

# Leicestershire Autistic Society

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## Introduction

This booklet has been put together by parents of adults with autistic spectrum disorders. There is advice and support available for autistic people and their families, but it does not always reach those who need it. The various agencies, statutory and voluntary are not necessarily aware of what services others can provide. We have listed autism-specific services and others which support disabled people generally in a variety of ways. We hope the non-autistic-specific services listed here will make use of the information given to access appropriate training and support for their own staff in supporting clients with autistic spectrum disorders. **A guide for supporting people with AS – written by an “Aspie” has been added at the end of the directory – please feel free to copy and use it.**

All the agencies listed here have responded to our request for information and agreed to be included in this booklet, but we do not have direct personal knowledge of all of them - **inclusion does not imply recommendation.**

The booklet is sent to all the services listed in it so that they are aware of each other and is available to autistic adults and their families on request. Please contact us if you would like further copies and they will be sent to you free of charge.

The information was correct at time of printing: September 2007. Please contact us if there are any changes in your entry or if there are other services you think should be included. We would also like feedback from adults and their families about how effective the various organisations are and any other organisations we should be listing.

**Contact Lindy Hardcastle, 31 Flaxfield Close, Groby LE6 OEZ. Tel 0116 2916958**

**The Directory and other useful information can be found on our website:**

[www.aspergerleics.org](http://www.aspergerleics.org)

Entries are organised under the following headings. Some services do not fit tidily into categories, so we have tried to cross-reference as much as possible.

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1.

**Organisation:** The Asperger Syndrome Support Group

**Contact:** Shelagh Wilson

**Address:** 9 Knighton Park Road Leicester LE2 1ZA

**Telephone:** Shelagh Wilson 0116 270 1074

**Email:** [shelagh.m.h.wilson@btopenworld.com](mailto:shelagh.m.h.wilson@btopenworld.com)

**Service provided:**

Regular Support Group Meetings are held BI-MONTHLY on the second Monday [Jan, Mar, May, Jul, Sep, Nov] 7.15 to 9.15 pm at the Baptist Church Hall, Buckminster Road, Leicester LE3 9TA. Advice, support and a sympathetic ear for AS adults and their families are always available on the telephone numbers above and from the LAS (see below).

The Support Group also invites speakers to the meetings from a variety of professional and voluntary organisations with an interest in AS. Our ongoing dialogue with many agencies has been fruitful in improving services for AS children and adults.

2.

**Organisation:** Leicestershire Autistic Society

**Contact:** Lindy Hardcastle (Chair)

**Address:** 31 Flaxfield Close, Groby, Leics., LE6 0EZ

**Telephone:** 0116 291 6958

**e.mail:** [lindy@flaxfield.demon.co.uk](mailto:lindy@flaxfield.demon.co.uk)

**Service provided:**

Information, advice and support on our telephone helpline – available all reasonable hours.  
Regular Newsletter.

We work closely with education departments, social services and many other statutory and voluntary agencies to improve services for people of all ages on the autistic spectrum and their families.

We have limited funds available for equipment and staff training for autism related services. There are LAS support groups for parents around the county –please phone or email for information.

**3.**

**Organisation:** The National Autistic Society

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

**Telephone:** 08450 704004

**website:** [www.nas.org.uk](http://www.nas.org.uk)

**Service provided:**

Helpline, number as above. Information, Advice, Publications.

**4.**

**Organisation:** National Autistic Society (Regional Office)

**Contact:** Ester Vickers, Regional Co-ordinator

**Address:** Castle Heights, 1<sup>st</sup> Floor, 72 Maid Marion Way, Nottingham NG1 6BJ

**Telephone:** 0115 911 3360

**e-mail:** [estervickers@nas.org.uk](mailto:estervickers@nas.org.uk)

**Service provided:**

The Development Officer organises regional workshops covering a range of topics that are of interest to National Autistic Society members, whether parents or professionals. These workshops are free to members of the National Autistic Society. Non-members may attend but a fee is charged.

We also work with representatives from the local authorities in the region, raising awareness about the needs of people with autistic spectrum disorders and their families, giving advice about provision and sitting on inter-agency forums and working parties.

The Training and Consultancy Department offers a wide range of training and a consultancy service for statutory, private and voluntary organisations to help them develop training packages to meet their specific needs within the field of autistic spectrum disorders.

## 5.

**Organisation:** Autism Accreditation, The National Autistic Society

**Contact:** Lydia Daniels (Interim Director)

**Address:** Unit 2 Pinkers Court, Briarlands Office Park, Gloucester Road, Rudgey, Bristol BS35 3QH

**Telephone:** 01454 423780

**e-mail:** accreditation@nas.org.uk

### **Service provided:**

The aim of the programme is to assist, encourage and support all services for people with autism to attain and retain accreditation.

In support of this aim the programme promotes the identification and sharing of specialist knowledge and practice in the provision of services for people with autism.

Achievement of this aim will ensure that every person with autism receives support in a service that meets national standards confirming that it understands the nature of autism and is responding effectively and appropriately to the specific needs of people with autism.

## 6.

**Organisation:** The National Autistic Society Leicestershire Services

**Contact:** Angela Finne

**Address:** Grove Brook House Resources Centre, Brook Street, Whetstone, Leics LE8 6LA

**Telephone:** 0116 2866956

**e-mail:** leicester@nas.org.uk

### **Service provided:**

Day programmes devised around individual needs also integrating a combination of social communication and social skills development.

Outreach Services - The National Autistic Society provides specialised staff to work within individuals' homes, local communities and local colleges.

Assessment packages - consultancy including recommendations for development.

Training services for carers, professionals and interested parties.

(see also under **Residential and Housing**)

7.

**Organisation:** CLASP: the Carers' Centre

**Contact:** Sonia Bray

**Address:** Unit 19, 4<sup>th</sup> Floor, Matrix House, 7 Constitution Hill Leicester LE1 1PL

**Telephone:** 0116 2510999

**e.mail:** enquiries@claspthe carerscentre.org.uk

**Service provided:**

Advocacy, emotional support, advice/information, welfare rights etc. for informal carers in Leicester and Leicestershire.

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**8. Organisation:** Leicestershire County Council - Social Services Department

**Contact:** Jackie Wright (Team Manager)

**Address:** Brooklands, 34 Northampton Road, Market Harborough, LE16 9HE

**Telephone:** 01858 465331

**Service provided:**

The Social Services Department has duties and powers under the NHS and Community Care Act and other relevant legislation to undertake assessment and care management of people with social care needs resulting from ill-health and disability.

Subject to eligibility criteria, the Department will then meet the assessed needs identified.

**9.**

**Organisation:** Mosaic: Shaping Disability Services

**Contact:** Barbara Howard – Director

**Address:** 2 Richard III Road, Leicester. LE3 5QT

**Telephone:** 0116 2515565 (main switchboard)  
0116 2626900 (information helpline)

0116 2519969 (fax)

**e-mail:** enquiries@mosaic1898@lycos.co.uk

**website:** www.mosaic1898.co.uk

**Service provided:**

Services for 16-30 year old disabled people – contact Katie Barradell or Rachel Moore

Information Service- with outreach appointment and information helpline – contact Debbie Farrar

“Aspire” Leisure Opportunities – daytrips, Sunbeam narrowboat trips, Sailability and 2 holiday bungalows at Overstrand – contact Dominic Hanlon

Independent Life Project offering 24-hour support to tenants of 3 properties with Flat 7, an assessment flat for independent living – contact Maria Jackson.

Direct Payments - contact Haydn Paul

**10. Organisation:** Leicestershire Centre for Integrated Living

**Contact:** Julie Newton –Office Manager

**Address:** 5-9 Upper Brown Street, Leicester LE1 5TE

**Telephone:** 0116 2225005

**e-mail:** admin@lcil.org.uk

**Service provided:**

The LCIL is an organisation of disabled people. We provide opportunities for disabled people to undertake new areas of learning involving information technology, arts, sports, work skills and leisure. We offer a comprehensive library of information on disability issues and undertake a range of training and access services to organisations seeking to reduce and remove barriers that prevent disabled people from accessing services. We actively promote the rights of disabled people through workshops, information and newsletters.

**11.**

**Organisation:** Mencap

**Contact:** Lorraine Tweedie (Information Officer)

**Address:** Kimberley House, 3<sup>rd</sup> Floor, Vaughan Way, Leicester IE1 4FS

**Telephone:** 0116 2422740

**e.mail:** lorraine.tweedie@mencap.org.uk

**Service provided:**

Mencap offers support, advice and information to people with learning disabilities and their carers. Mencap also offers a service to carers aged 60+ who live in Leicestershire, to offer advice, support and information about future planning and access to relevant services

**12.**

**Organisation:** LAMP (Leicestershire Action for Mental Health Project)

**Address:** 65 Regent Road, Leicester LE1 6YF

**Contact:** James Bartlett

**Telephone:** (0116) 255 6286

Contact Times: Mon - Fri 9.30am - 4.00pm

**e-mail:** lamp@lampdirect.org.uk

**website:** www.lampdirect.org.uk

**Service provided:**

LAMP is a voluntary sector mental health organisation, working throughout Leicester, Leicestershire and Rutland. We provide an Information Service for anyone wishing to find out more about mental health issues or local services, an Advocacy Service offering direct help to people who have mental health difficulties and a Carers' Advocacy Service. We work independently from Health and Social Services, all calls will be treated confidentially.

**13.**

**Organisation:** Leicester City Council Social Care and Health Department,

The first port of call for people who are not currently receiving services is the Adult Access Team who are based at 1 Greyfriars in Leicester. The main Telephone number is 0116 2531191 during normal office hours, and 0116 255 1606 for emergencies only.

The access Team's initial assessment is crucial in identifying diagnosis and any special needs of the person, and will determine the appropriate pathway to access a Comprehensive Community Care Assessment.

Where the person has an identified learning disability, the person will be transferred to the Learning disability Team for further assessment.

Where the person has identified mental health needs, the person will be transferred to the Mental Health Team for further assessment.

### **Learning Disability Service**

**Address:** 1 Greyfriars, Leicester

**Telephone:** 0116 2531191

**Contact:** Learning Disability Service Commissioning Team Manager

#### **Service provided:**

1. Assessment and care management: A Social Work Team will assess need for services under the 1990 NHS and Community Care Act. This is available to adults who have a learning disability and Autistic Spectrum Disorder. Carers who provide more than 10 hours a week of personal care are also entitled to an assessment of their needs as a carer.
2. Based on the assessment of need, a range of services may be arranged. Some of the main services include
  - Community Support Services – help to take part in a range of community based activities that promote independence and social inclusion.
  - Supported Living – support to enable people to live in their own homes.
  - Residential Care
  - Specialist Advocacy Services
  - Short Term Breaks – to enable carers and people cared for to spend time away from one another.
  - Carer Support Services

The learning Disability Service works in partnership with a range of other agencies to meet the needs of people with learning disabilities and autistic spectrum disorder. These include the Leicestershire Partnership NHS Trust, Housing and Further Education providers.

## Day Services

- **Fosse Autism Day Service**
- **Choices for Life**

1.

**Organisation:** Fosse Autism Day Service

**Contact:** Caitriona Carey

**Address:** Leicestershire Partnership NHSTrust, Glenfrith Division, Leicester Frith Hospital, Groby Road, Leicester LE3 9QF

**Telephone:** 0116 2255335

**e-mail** caitriona.carey@leicspart.nhs.uk

### **Service provided:**

The service offers Transition support for people who are experiencing change in their lives e.g. school leavers moving into college or employment, people moving home etc. We provide a limited day service to support our Transition work with an individual. We provide support adults with a diagnosis of Autism and who may also have challenging behaviour and communication difficulties. We do not work with people who have Asperger's Syndrome. The service has both a city and a county staff team, as part of the co-location between the Trust and the city and county Local Authorities, with the county team covering Leicestershire and Rutland.

2.

**Organisation:** Choices for Life

**Contact:** Katharine Merryweather

**Address:** 3HB Units 1 & 2 Phoenix Business Park, Stephenson Industrial Estate, Telford Way, Coalville LE67 4 JP

**Phone:** 01530 839848 01530 837110

**e-mail:** katharinemerry@ntlworld.com

### **Service provided:**

Choices for Life is an innovative new day-care service for adults with a learning disability and/or autistic spectrum disorder. We are dedicated to providing a wide range of social, recreational, rehabilitation and learning experiences.

We are community based and individual programmes are structured in such a way as to provide a service that meets the needs and circumstances of each individual.

# Psychiatric Services: Mental Health & Learning Disability

1. Leicestershire and Rutland Healthcare NHS Trust Learning Disability Programme

2. Leicestershire and Rutland Healthcare NHS Trust: The Brandon Mental Health Unit

1.

**Organisation:** Leicestershire Partnership NHS Trust Learning Disability Programme

**Contact:** Dr Angela Holland

**Address:** Glenfrith Hospital, Groby Road, Leicester LE3 9QF

**Telephone:** 0116 2255330

**Email:** [lynne.childerley@leicspart.nhs.uk](mailto:lynne.childerley@leicspart.nhs.uk)

## **Service provided:**

Primarily a multidisciplinary specialist service for people with learning disabilities. Many people with learning disabilities may also have a diagnosis of autism. We provide:

- Psychiatric in-patient and out-patient service
- Clinical psychology
- Speech and language therapy
- Occupational therapy
- Physiotherapy
- Specialist nursing through community nurses, outreach service or more intensive support and residential services.
- Respite and short-term admission facilities for assessment and treatment are also available.
- Day services for residents and a specialist day service for people with autism.

2.

**Organisation:** Leicestershire Partnership NHS Trust: Brandon Mental health Unit

**Contact:** Professor T. Brugha

**Address:** Brandon Mental Health Unit, Leicester General Hospital,  
Gwendolen Road, Leicester. LE5 4PW

**Telephone:** 0116 225 6205

e.mail: [Julie.Park@leicspart.nhs.uk](mailto:Julie.Park@leicspart.nhs.uk)

**Services provided:**

Autistic spectrum problems are usually apparent from late infancy or early childhood, but can be confused with other mental health and learning disabilities. They can also go unrecognised into adulthood. Therefore, a detailed developmental assessment forms an essential part of a diagnostic evaluation, which normally requires the involvement of the person's parents. This outpatient clinic aims to provide such assessments. We can then make links with other social, educational, healthcare and voluntary agencies in order to develop a care plan to meet the person's needs fully.

We provide: Developmental diagnostic health assessment (Outpatient assessment taking a half day to complete) Liaison with social services Liaison with educational services. Hospital admission for this condition is not recommended and assistance should be sought from social services locally, from the general practitioner or local mental health service in case of crisis.

Unfortunately there is no specific specialist service for adults with Asperger Syndrome unless they also have a learning disability but it is hoped that such a service will be developed.

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**For residential colleges, see under Residential care and housing**

**1.**

**Organisation:** Leicester College

**Contact:** Eileen Hersey, Additional Support Manager

**Address:** Freeman's Park Campus, Aylestone Road, Leicester, LE2 7LW

**Telephone:** 0116 2242053

**Email:** [EHersey@leicestercollege.ac.uk](mailto:EHersey@leicestercollege.ac.uk) |

**Service provided:**

The college through its Additional Support Dept offers support to all students with an autistic spectrum disorder.

Support is offered via an initial assessment of need by a specialist from the Leicestershire Autism Outreach Service, and the recommended support is provided by the Autism Outreach Service and the National Autistic Society.

The support provided includes 1:1 support in class and often extra-curricular, support in writing assignments and strategies for coping with the course, in-service staff training, development of socialisation skills.

## 2.

**Organisation:** University of Leicester, AccessAbility Centre

**Contact:** Dr. Paula Dobrowolski (Head, AccessAbility Centre)

**Address:** Fielding Johnson Building, University of Leicester, University Road, Leicester LE2 7RH

NB the Centre will be moving to the Library on main campus at some point in the 2007-08 academic year all phone and e-mail contact details will remain the same.

**Telephone:** 0116 2525002 **Fax:** 0116 252 5513

**e-mail:** [accessible@leicester.ac.uk](mailto:accessible@leicester.ac.uk)

**website:** <http://www.le.ac.uk/accessability/>

### **Service provided:**

The AccessAbility Centre (AAC) is part of the University's Student Support and Development Service. The AAC supports all students at the University who have specific learning difficulties or disabilities. For students with Asperger's Syndrome, the AAC acts as a base where they can work quietly, use the computers, have lunch and read the paper! It also provides a smaller environment within the University which can help to establish social contacts. One-to-one support is available from a designated person, who is usually a member of the Leicestershire Autism Outreach Team and/or the National Autistic Society. The support is co-ordinated by the AAC and the external agencies form part of a team of support which also includes a designated person within the teaching department - usually the personal tutor - and includes the parents. This is the basis of support which has worked to date, but the system is flexible to meet the needs of individual students.

There are at least six other universities who have or are currently supporting students with AS. Further details available on request.

## 3.

**Organisation:** Skill (National Bureau for Students with Disabilities)

**Address:** Chapter House, 18-20 Crucifix Lane, London SE1 3JW

**Telephone:** 0800 3285050 (voice) 0800 068 2422 (Text) (Tuesday 11.30am – 1.30pm and Thursday 1.30pm – 3.30pm)

**Email:** [info@skill.org.uk](mailto:info@skill.org.uk)

**website:** [www.skill.org.uk](http://www.skill.org.uk)

**Service provided:** Skill is a national charity that aims to develop opportunities for people with disabilities and learning difficulties in Post-16 education, training, employment and volunteering.

**4. See entry under ESPA in the Residential Care & Housing Section**

**5. Organisation:** Autism Outreach Team (Leicestershire County Council)

**Contact:** Tess Coll

**Address:** Coalville Business Park Rothley House Jackson Street Coalville Leics LE67 3NR

**Telephone:** 01530 513600

**e-mail** [sts@leics.gov.uk](mailto:sts@leics.gov.uk)

**Service provided:**

Assessment, training, consultancy and monitoring of adults with autism who attend Further Education and Higher Education establishments, and of those who work with them. We have knowledge of establishments that have received training from our team and of how individuals with Autistic Spectrum Disorders have fared at colleges within Leicestershire.

**6. Organisation:** Homefield College

**Contact:** Chris Berry

**Address:** 42 St. Mary's Road, Sileby, Loughborough, Leics, LE12 7TL

**Telephone:** 01509 815696/ 814827

**e-mail:** [chris.berry@homefieldcollege.ac.uk](mailto:chris.berry@homefieldcollege.ac.uk)

**Service provided:**

Specialist Residential College providing a range of courses to suit students with learning difficulties, Autistic Spectrum Disorders, sensory impairment. City and Guild registered Centre. Students can be residential or day.

**7. Organisation:** Loughborough University

**Contact:** James Kirby

**Address:** Disabilities and Additional Needs Services, Loughborough University, Ashby Road, Loughborough LE11 3TU

**Telephone:** 01509 222770

**e-mail:** [DANS@lboro.ac.uk](mailto:DANS@lboro.ac.uk)

**Service provided:** We work in collaboration with the local National Autistic Society to provide support for students at the University with Asperger Syndrome.

**8.**

**Organisation:** Stephenson College

**Contact:** Gill Hault/Chris Ison

**Address:** Thornborough Road, Coalville, Leics LE67 3TN

**Telephone:** 01530 836136

**e-mail:** ghault@stephensoncoll.ac.uk

**Service provided:**

Foundation Skills for Life. This 2 year course is designed to meet the many and varied needs of people with learning difficulties. It covers decision making, responsibility, literacy and numeracy/money skills with an emphasis on practical work. Other course components are cookery, art, independent living skills, computing and hobbies.

Foundation skills for Work. This 1/2/3 year course has been developed to meet the needs of young people who need time to explore and develop their career interests and to build up the skills and experience for entry to the world of work at their own pace.

**9.**

**Organisation:** Loughborough College

**Address:** Radmoor Road, Loughborough, Leics., LE11 3BT

**Telephone:** 01509 618131

**Contact Person:** Sue Roberts

**e-mail:** sue.roberts@loucoll.ac.uk

**website:** www.loucoll.ac.uk

**Service provided:**

General FE and HE provision. Access across college as well as provision for those with learning disabilities.

The college has a specialist support team for learners with autistic spectrum disorders. We liaise with Leicestershire Autism Outreach Team for support when needed.

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**10.**

**Organisation:** South Leicestershire College

**Address:** Station Road, Wigston, Leics., LE18 2DW

**Telephone:** 0116 2885051

**Contact person:** Matthew Pinches/Gretta Tharratt

**e-mail:** matthewp@slcollege.ac.uk

**Service provided:**

Support arranged with the National Autistic Society and if appropriate, additional support through the Leicestershire Specialist Teaching Service.

Support includes: one-to-one support, INSET for staff, assessment at interview and support for examinations.

**11.**

**Organisation:** NAS Leicestershire Services College Support Team

**Address:** Grovebrook House, Brook Street, Whetstone, Leics LE8 6LA

**Telephone:** 0116 2866956

**Email:** Winston.Kimber@nas.org.uk

**Service provided:**

This scheme offers support to students identified by their university or college as requiring ASD specific support. The level of support varies according to need. The intent is to offer structure and security in an environment that some students may find challenging.

The service currently operates in De Montfort University, Leicester College, Regent 6<sup>th</sup> Form College.

# **Residential Care & Housing**

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1.

**Organisation:** Accredo Support @ Development Ltd

**Address:** The Well House, Lutterworth Road, Dunton Bassett, Leicestershire, LE17 5LD

**Contact:** Melissa Webster (General Manager)

Telephone 01455 202945 or mobile 07738321146

E-mail [Melissa@accredo.org.uk](mailto:Melissa@accredo.org.uk)

Accredo Support & Development Ltd is an approved provider for both Leicester City (Social Services) and Leicestershire County (Social Services) and is accredited with The National Autistic Societies Quality Accreditation Programme.

**Mission Statement:**

To support and enable people who have a range of diverse needs (in particular those with Autistic Spectrum Disorders) assisting them to live as independently as respected members of their local community.

To work in partnership with others to provide a wide range of innovative, creative and individualised support packages.

**Services provided include:**

- Supported Living Schemes as follows:

Manor Court (Hinckley)

Trinity Mews (Hinckley)

Station Road (Hinckley)

- Alternatives to day services:

Skills Centre (Dunton Bassett)

St Gabriel's Community Centre (Leicester City)

Community Outreach (Leicester City and County)

**2.**

**Organisation:** Advance Housing and Support

**Contact:** Lesley Neville

**Address:** 5 Faraday Court, Conduit Street, Leicester LE2 OJN

**Telephone:** 0116 255 9935

**e-mail:** lesley.neville@advanceuk.org

**Service provided:**

Advance provides a range of housing with varying levels of support according to need. We have group homes, staffed homes and independent flats. Support in some projects is minimal; however we do have 24 hour cover in other projects. We do work closely with other agencies who are involved in supporting our tenants.

**3.**

**Organisation:** Mosaic: Shaping Disability Services

**Contact:** Michael Brittan

**Address:** Harrison Court, 31 Packwood Road, Leicester LE4 2ER

**Telephone:** 0116 2340487

**Service provided:**

Three housing developments provide supported accommodation. The level of support is negotiated with individual tenants and tailored to suit their needs. Support workers liaise with social workers and other agencies to provide a package of support.

There is an assessment flat available where disabled people considering moving to independent living can stay for a short time to assess their capabilities, difficulties and the level of support they would require.

#### 4.

**Organisation:** Beta Project

**Contact:** Jill Hay (House Support Worker)

**Address:** 39 Glenfield Road, Leicester, LE3 6AU

**Telephone:** 0116 2515695

**e-mail:** [jill.hay@lnha.org.uk](mailto:jill.hay@lnha.org.uk)

#### **Service provided:**

The Project caters for people who will benefit from a supportive environment in which to develop their social and life skills to the full. During a maximum stay of two to three years, they will be helped to acquire the necessary skills to move into self-contained accommodation.

We encourage residents to become part of the family group in the house giving each other mutual support and friendship. Residents are encouraged to attend courses, the Neighbourhood Centre and to find part-time employment so that they can develop their skills and meet other people.

The project worker is available five days a week to assist with problems and liaise with outside agencies. A part time worker is available on Saturdays and on a call-out basis on Sundays. We do not provide a twenty-four hour care service.

## 5.

**Organisation:** European Services for People with Autism Ltd (ESPA)

**Address:** 6/7 The Cloisters, Ashbrooke, Sunderland, SR2 7TW

**Telephone:** 0191 5102600

**e-mail:** gill.linfoot@espa.org.uk  
mike.smith@espa.org.uk

**website:** www.espa.org.uk

### **Service provided:**

ESPA is a registered charity affiliated to The National Autistic Society. We provide a range of services including residential care and further education for adults with autism and Asperger Syndrome.

ESPA is accredited with the Learning and Skills Council and is commended on the unique way in which students are supported to learn. Staff are highly trained and caring professionals experienced in Autistic Spectrum Disorders.

Our aim is to nurture self-awareness and independence as well as providing appropriate educational experiences through an inclusive learning package.

**NOTE:** Several young people from Leicestershire currently attend the ESPA college in Sunderland. Access is through Connexions Leicester Shire (see below under Employment, Work Experience and Volunteering)

## 6.

**Organisation:** The Carr-Gomm Society

**Contact:** Uche Oshin

**Address:** Aylestone Road, Leicester LE2 8TA

**Telephone:** 0116 2833146

**Website** www.carrgomm.org.uk

**Service provided:** Supported accommodation for individuals with a range of needs

**7.**

**Organisation:** Autism Care UK Ltd (formerly Heath Farm)

**Contact:** Mrs Maggie Sykes (Operational Manager)

**Address:** Heath Road, Scopwick, Lincolnshire, LN4 3JD

**Telephone:** 01526 320312/322444

**e-mail** info@autismcareuk.com

**website** www.autismcareuk.com

**Service provided:**

Heath Farm provides thirty-nine residential placements in four separate units set in four and a half acres, each providing an individual care package for service users across the autistic spectrum.

Each unit has its own dedicated staff team with staffing ratios dependant on the assessed needs of the clients, and each service user living with people of similar need.

Heath Farm also provides on-site day care in two units, again each one meeting the needs of differing service users. Access to college and community based training schemes are also available.

**8.**

**Homefield College (see under Education)**

**9.**

**Organisation:** Rathbone House

**Contact:** Mick Keogh

**Address:** 136 Mere Road, Leicester LE5 5GN

**Tel.** 0116 2201781

**e-mail:** rathbone721@btclick.com

**Service provided:**

Our core project houses six adults with learning difficulties who are encouraged to move on to supported accommodation through the Leicester Housing Association.

**10.**

**Organisation:** Housing Options

**Contact:** Nigel King/Maurice Harker

**Address:** Stanelaw House, Sutton Lane, Sutton, Witney OX29 5RY

**Tel.** 0845 4561497

**e-mail:** [enquiries@housingoptions.org.uk](mailto:enquiries@housingoptions.org.uk)

**website:** [www.housingoptions.org.uk](http://www.housingoptions.org.uk)

**Service provided:**

Advice on rented housing and home ownership options.

Advice on any aspect of housing or support for people with a learning disability.

Consultation service to individuals, parents, solicitors and any organisation involved in housing or supporting people with learning disabilities.

**11.**

**Organisation:** Mencap

**Contact:** Sam Merrall

**Address:** Suite 23, 3rd Floor, Kimberley House, Vaughan Way Leicester LE1 4SG

**Telephone:** 0116 2422734

**e-mail:** [H2040@mencap.org.uk](mailto:H2040@mencap.org.uk)

**Service provided**

Support for people with learning disabilities in their own homes.

**12.**

**Organisation:** Ruach Care Limited

**Address:** The Scholfield Centre, Greenclose Lane, Loughborough, Leics, LE11 5AS

**Contact Person:** Andy Matthews

**Telephone:** 078126 98442

**e-mail:** [andymatthews@ruachcare.co.uk](mailto:andymatthews@ruachcare.co.uk)

**Website:** [www.ruachcare.co.uk](http://www.ruachcare.co.uk)

**Service provided:**

Residential, supported living and outreach services specifically catering for people with autistic spectrum disorders.

**13. Organisation:** Network for Change Ltd

**Contact:** Darren O'Brien

**Address:** 150-152 London Road Leicester LE2 1ND

**Telephone:** 0116 2470335 **e-mail:** [info@networkforchange.org.uk](mailto:info@networkforchange.org.uk)

'Network For Change is a local voluntary sector organisation providing Supported Housing, Community Outreach and Resource Centre activities designed to meet the needs of adults whose mental health problems have impacted significantly on their quality of life. Our values and working practice focus on Recovery and person-centred approaches to enable wellbeing and potential'.

Whilst we don't offer services which are specific to those with an autistic spectrum disorder diagnosis we do consider referrals from people with experience of mental distress and Asperger's syndrome.

For more information please visit [www.networkforchange.org.uk](http://www.networkforchange.org.uk)

**14. (i) Organisation:** The National Autistic Society Leicestershire Services

**Contact:** Rob Houghton

**Address:** 19 Camden Road, Braunstone, Leicester LE3 2GF

**Telephone:** 263 0991-2

**Service provided:** Residential services for adults with Autism and Asperger Syndrome

**(ii) Organisation:** The National Autistic Society Leicestershire Services

**Contact:** Angela Finne

**Address:** Grove Brook House Resources Centre, Brook Street, Whetstone, Leics LE8 6LA

**Telephone:** 0116 2866956

**e-mail:** leicester@nas.org.uk

**Service provided:**

Community based supported living in housing association flats, private accommodation or current provision. Residents supported in developing independent living skills are in receipt of their own benefits and are encouraged in budgeting for day-to-day living. Support levels are commensurate with levels of needs. Residents are encouraged to attend education, employment and a range of leisure pursuits.

**15. Organisation:** The SENAD Group / Sheldon House

**Address:** 25 Church Street Oadby, Leicestershire LE2 5DB

**Contact:** Deborah Kramer, Manager

**Telephone:** 0116 2713520

**Email:** [info@sheldonhouse.com](mailto:info@sheldonhouse.com)

**Service provided:**

We are a 7 bedded 52 week placement for young adults with Learning Disabilities and associated Challenging Behaviour. We offer sound structure and routine, encompassing Person Centred Planning, and choice. A robust activity schedule as well as educational scope is available.

**16 Nationwide Provision**

1. The NAS list of affiliated establishments for adults - all accredited or registered with the NAS. [www.nas.org.uk/nas/accred.html](http://www.nas.org.uk/nas/accred.html). or email: [accreditation@nas.org.uk](mailto:accreditation@nas.org.uk)  
Tel: 0117 974 8429 and address: Autism Accreditation, The National Autistic Society, Unit 2 Pinkers Court, Briarland Office Park, Gloucester Road, Rudge Way, Bristol BS35 3QH

2. Residential Care. The NAS has various person-centred services including smaller and larger units, housing, support and independent living. Every unit is a registered care home inspected by the Commission for Social Care Inspection. Info about adult services; [www.autism.org.uk/services](http://www.autism.org.uk/services)

3. The Hayes Independent Hospital close to Bristol is an independent hospital for adults with Asperger Syndrome who have complex needs (including challenging behaviour) and who are detainable under the Mental Health Act 1983. It is the only service of its kind in Europe. website: [www.autism.org.uk/hayes](http://www.autism.org.uk/hayes) address: The Manager-The Hayes Hospital, Rookery Lane, Pilning, Bristol BS35 4JN Tel: 01454 632 311 email: [Hayes@nas.org.uk](mailto:Hayes@nas.org.uk)

4. The Association of National Specialist Colleges (NATSPEC) produce a directory of colleges which have received a grading of Grade 3 or above following inspection by the FEFC (prior to Jan 2002) or received a profile of grades that are satisfactory or above following inspection by OFSTED/ALI (since Jan 2002), or have agreement from the Learning and Skills Council to fund learners. To view info re colleges on line see website: [www.natspec.org.uk/memcolls.php](http://www.natspec.org.uk/memcolls.php)

They also have a list of Associate College Members. These colleges are yet to receive a profile of grades that are satisfactory or better following inspection. website: [www.natspec.org.uk/acollmems.php](http://www.natspec.org.uk/acollmems.php)

The Learning Skills Council has a helpdesk, phone: 0870 900 6800 or email: [info@lsc.gov.uk](mailto:info@lsc.gov.uk)

# Employment, Work Experience and Volunteering

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1.

**Organisation:** Posability Ltd

**Contact:** Ruth Newman

**Address:** 11<sup>th</sup> Floor, 60 Charles Street, Leicester LE1 1FB

**Telephone:** 0116 2489480

**e.mail:** info@posability.net

**website:** www.posability.net

**Service provided:**

Recruitment company for people with disabilities who are “work ready”. Permanent and fixed term contracts across Leicestershire: clerical, industrial, technical, managerial.

**2. Organisation:**LEAT (Leicestershire Employment for Autism Today)

**Address:**182 London Road, Leicester, LE2 1ND

**Contact Person:** Carol Hunt – Manager **Telephone:** 0116 2541664/2857822

**E-mail:** 1. [carolhunt@btconnect.com](mailto:carolhunt@btconnect.com) 2. [leat@btconnect.com](mailto:leat@btconnect.com)

**Service provided:** LEAT is a charitable organisation providing a wide range of specialist support services to young people and adults with Autistic Spectrum Disorders (ASD's), and in particular Asperger syndrome, who live in the city of Leicester of the county of Leicestershire.

LEAT is already well known and established as a specialist provider in supporting young people and adults with Asperger syndrome into employment. Through the *Steps into Work* and *Stepping Stones* projects we have provided support, guidance and training to individuals who have been able to access paid employment, work experience/voluntary work and further education as a result. Both projects have proved immensely popular and successful and there has been a demand from service-users for us to deliver a wider range of services.

## **LEAT Consultancy**

**In recognition of this need LEAT are continuing to expand and develop their services with the aim of offering a more comprehensive and holistic network of support to people with Autistic Spectrum Disorders.**

This year has seen the innovative development of the LEAT Consultancy from which we are now able to offer individual packages of support. The main focus of the consultancy service is to help and support people with ASD's to improve their independent living skills and become autonomous. This will take the form of highly individualised person-centred training, guidance and support services to include:

- Personal and social skills development
- Developing confidence and assertiveness
- Developing effective communication skills
- Promoting autonomy and independent living skills
- Accessing the local community
- Assistance with independent travel
- Befriending service
- Support into further education
- Support into work experience/voluntary work
- Preparation for and support into employment
- Support with Benefits
- Advocacy service

This list is non-exhaustive and as individual needs vary greatly, the amount and level of support is decided and agreed by the service-user and LEAT Manger at the Assessment stage.

## ***Stepping Stones Project***

Funded by The Big Lottery the *Stepping Stones Project* is aimed at supporting young people aged 15-19 years with Autistic Spectrum Disorders or recognised autistic traits during their transition into either further education, work experience, voluntary work or paid employment. The support provided is holistic, person-centred and adapted to individual needs. The types of services we offer include:

- Career advice and guidance
- Benefits advice
- Support and guidance with CV preparation
- Support with selecting Further Education courses
- Ongoing support and guidance in Further Education
- Support with job-search
- Support in preparing for and attending interviews
- Job-coaching
- Public transport training
- Communication with tutors/employers
- Training in social and communication skills
- Independent Living Skills

For further information regarding any of the services LEAT has to offer, please contact Carol Hunt - Manager, either by telephone or email.

### **3. Organisation: Values (Voluntary Action Leicester)**

**Contact:** Neeta Ghelani

**Address:** Active Community Centre, 9 Newarke Street, Leicester LE1 5SN

**Telephone:** 0116 2575004

**E-mail:** [neeta@voluntaryactionleicester.org.uk](mailto:neeta@voluntaryactionleicester.org.uk)

#### **Service provided:**

Support for adults with learning disabilities to enable them to become volunteers in a range of mainstream opportunities including charity shops, lunch clubs, office work, gardening, environmental work and warehouse work.

Support is provided by Values on an individual basis according to the needs/abilities of the person. Long-term one-to-one support can be provided, but there may be a short waiting list if the volunteer requires more support.

A new citizenship group allows volunteers to become active citizens and achieve change. Values is funded through Leicester Social Services and therefore is only available for people who live in the City and are Social Services Clients.

#### 4.

**Organisation:** Connexions Leicester Shire Limited

**Contact:** Phil Pearson, LDD Co-ordinator, who will put the enquirers in touch with the nearest Connexions Centre.

**Address:** 2<sup>nd</sup> Floor 6 Millstone Lane Leicester LE1 5JN

**Telephone:** 0116 2615900

**Email:** [ppearson@connexions-leics.org](mailto:ppearson@connexions-leics.org)

**Service provided:**

A network of Connexions Centres exists in the city and county to support all students in the transition from school to adult life. This service is for young people between the ages of 13 years and 19 years. The service can extend up to the age of 25 for young people with learning difficulties and/or disabilities.

Personal Advisers are employed by the service to support young people with a range of learning difficulties and/or disabilities. They attend Transition reviews and work closely with a whole range of agencies to co-ordinate a young person's transition beyond school.

They help to secure appropriate Further Education, Work Based Learning or work with Social Services to develop "Day Care" packages for young people,

They also have close links with a whole range of advice and support services.

#### 5.

**Organisation:** Rathbone -Training Service

**Contact:** Glenda Symmonds (Centre Manager)

**Address:** Ground Floor, Wellington House, 22-30 Wellington Street, Leicester LE1 6HL

**Telephone:** 0116 2559957

**E-mail:** [glenda.symmonds@rathboneuk.org](mailto:glenda.symmonds@rathboneuk.org)

**Service provided:**

E2E: Entry to Employment

Employment advisers arrange training and work experience for young people in childcare, care for the elderly, retail, warehousing, manufacturing, hotel/housekeeping, IT and preparatory training.

See also entry under Housing.

## 6.

**Organisation:** Disability Employment Advisers

**Contact:** Named adviser at your local Jobcentre

Disability Employment Advisers are skilled and experienced in helping people with a disability or health problem find or retain work. They are based in Jobcentres.

**Service Provided:**

- Practical job search assistance and support.
- Work based assessment of your skills and abilities
- Work Preparation through short work experience placements
- Job Introduction Scheme – Employer’s subsidy of £75 per week for up to 6 weeks
- WORKSTEP – for people who require a higher level of support who are therefore unable to work in open employment
- Information about Access to Work – a flexible package of financial assistance for people starting work, or in work. This gives an employee practical help to overcome obstacles met at work due to a disability
- Developing good practice with employers in the recruitment of people with disabilities and the retention of employees who become disabled or whose condition worsens.

## 7.

**Organisation:** Office Print Services

**Contact:** Agnes Thomson

**Address:** Bracken Building, Leicester Frith Hospital, Groby Road, Leicester

**Telephone:** 0116 2255350

**Email:** [agnesthomson@leicspart.nhs.uk](mailto:agnesthomson@leicspart.nhs.uk)

**Service provided:**

Employment, support and therapy

**8.Organisation:** Remploy Interwork

**Contact:** Laura Connolly

**Address:** 51 Humberstone Gate Leicester LE1 1WB

**Telephone** 0116 2489620

**e-mail** laura.connolly@remploy.co.uk

**Service Provided:**

Remploy Interwork is Government funded to work with people with health issues and disabilities to help them get back into work. We work with three main programmes:

Work Preparation – a work placement scheme to enabled people to try a type of work to see if it suits them

WorkStep – employment programme for people who can work 16 hours or more per week but require additional support in the workplace for a period of time

New Deal for Disabled People – a job matching service for people who want to go back to work but may not be able to work 16 hours or more initially.

We also work with lots of local and national employers to ensure opportunities are available for people to go into work.

People can qualify for one of our programmes if they are in receipt of any health related benefit, i.e. Incapacity Benefit, Sickness Benefit or if they have a disability.

Please call our local rate line for an appointment to see one of our local advisors – 0845 845 22 11

**9. Organisation:** Work in Progress

**Address:** 94 New Walk Leicester LE1 7EA

**Telephone:** 0116 255 3331

**E-mail:** wip@advanceuk.org

**website:** www.work-in-progress.org.uk

**Service provided:**

To create real employment opportunities for people with disabilities – in particular people who have experienced mental health problems. Job brokers assess clients' capacity to work, access appropriate training, prepare clients for interviews, find job placements and continue support in the job.

11.

**Organisation:** Breaking the Barriers

**Telephone:**01509 410600

**Email:** SBosley@leics.gov.uk

**Website:** [www.leics.gov.uk/breakingthebarriers.htm](http://www.leics.gov.uk/breakingthebarriers.htm)

### **Service Provided**

Breaking the Barriers is a specialist employment team within Leicestershire County Council. The Service provides support for working age young people and adults who have experienced accident, injury, illness or a disability and wish to begin, maintain or return to work.

The Service provides opportunities to achieve this in one of the following ways:

- Learn2Earn
- Workstep - supported work
- Permitted Work
- Job Coaches

## Social and Recreational

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5. Leicester City Council Social Services Community Support Team (see entry under Section 1 - Support, Advocacy and Counselling) City residents only	
6. Mosaic (Leicester, Leicestershire and Rutland Guild of Disabled People) (See entry under Section 1 - Support, Advocacy and Counselling).	

1.

**Organisation;** The Monday Club

**Contact:**

Project manager:

themondayclub@hotmail.co.uk

Emails will be picked up on **Monday** and **Thursday** evenings.

Mail may be sent to –

The Monday Club, Leicester Central YMCA, 7 East Street, Leicester LE1 6EY.

Committee Chair: Mrs. Jenny Fisher email – [jenfisher@btinternet.com](mailto:jenfisher@btinternet.com) Tel. 0116 2595351

**Service provided:**

The Monday Club is a social group for adults (18+) with Asperger Syndrome which meets at the Leicester YMCA on Monday evenings from 7 - 9 pm, supported by paid staff and volunteers all of whom are knowledgeable and experience in the field of AS. The YMCA provides a warm, safe and friendly base from which planned opportunities are available for the group to improve their social skills and experiences whilst participating in a range of activities in a variety of settings. These activities have included visits to local cafes, bar, restaurants and leisure facilities, all of which are planned in conjunction with members and evaluated afterward to learn from these experiences and monitor their success and appropriateness.

2.

**Organisation:** National Autistic Society Befriending Scheme

**Contact:** Gillian Keeling

**Address:** The National Autistic Society, Castle Heights, 4th Floor, 72 Maid Marian Way, Nottingham NG1 6BJ

Local Address: PO Box 7911, Anstey, Leicester, LE7 7ZU

**Telephone:** 0116 236 7524

**e-mail:** [Gillian.keeling@nas.org.uk](mailto:Gillian.keeling@nas.org.uk)

**Service provided:**

The Befriending Scheme is a free service which provides trained volunteers who offer support to autistic people and their families in a way that meets their individual needs

All Befrienders are carefully vetted before being accepted into the Scheme and they receive a full induction in autism, Asperger Syndrome and volunteering skills. They are also provided with on-going support and training.

Having a volunteer makes it possible for someone with autism to take part in social and recreational activities; it gives family members someone non-judgemental to talk to and can offer temporary respite for shopping/leisure trips etc.

**3. Organisation:** 27A Access Artspace

**Contact:** Mona-Lisa Cooke

**Address:** 27A Belvoir Street, Leicester, LE1 6SL

**Telephone:** 0116 2229030

**e-mail:** [27access@totalise.co.uk](mailto:27access@totalise.co.uk)

**Service provided:**

Weekly workshops in Visual Arts, Drama, Photography, Music, Writing etc. plus exciting one-off events. Professional tutors encourage you to develop your own interests and skills.

**4.**

**Organisation:** Riding for the Disabled

**Contact:** Dawn Whitmore-Kirby

**Address:** Meadow School of Riding, Deans Lane, Near Woodhouse Eaves, Loughborough, Leics

**Telephone:** Yard: (01509) 891690 Home : (01509) 263782 Mobile: 07860 245675

**e-mail:** dawnwhitmore@hotmail.com

**Service provided:**

Riding for the Disabled is a national organisation and Dawn is a qualified senior instructor with experience of working with people of all ages with autistic spectrum disorders. The Riding School is licensed by the local authority (Charnwood BC) and we teach riding for all ages and abilities specialising in teaching people with disabilities and special needs, riding may also be arranged for able-bodied siblings to ride at the same time as special needs.

## Benefits

People with Autistic Spectrum Disorders and their carers may be eligible for a range of disability benefits according to their particular needs and circumstances.

For advice contact:

- Benefit Enquiry Line on 0800 882200. Calls are free and confidential.
- Leicestershire Welfare Rights on 0116 2779496 (Monday to Thursday mornings 9.30 to 12.30).
- Leicester City Council Benefits Advice Line on 0116 2543399 (Monday – Thursday 1-4 pm)

## **A Guide for Support Workers and Personal Assistants** **Working with people with Asperger Syndrome**

To make it easier to write this document, I will refer to a person with Asperger Syndrome as an Aspie.

Asperger Syndrome is a communication and developmental disorder.

An Aspie misinterprets communication because they are very literal and they cannot read body language.

They are not tuned in to other people's feelings and can appear to be rude and self-centred.

They do not cope well with change and find it difficult to make choices.

They often suffer from stress and depression.

They find it particularly difficult to talk to people they do not know well

All these factors are exaggerated when the Aspie is in difficulties and needs help. This means that just when they most need to be able to express their concerns and listen to advice, they are least able to do so.

Aspies must have their requirements properly understood and met, otherwise they cannot be full citizens.

Communication is at the heart of being human. This makes your job very important.

### ***Tips to help you Communicate with Aspies***

- Ask how an Aspie prefers to communicate and what they need you to do.
- Listen carefully and sympathetically and talk to an Aspie in simple language.
- Don't use idioms and metaphors.
- Slow down and listen.
- An Aspie doesn't read body language, and they don't know how to give the right body language either. Don't take this personally.
- Quite often, nonverbal communication is used alongside verbal communication to express the meaning of what one is saying. Be aware though, that the Aspie will not pick up the non-verbal communication, but they will pick up the tone of voice.
- Don't get it into your head that you won't understand an Aspie. This will affect your confidence and make it harder for you.

- Don't be embarrassed if you don't understand at first. Accept that you will make mistakes but don't stop communicating.
- Treat an Aspie with respect.
- Respect an Aspie's privacy.
- Be honest about what you find difficult.
- Be aware of the impact of an Aspie's impairment on them. It is easy to misinterpret their ability to understand or co-operate if you do not do this.
- Don't offer too many choices – keep it simple.
- Don't look too far ahead – break the problem down into small steps and only present the Aspie with one step at a time.
- Don't talk about what other people have done in similar circumstances – this has little relevance for most Aspies.
- Write down as simply as possible what the Aspie needs to do, if anything, and what you are going to do.
- Aspies find it easier to communicate their negative feelings by writing them down. Please accept this.
- Don't over react if they do express a negative feeling towards the way you are handling them. They will feel unable to tell you their negative feelings at all.
- As a Support Worker you will need to put the feelings of an Aspie first before your own. You have to adapt to the Aspie. The Aspie is not able to adapt to you.

This article can also be used as a guide for families.

By Debbie Hudson