the Wellington Civic Centre, Larkin Way, Wellington, Telford TF1 1LX but also has meetings in the day time and evening in Shrewsbury. STACS provides support, advice and a chance to meet other parents and aims to improve services and support for adults with autism in Telford and Shropshire. New members welcome.

3. PUBLICATIONS/RESOURCES

Organisation: TELFORD AND WREKIN LIBRARY SERVICE
Contact: Marilyn Higson
Telephone: 01952 382997

Service provided:

The Library Service is proud to hold the STACS collection of over sixty books on autism and Asperger's syndrome. It also holds the Afasic Collection of books and games to aid communication.

Organisation: NATIONAL AUTISTIC SOCIETY
Contact: NAS Publications
Telephone: 020 7903 3595
E-mail: publications@nas.org.uk
Website: <http://www.autism.org.uk/pubs>
<http://www.autism.org.uk/en-gb/shop.aspx>

Services provided: The National Autistic Society has a website full of leaflets, books and resources on autism and Asperger's syndrome. They sell their books through Central Books 0845 458 9911. Lines are open 10:00 to 17:30, Monday to Friday.

NAS ASPERGER UNITED

Contact: NAS Publications
Telephone: 020 7903 3595
E-mail: asp.utd@nas.org.uk
Website: www.autism.org.uk/aspergerunited

Services provided: Asperger United is a quarterly newsletter written by people with autism and Asperger's syndrome for people with ASCs and discusses what people with an ASC feel about certain issues and provides an opportunity for people with an ASC to submit articles. There is also a penpal service. Asperger United is mailed free to individuals with a diagnosis of Asperger's syndrome or autism, although donations are gratefully received. A copy of the latest Asperger United is on the website.

NAS - INFORMATION AND ONLINE RESOURCES

Telephone: 0845 070 4004 Monday – Friday: 10am – 4pm
Website: www.autism.org.uk/infocentre
Email: info@nas.org.uk

Service provided: The NAS information centre provides a specialist information service for professionals working with people with autism and their families, and students and researchers studying autism. This includes:

- A reference library, free enquiry service, specialist literature searches, and searches for services
- Information sheets on specific subjects and information packs for particular professions
- Subscription based information update services on the latest publications, training and events in the field of autism.

Organisation: JESSICA KINGSLEY PUBLISHERS

Telephone: 020 7833 2307

E-mail: post@jkp.com

Website: <http://www.jkp.com/catalogue/aspergerautism>

Services provided: Jessica Kingsley Publishers are the foremost publishers of books on autism and Asperger's syndrome, for parents, professional and people with the conditions. Many of their books are written by people with autism and Asperger's syndrome.

4. OTHER AUTISM SUPPORT ORGANISATIONS

Organisation: AUTISM WESTMIDLANDS

Address: 18, Highfield Road, Edgbaston, Birmingham B15 3DU

Telephone: 0121 450 7575

E-mail: info@autismwestmidlands.org.uk

Website: www.autismwestmidlands.org.uk

Services provided:

Helpline

autism.west midlands (AWM) runs a helpline (0121 450 7575) which can give advice, support and signposting to other services.

Awareness Training

AWM offer a variety of courses on Awareness of Autism/Asperger's Syndrome and other relevant topics.

Family Support

AWM provide a service to children and adults with autism and Asperger's syndrome, their parents and carers. They offer workshops for families on a variety of topics e.g. communication, behaviour management, dealing with adolescence, building self esteem, physical interventions, access to rights and services and anger management. These workshops are delivered regularly across the region and aim to empower parents and give the skills and knowledge necessary to deal with what can be very challenging situations.

Criminal Justice Forum

People with ASC are often vulnerable and can be brought to attention of the Criminal Justice System (CJS) for various reasons associated with their conditions and a possible lack of understanding or poor interpretation of their behaviours. The forum, chaired by Nigel Archer, Criminal Justice Development Coordinator, discusses these issues, recognises the range of difficulties and lobbies and campaigns for better awareness of ASC within the CJS. The Criminal Justice Forum also encourages the usage of the ASC "ATTENTION Card" which is for only people with a diagnosis of an ASC. The ATTENTION card is free and can be ordered on line at:

http://www.autismwestmidlands.org.uk/content/710343/attention_card_form/ or by contacting autism.westmidlands and asking them to send you an application form which must be completed and sent back to them.

Downloadable resources

Autism West Midlands provide webpage of useful online resources in the form of downloadable PDFs that can be printed, saved or read online.

Family, education and issues to do with autism

These contain practical advice and strategies for families, carers, parents, teachers or other professionals. Downloads include: Explaining autism to a person with autism; Explaining autism to other people; Educational strategies for supporting students with autism; Autism and challenging behaviour; Autism and communication; Sensory issues and autism; Understanding and managing change and transition for people with autism. Criminal Justice issues:

These are extremely helpful for the police, probation and other services and include, amongst others: Autism and the police; Probation: Dealing with offenders with autism; Legal professionals: Clients with autism.

There is also a useful document for Accident and Emergency staff: A&E Staff: Dealing with patients who have autism.

Organisation: NAS – REGIONAL OFFICER (WESTMIDLANDS)

Contact: Sharlene Davis

Address: Canterbury Building, Exhall Grange Campus, Easter Way
Ash Green, Coventry, CV7 9HP

Telephone: 07795 301710

Email: sharlene.davis@nas.org.uk

Service provided: The Regional Officer organises regional workshops covering a range of topics that are of interest to NAS members, whether parents or professionals. Regional Officers also provide support through the local Branch. Regional Officers also work with representatives of the local authority and raise awareness about the needs of people with ASC and their families.

NATIONAL SUPPORT

Organisation: THE NATIONAL AUTISTIC SOCIETY

Address: 393, City Road, London, EC1V 1NG

Telephone: 0845 0704004

Website: www.autism.org.uk

Service provided: Information, advice and support

NAS AUTISM HELPLINE: 0845 070 4003

Monday – Friday 10am – 4pm

Email: autismhelpline@nas.org.uk

Service provided: The helpline will provide details of local support in your area, will send out information packs, and will provide information sheets on a variety of issues to do with autism and Asperger's syndrome.

NAS PARENT TO PARENT:

Telephone: 0800 952 0520
Website: www.autism.org.uk/p2p

Service provided: Parent to Parent is a confidential telephone support service provided by trained parent volunteers. Parents of children or adults with autism can call for free at any time and leave a message and contact number. A volunteer will phone back as soon as possible.

5. ONLINE RESOURCES

NATIONAL AUTISTIC SOCIETY: www.autism.org.uk

Service Provided: The NAS website contains information about ASCs, the National Autistic Society and its nationwide activities and services.

NAS AUTISM SERVICES DIRECTORY: www.autism.org.uk/directory

Service Provided: This is an online services directory of autism services, support groups and training courses throughout the UK.

NAS SIGNPOST:

Website: www.autism.org.uk/signpost

Service Provided: Signpost provides personalised information for parents/carers and people with autism spectrum disorders relevant to age, diagnosis and location. It includes information on benefits, key services and training.

NAS AUTISM DATA:

Website: www.autism.org.uk/autismdata

Service Provided: Autism Data is a searchable database providing information on published research, articles, books and multimedia on autism.

In addition the following websites may be of use.

www.autismlondon.org.uk (Autism London)
www.autismresearchcentre.com (ARC/Autism research centre)
www.mugsy.org (Wendy Lawson)
www.osiris.sunderland.ac.uk (The Autism Research Unit)
www.tsa.org.uk (Hugh Rickards – Tourette's syndrome websites)
www.aspergernauts.co.uk
www.shyness.meetup.com
www.user.cs.york.ac.uk (Marc Seager)
www.as-if.org.uk (Asperger's syndrome information and features)
www.maxineaston.co.uk (Maxine Aston)
www.asperger-marriage.info (Chris and Gisela Slater-Walker)
www.wrongplanet.net
www.aspievillage.org.uk
www.awares.org (Autism Cymru)
www.amug.org
www.aspieaffection.com

WEBSITES MAINTAINED BY PEOPLE WITH AN ASC:

www.user.cs.york.ac.uk/%7ealistair/survival - a survival guide for people with Asperger's syndrome

www.invlv.demo.nl - a support list/forums of those with an ASC

autismforum.net looks at autism culture and music and other online community resources
[Wrong Planet](#) and [Aspies for Freedom](#) have discussion boards.

There is also the Autistic Rights Movement (ARM) which encourages autistic people, their carers and society to adopt a position of neurodiversity, accepting autism as a variation in functioning rather than a mental disorder to be cured. ARM advocates greater tolerance of autistic behaviour and teaching autistic individuals skills that allow them to better cope with non-autistic world rather than forcing them to behave like their neurotypical peers.

THE CINEMA EXHIBITORS ASSOCIATION CARD:

The CEA card allows for a person, in receipt of Disability Living Allowance, who purchases his own ticket to take his carer into the cinema for free. The CEA card costs £5.50 and lasts for one year. An application form can be downloaded from the website and you need to provide a passport photograph with your application.

Website: www.ceacard.co.uk.

THE DISABLED PERSON'S RAILCARD:

A Disabled Person's Railcard can be purchased by people who have Disability Living Allowance at the middle rate or above, for £18.00 a year or £54.00 for three years. This card entitles the user and an adult companion to 1/3 off most train tickets in Britain.

Website: <http://www.disabledpersons-railcard.co.uk/>

5. SAFETY IN THE COMMUNITY

AUTISM SAFETY – THE ATTENTION CARD

Organisation: **AUTISM WESTMIDLANDS**

Telephone: 0121 450 7575 (helpline)
0121 450 7580/82

E-mail: info@autismwestmidlands.org.uk

Website: www.autismwestmidlands.org.uk

Service provided: Attention Cards can help if a person with Aspergers syndrome needs the help of emergency services and can be shown to the Police, Ambulance and Fire Services in times of distress, with an emergency contact number on the back. Attention Cards are free, but are only available for people with a full diagnosis of Asperger's syndrome or autism.

AUTISM SAFETY – THE AUTISM ALERT CARD

Organisation: **THE NATIONAL AUTISTIC SOCIETY**

Address: 393, City Road, London, EC1V 1NG

Telephone: 0845 0704004

Website and online shop: www.autism.org.uk/card

Service provided: The Autism Alert card, (cost £2.50) can be carried by a person with autism whether diagnosed or not and used in problem situations, where they may find communication difficult. The Autism Alert card, can be produced in a range of languages, is designed to tell people about the condition, and asks them to show respect and tolerance. The card comprises a wallet which contains a leaflet of key facts about autism, and a credit-card style insert where people can write emergency contact details.

6. MENTAL HEALTH AND LEARNING DISABILITY SERVICES

Organisation: **SOUTH STAFFORDSHIRE AND SHROPSHIRE
HEALTHCARE NHS FOUNDATION TRUST**

Contact: Dr John Langton
Address: Adults with Learning Disability Service, Diamond Jubilee House,
Doseley Road North, Dawley, Telford, TF4 3AL
Telephone: 01952 502697

Service provided: Dr Langton is a Consultant Psychiatrist within the NHS for people with learning disabilities and autism. He provides a diagnostic service for autism spectrum conditions including Asperger's syndrome using the DISCO or ADI diagnostic assessments. Referrals can be made via a GP.

Organisation: **TELFORD AND WREKIN COUNCIL**

Contact: Sara Heath, Senior Practitioner for People with Asperger's
Syndrome
Address: Darby House, Lawn Central, Telford, TF3 4JA
Telephone: 01952 381486
E-mail: sara.heath@telford.gov.uk

Service provided: The Senior Practitioner works across the different teams including Mental Health and Learning Disability to ensure the needs of people with Aspergers syndrome and high ability autism are better addressed. Consultation, advice and signposting are provided to colleagues, agencies, parents, carers and service users. Pre-diagnostic assessments and post-diagnosis support are available to people with ASCs. Training in the Awareness of Asperger's Syndrome, run by Sara is now available from Telford & Wrekin Council's Learning and Development Team. (see Directory Training section).

7. EDUCATION

Organisation: **TCAT (TELFORD COLLEGE OF ARTS AND TECHNOLOGY)**

Contact: Stephen West – Director of Foundation Studies
Julie Finch - Head of School for Essential and Vocational Skills
Rob Lewis - Learning Support Manager
Chris Shouli – Director of Student Services
Paula Costin – Teacher/trainer in ASC

Address: Haybridge Road, Wellington, Telford, TF1 2NP

Telephone: 01952 642237 (Student Services)
01952 642406 (Foundation Services)

E-mail: stephen.west@tcat.ac.uk
julie.finch@tcat.ac.uk
rob.lewis@tcat.ac.uk
paula.costin@tcat.ac.uk

Website: www.tcat.ac.uk

Service provided: TCAT offers a range of courses suitable for students with differing degrees of ASC and academic ability levels. Individual levels of support needed will be ascertained at interview. TCAT have a team of skilled tutors and learning support staff who are experienced in working with students with ASCs. As part of their specialist facilities they have a “sanctuary” room where students are able to withdraw from lessons should they need some quiet and supported time out.

Organisation: **NEW COLLEGE, TELFORD**

Address: King Street, Wellington, Telford TF1 1NY

Telephone: 01952 641 892 (Student Services)

E-mail: info@nct.ac.uk

Website: www.newcollegetelford.ac.uk

Service provided: New College is a sixth form college which offers a range of GCSE, AS level, A level and BTEC courses for school leavers. They also offer opportunities for mature students including Adult Literacy and Numeracy, Information Technology, Learn Direct, and Higher National Diplomas.

Organisation: **SKILL (NATIONAL BUREAU FOR STUDENTS WITH DISABILITIES)**

Address: Unit 3, Floor 3, Radisson Court, 219 Long Lane, London SE1 4PR

Telephone: 020 7450 0620
Help line 0800 3285050 (1.30 – 4.30 p.m. Tues and Thurs)

E-mail: info@skill.org.uk

Website: www.skill.org.uk

Service provided: SKILL is a national voluntary organisation that aims to develop opportunities for people with disabilities and learning difficulties in post 16 education, training, employment and volunteering.

NAS ADVOCACY FOR EDUCATION SERVICE:

Telephone: 0845 070 4002
Website: www.autism.org.uk/advocacy
Email: advocacy@nas.org.uk

Service provided:
Advocacy services for people in education.

8. EMPLOYMENT, WORK EXPERIENCE AND VOLUNTEERING

Organisation: **JOBCENTRE PLUS**

Contact: Disability Employment Advisers at your local Job Centre

Service provided:

- Practical job search assistance and support
- Work based assessment of your skills and abilities
- Support with the Work Choice programme
- Work preparation through short work experience placements
- Job introduction scheme – Employer's subsidy £75 per week for up to 6 weeks
- Information about Access to Work – a flexible package of financial assistance for disabled people starting work or in work
- Developing good practice with employers in recruitment of people with disabilities and the retention of employees who become disabled or whose condition worsens.

Organisation: **CONNEXIONS**

Contact: Karen Carter, SEN Careers Advisor
Address: Telford & Wrekin Council, Education, Culture & Skills, Ringway House, 27 Bridge Street, Wellington, Telford, TF1 1ED
Email: karen.carter@telford.gov.uk
Telephone: 01952 388652

Service provided: Connexions offers a service to all young people and adults aged 13-25 who have, or have had a Statement of Educational Need including people with autism. Support includes transition into adult services, further education, employment schemes, placements, volunteer work and work based learning.

Organisation: **LANDAU**

Contact: Denise Randell, Area Manager
Address: 5, Landau Court, Tan Bank, Wellington, Telford, TF1 1HE
E-mail: denise.randell@landau.co.uk
Website: www.landau.co.uk

Service provided: Landau provide quality supported employment opportunities to people with a disability including autism by providing work based training, one-to-one mentoring and the resources necessary for individuals to achieve their potential. They have recently received funding to run the Step up programme. Referrals need to be made by a Connexions Officer.

Organisation: EMPLOYMENT LINK – TELFORD AND WREKIN COUNCIL
Address: The Bridges Business Park, Bridge Road, Horsehay, Telford TF4 3EE.
Telephone: 01952 381540/381501

Service provided:

This service provides support in accessing voluntary placements and paid employment for service users with autism who have been assessed as eligible for support by the Adults with Learning Disabilities Team or the Mental Health Teams.

They also run Club 11 which is a drop in Work Club for people who have Learning Disabilities on a Thursday from 10am-2pm.

9. BENEFITS

People with ASCs and their parents or carers may be eligible for a range of disability benefits according to their particular needs and circumstances.

DEPARTMENT OF WORK AND PENSIONS: www.dwp.gov.net

TELFORD JOBCENTRE PLUS: Telford House, Southwater Way, Telford, Shropshire, TF3 4PD
Telephone: 01952 652800

WELLINGTON JOBCENTRE PLUS: 67, New Street, Telford, TF1 1NW
Telephone: 01952 652700

THE BENEFIT ENQUIRY LINE:
Telephone: 0800 82200

THE DISABILITY LIVING AND ATTENDANCE ALLOWANCE ENQUIRY LINE
Telephone: 08457 123 456

DISABILITY LIVING ALLOWANCE:
Telephone: 0845 7123456
Website: www.direct.gov.uk/en/DisabledPeople/FinancialSupport/DisabilityLivingAllowance/DG_10011731

EMPLOYMENT AND SUPPORT ALLOWANCE:
Telephone: 0800 055 6688 **Website:** www.dwp.gov.uk/employment-and-support/

CARER'S ALLOWANCE ENQUIRY LINE:
Telephone: 0845 608 4321
Website: www.direct.gov.uk/en/DI1/Directories/DG_10011215

JOB SEEKER'S ALLOWANCE:
Telephone: 0800 055 6688
Website: http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/Employedorlookingforwork/DG_10018757

HOUSING BENEFIT:**Organisation:** Telford & Wrekin Council**Telephone:**

01952 383976

COUNCIL TAX BENEFIT:**Organisation:** Telford & Wrekin Council**Telephone:**

01952 383838

10. SUPPORT WITH BENEFITS AND APPEALS**Organisation:** **CITIZEN'S ADVICE BUREAU (CAB)****Telford Centre Address:** Telford Town Centre, Meeting Point House, Southwater Square, Telford Town Centre TF3 4HS**Telephone:** 01952 291101**Madeley CAB Address:** The People's Centre, High Street, Madeley, Telford, TF7 5AS**Telephone:** 01952 585824**Wellington CAB Address:** 35, Church Street, Wellington, Telford, Shropshire TF1 1DG**Telephone:** 01952 223232

Service provided: The Citizen's Advice Bureau provide advice and support with benefits, debt management, employment support and legal advice to people who need it. They also support people with autism and Asperger's syndrome.

Organisation: **A4U****Address:** Meeting Point House, Southwater Square, Telford Town Centre TF3 4HS.**Telephone:** 0845 602 5561

Service provided: A4U offers advice and support and help for disabled people who wish to claim benefits, challenge benefit decisions, and support Social Care appeals. They also offer support and advice to people with autism and Asperger's syndrome.

Organisation: **FIRST POINT (TELFORD AND WREKIN COUNCIL)****Address:** Civic Offices, Coach Central, Telford, TF3 4HD**Telephone:** 01952 380000**Email:** contact@telford.gov.uk

Service provided: First Point have trained staff who can give help, advice and information about a wide range of Council and partner services for residents of Telford and Wrekin including those with autism and Asperger's syndrome.

11. AWARENESS TRAINING (AUTISM and ASPERGER'S SYNDROME)

Organisation: WORKFORCE DEVELOPMENT TEAM (TELFORD AND WREKIN COUNCIL)
Contact: Nigel Wake
Address: Stirchley Learning Centre, Grange Avenue, Stirchley Telford, Tf3 1FA
Telephone: 01952 363557

Service provided: Autism 1 and Autism 2 are two half-day foundation sessions for professionals, which reflect the common issues for individuals who have autism and a learning disability and provide a foundation for further understanding of the condition.

Service provided: This one day course Learning about Asperger's Syndrome, run by Sara Heath, covers the differences between autism and Asperger's syndrome, improves understanding of the difficulties faced by able people with autism and gives useful strategies and advice in improving professional practice when working with individuals.

Sara is also able to offer short bespoke sessions for professionals, specific departments within the council, Criminal Justice System, carers and individuals themselves. Please contact Sara directly for this service. (01952) 381420.

Organisation: SHROPSHIRE JOINT TRAINING
Contact: Joint Training Co-ordinator
Telephone: 01743 254733
Email: joint.training@shropshire.gov.uk
Website: <http://www.shropshire.gov.uk/schtraining.nsf/open/DBDF577A74AAE0EF8025710E00387A7E>

Service provided: Joint Training run a range of one day courses on a range of subjects including mental health, autism and Asperger's syndrome. These are accessible by for professionals, voluntary organisations, service users and carers.

Organisation: AUTONOMY TRAINING
Contact: Sara or Eric Heath
Telephone: 01743 821363
E-mail: autonomyshropshire@yahoo.co.uk
Website: www.autonomyshropshire.co.uk/training

Service provided: Autonomy offers tailor made comprehensive training sessions: Awareness of Asperger's Syndrome, and Voices of Women with Asperger's Syndrome which help to fund the group. Lived experienced trainers give personal insights into living with the condition. Autonomy also provides support and pre-and post diagnostic support, benefits help and advice and consultancy services.

**Organisation: TCAT (TELFORD
COLLEGE OF ARTS AND TECHNOLOGY)**

Contact: Paula Costin
Telephone: 01952 642365
E-mail: paula.costin@tcat.ac.uk

Service provided: Paula or Dawn offer an Open College Network 10 week accredited course in Understanding ASCs a new session on Understanding Children's Special Educational Needs. (One session a week)

Organisation: AUTISM WEST MIDLANDS – TRAINING

Contact: Autism West Midlands
Address: 18 Highfield Road, Edgbaston, Birmingham, B15 3DU
Telephone: 0121 4507576
E-mail: info@autismwestmidlands.org

Websites:

http://autismwestmidlands.org.uk/content/675383/training/practical_autism_awareness_training/
<http://autismwestmidlands.org.uk/content/614343/training/>

Service provided:

Autism West Midlands are committed to providing high quality training to meet the needs of staff working with individuals on the autism spectrum of all ages and abilities. They offer short Awareness of Autism and Asperger's syndrome session and a prospectus of a range of more in-depth training courses for staff working with people with ASD. Bespoke training and post training advice is also available. Seminars and workshops can also be arranged to cover the following topics: Communication and autism; Challenging behaviour and autism; Mental health and autism; Sexuality and relationship issues and autism; Person-centred approaches and autism; Developing play and social skills in autism; Self help skills and autism; Sensory issues and autism; Working effectively with families of people with autism.

Organisation: NATIONAL AUTISTIC SOCIETY – *HELP!* PROGRAMMES

Contact: Michaela Krupinski
Address: Castle Heights, Maid Marian Way, Nottingham
Telephone: 0115 847 3530
Email: michaela.krupinski@nas.org.uk

Service provided: The National Autistic Society help! Programmes provide parents and carers of children with autism with post-diagnostic information and advice. Help 2 programmes provide advice depending on the local needs and circumstances eg post diagnostic advice for young people and adults with autism, emotional management.

Organisation: NATIONAL AUTISTIC SOCIETY – TRAINING PROGRAMMES
Telephone: 0115 911 336321
Website: www.autism.org.uk/training

Service provided: The National Autistic Society provide a range of bespoke training programmes on autism and Asperger's syndrome.

More info on local social and discussion groups

Autonomy

Membership of Autonomy is free. A bi-monthly Newsletter is sent out by mail and email in January, March, May, July, September and November and had details of all the social events and also summer and Christmas activities. Autonomy is facilitated by Sara Heath. Please bring money for drinks and snacks.

Autonomy Shrewsbury socials run on the following programme each year:

2nd Tuesday of Jan/Mar/May/July/Sept/Nov - 1 game of ten pin bowling at AMF, Brixton Way, Shrewsbury SY1 3AZ from 7:30pm then some of us go to the Harry Hotspur Pub, Harlescott Lane, Shrewsbury SY1 3AT at around 9:30pm for a quiet social afterwards.

4th Tuesday of Jan/Mar/May/July/Sept/Nov - social event at Loggerheads Pub, 1 Church Street, Shrewsbury SY1 1UG from 7:30pm.

1st Wednesday of Feb/April/June/August/Oct – Social event then a folk evening at the Globe Pub, Coleham Head, Shrewsbury SY3 7BJ from 7:30pm

3rd Tuesday of Feb/April/June/August/Oct – social event at the Red Barn, Longden Road, Shrewsbury, SY3 7HS from 7:30pm

Events change in December for Christmas.

Autonomy for Women

Social event on the 3rd Wednesday of every month between January and November at the Peach Tree Restaurant at 21 Abbey Foregate, Shrewsbury SY2 6A from 7:30 – 10:30pm.

Please bring money for drinks and snacks.

Autonomy Telford Socials :

Social event on the 1st Monday of every month from 7:30 till closing time at the Severn Gorge, Southwater Way, Telford TF3 4NL. Please bring money for meals and drinks.

Autonomy Chess and Board Games Club

Meet in the Committee Room on the 2nd Monday of the month at Wellington Civic Centre Off Tan Bank, Wellington TF1 1LX – from 8-10pm £2.00 to include soft drinks and crisps.

Telford Asperger's Group

TAG is a small discussion group that meets on the 1st and 3rd Tuesday of the month 2pm - 4pm Council Chamber/ Committee Room, Wellington Civic Centre, Larkin Way, off Tan Bank, Wellington TF1 1LX – a topic to do with Asperger's is discussed from 2-3.30pm we then have a tea break and social from 3.30pm-4pm. Please bring money for drinks and snacks at tea break.

National Autistic Society Social Group

This is a small group that chooses where to meet for a meal or a social in the Telford area normally from 7-9pm on a Thursday once a month - dates may vary. Please bring money for meals and drinks.

Thinking it through - Asperger's Support Group

This is a small group facilitated by Paul Moloney that normally meets once a month on a Thursday evening at The Roy Fletcher Centre, 12-17 Cross Hill, Shrewsbury SY1 1JE from 7-9pm – dates may vary. Please bring money for refreshments.