

Autistic Spectrum Conditions (ASCs): Information Pack

Getting diagnosed with an Autistic Spectrum Condition (ASC) can be both reassuring and overwhelming. This information pack has been put together to help you to understand your/your relative's/your friend's/your partner's condition, as well as provide a list of services which may be of use to you. Feel free to flick through or look at specific sections that you think may benefit you.

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Advocacy Support

Impact Advocacy Service

Issue-based Advocacy



Impact Advocacy Service provide issue-based advocacy support to people with ASC who have a specific issue that needs to be sorted out, e.g. accessing benefits. The service is free and you can self-refer, but there is a waiting list.



Citizen Advocacy

Impact Advocacy also have Citizen Advocates, whom are volunteers that get to know their advocacy partner over a longer period of time so they can ensure that his or her views, feelings, wishes and rights are being listened to and upheld. For more information, get in touch via the contact details, below.

Contact Details:

Impact Advocacy Email	@ advocacy@impact-initiatives.org.uk
Address	 Impact Advocacy Service, Dove Lodge, 49 Beach Road, Littlehampton, West Sussex, BN17 5JG
Telephone	 01903 73 00 44
Website	http://impact-initiatives.org.uk/services/adults-and-older-people/advocacy/

Self-Advocacy Groups

There are four Self-Advocacy groups spread throughout the county. These groups welcome members with ASC as well as those with learning difficulties. For more information about the learning difficulties self-advocacy groups, contact Harriet Wilson:

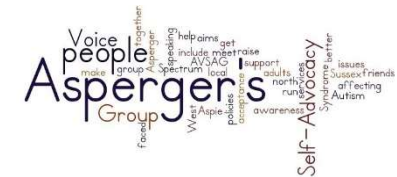
@ harriet.wilson@impact-initiatives.org.uk

📞 Tel: 01903 730 044

📞 Mob: 07776 072 603

Asperger's Voice

Asperger's Voice meet once a month in Burgess Hill. For more information, see below:



Email	@ aspergersvoice@gmail.com
Telephone	📞 07471 353062
Address	📍 MSVA, 2nd Floor, 38 Church Road, Burgess Hill, West Sussex, RH15 9AE
Facebook Page	📘 https://www.facebook.com/AspergersVoiceSelfAdvocacyGroupWestSussex/timeline
Twitter	🐦 @AspergersVoice
Meets	📅 Last Tuesday of every month (except December where usually meet a week before due to Christmas), 7pm-9pm

Asperger's Syndrome Self Advocacy (ASSA)

ASSA is a self-advocacy group open to autistic adults in southern West Sussex. The group gives a chance for its members to meet, make friends and share experiences with their peers; promote inclusion for autistic people in local services and; improve awareness of issues faced by autistic people.

For more details, please see below:

Email	@ ASSAgroupWS@gmail.com
Telephone	📞 07471 353 062
Address	📍 Littlehampton Friends Meeting House, 23 Church Street, Littlehampton, BN17 5EL
Facebook Page	📘 www.facebook.com/ASSAWestSussex/
Meets	📅 Second Wednesday of every month (check with James to ensure meeting hasn't been rearranged), 4.30-6:30pm

Autism Charities in West Sussex, and Brighton & Hove

Assert (Brighton and Hove)


Assert is a charity based in Brighton & Hove. It provides many services for people with ASCs and their families, including:

- ✓ One to one support
- ✓ Benefits advice and support
- ✓ Monthly drop in for people with AS/HFA
- ✓ Monthly mutual support group for parents, partners and carers of people with AS/HFA
- ✓ One to one support for parents, partners and carers of people with AS/HFA; and
- ✓ Much more!



For more information, contact:

 Community Base, 113 Queens Road, Brighton, BN1 3XG

 Tel: 01273 234 850

 <http://www.assertbh.org.uk/assert-services/>

 [@assert.bh@assertbh.org.uk](mailto:assert.bh@assertbh.org.uk)

[Aspens \(formerly Autism Sussex\)](#)

- 📍 Website: <https://aspens.org.uk/>
- 📞 Telephone: 01892 822 168
- 📍 Head Office Address: Cornford Lane, Pembury, Kent TN2 4QU
- ✉ Email: enquiries@aspens.org.uk
- 📍 <https://www.facebook.com/AspensCharitiesLtd/>
- 📍 Twitter: @AspensCharities

What do they do?

“Here at Aspens, we help children, young people and adults with a range of disabilities, those on the autism spectrum, and/or those with complex needs. Through the provision of highly personalised support, we aspire to enable people to learn new skills, live life to the full and contribute to society however possible.” (Aspens website April 2019)

Talk 1-1:

Conversations are completely confidential.

EVERY WEDNESDAY 7.00pm – 9.00pm – Adults with ASC, ADHD or associated traits and characteristics

EVERY MONDAY 9.30-11.30am and

EVERY FRIDAY 12:00 – 2:00pm – Parents, Carers and Professionals living or working with ASC, ADHD or associated traits and characteristics

Family Support Clinics

If you prefer to speak to someone face to face, book an appointment at one of our family support clinics. Chichester, Angmering, Shoreham, Crawley, East Grinstead, Tunbridge Wells. We have family support advisors and engagement officers ready to address your individual needs. Just call 01243 214120 or email familysupport@aspens.org.uk.

Sibling Clinics

If you are worried about a child or young person who is a sibling, our specialist team can help them. We offer 1-1 sibling clinics in the home or community, supporting self-esteem, increasing knowledge and providing strategies to deal with any behaviour siblings may encounter when living with a brother or sister with a disability.





Free Parent/Carer Workshops

Alongside a variety of other providers Aspens are running training courses for Parent/Carers, facilitated by Mind Coastal. The programme of learning events for parents and carers of children and young people with Autism and ADHD/ADD funded by the Clinical Commissioning Group and West Sussex County Council. The programme offers a varied selection of workshops, and courses, some led by parents and carers, others by professionals, to enable you and your family to develop your understanding of the conditions and issues experienced by your children.



The National Autistic Society (NAS)

The NAS “provide information, support and pioneering services, and campaign for a better world for people with autism.”

Name of Service	National Autistic Society
 Address	393 City Road London EC1V 1NG
 Autism Helpline	0808 800 4104
 Email	nas@nas.org.uk
 Website	www.nas.org.uk

NAS Library

The NAS has an online library for people wanting to know more about ASCs. The web address is:

<https://www.autism.org.uk/about/what-is/data.aspx>

NAS Worthing

The NAS Worthing Branch provides limited support to autistic people and their families. More details can viewed at their website: <http://nasworthing.webeden.co.uk/#>

Benefits, Social Care Assessment, & Housing

[Adult Social Care Team](#)

Name of Service	Adult Social Care Team
Address	County Hall Tower Street The Grange Chichester West Sussex PO19 1QT
Telephone	01243 642121
Email	socialcare@westsussex.gov.uk







West Sussex County Council Adults' CarePoint Team

Here is a useful website that shows how to access social care help: <https://www.westsussex.gov.uk/social-care-and-health/how-to-get-social-care-help/adults/how-to-get-adult-social-care-help/>

Helplines Partnership

Helplines Partnership is the membership body for organisations that provide helpline services in the UK and internationally. It is not Autism-specific, but it is a useful resource nonetheless.



Name of Service	Helplines Partnership
 Address	Business Design Centre 52 Upper Street London N1 0QH
 Telephone	0300 330 7777
 Email	info@helplines.org
 Website	https://helplines.org/

[Working Age Adults Service & PATs \(Prevention and Assessment Team\)](#) – support the health and wellbeing of working age adults who face difficulties with everyday life, including those on the autism spectrum. You can self-refer: PATworkage@westsussex.gov.uk; alternatively the contact details for each region are as follows:

PAT Northern (Crawley, Horsham and Mid-Sussex):	PAT Southern (Littlehampton, Chanctonbury, Worthing and Shoreham):	PAT Western (Chichester, Arundel, Pulborough, Billingshurst and Bognor Regis):
<p>☎ Telephone: 01403 229 510</p> <p>📄 Address: County Hall North, Chart Way, Horsham, RH12 1XH</p>	<p>☎ Telephone: 01273 268 900</p> <p>📄 Address: Glebelands, Middle Road, Shoreham-by-Sea, BN43 6GA</p>	<p>☎ Telephone: 01243 642 370</p> <p>📄 Durban House, Durban Road, Bognor Regis, PO22 9RE</p>

Books

There are many books written for people on the autism spectrum to help them develop a better understanding about themselves, as well as helping them to develop strategies for social and relaxation skills.



Jessica Kingsley Publishers
celebrating 28 years of independent publishing 1987 - 2015

[Jessica Kingsley Publishers](http://www.jkp.com) is a specialist publisher for books on the autism spectrum (www.jkp.com). Many of their books can also be found in West Sussex libraries, but you may have to order them in

from a different branch. The most useful books to explore in the first instance would be:

Title	Author(s)
A Self-Determined Future for People with Asperger Syndrome	Genevieve Edmonds and E. Veronica Bliss
Appreciating Asperger Syndrome	Brenda Boyd
Asperger Syndrome and Anxiety: A Guide to Successful Stress Management	Nick Dubin
Asperger Syndrome and Social Relationships (Adults speak out about Asperger Syndrome)	Edited by: Genevieve Edmonds and Luke Beardon
Aspies on Mental Health: Speaking for Ourselves (Adults Speak Out about Asperger Syndrome)	Edited by Dean Worton and Luke Beardon
Autism and Asperger Syndrome (The Facts)	Simon Baron-Cohen
Exploring Bullying with Adults with Autism and Asperger Syndrome: A Photocopiable Workbook	Anna Tickle & Bettina Stott
Friendships. The Aspie Way	Wendy Lawson

Title	Author(s)
Pretending to be Normal: Living with Asperger's Syndrome	Liane Holiday-Willey
Solutions for Adults with Asperger Syndrome: Maximise the Benefits, Minimise the Drawbacks	Juanita Lovett (published by Fair Winds Press)
The Complete Guide to Asperger's Syndrome	Tony Attwood
A Practical Guide to Happiness in Adults on the Autism Spectrum	Victoria Honeybourne
The Girl with the Curly Hair	Alis Rowe

Blogs written by and for people with ASCs

There are a number of blogs written by and for individuals on the autism spectrum about their experience of living with autism. Some may no longer be active:

Blog Title/URL	Description
Asperger's Diary https://www.psychologytoday.com/blog/aspergers-diary	Blog written for Psychology Today by an adult with Asperger's Syndrome. Covers a variety of topics.
Aspienaut http://aspienaut.tumblr.com/	Discusses everything from black and white thinking to fatherhood.
Catastraspie	Written by a 30-something cat lover with Asperger Syndrome, topics include emotions, empathy and

Blog Title/URL	Description
http://catastraspie.wordpress.com/	relationships. An additional focus is how to support students with ASC in higher education.
Dude, I'm an Aspie www.dudeimanaspie.com/	A largely visual blog which is home to Matt Friedman's hand-drawn cartoons. He is in his 30s and diagnosed with Asperger's.
I Have Asperger's https://erinclemens.wixsite.com/erin-clemens	First-hand account of living with Asperger's Syndrome written by a female Aspie.
Stimeyland www.stimeyland.com	Stimey is a mother and wife, a runner and spin enthusiast, a blogger since 2007 — and a woman living with autism. She was diagnosed in 2012, and writes about her experiences not only with autism, but life in general.

[Blogs written by carers of people with an ASC](#)

These blogs may not be strictly relevant to adults living with an ASC, but they provide information to partners/family members/carers of the joys and difficulties of supporting individuals with ASC.

Blog Title/URL	Description
Autism Daddy http://autism-daddy.blogspot.co.uk/	Blog written by a father of an autistic child.
Flappiness Is... http://flappinessis.com/	Written by Leigh Merryday, a married teacher, school media specialist, and mother of two young children, one of whom is autistic.
Grace Under Pressure http://courage-is.blogspot.co.uk/	Written by Sophie Walker, mum to Grace who has Asperger Syndrome. The blog reflects on day-to-day life and Grace's achievements.
MOM – Not Otherwise Specified http://momnos.blogspot.co.uk/	A blog on raising a son on the autism spectrum, progressive politics, pop culture, and coffee addiction.

Communication Services

Sussex Services for Autism



Sussex Services for Autism are a 'not for profit' community based service providing personalised support for adults, children and young people with an autism spectrum condition (ASC; including Asperger's syndrome) and other social communication difficulties in the county of Sussex.

We offer support and advice to parents, carers, and families of individuals on the autism spectrum to help them develop a better understanding of how ASC can affect those they support.

Some of the aspects they can assist with include;

- To access the community you live in – including places like the supermarket or the bank
- Support you at important meetings – including meetings like doctors appointments, interviews and various assessments
- To help you develop your confidence
- Support to help you manage any anxiety and/or sensory difficulties

Telephone: Lizzie Gale: 07715668536 or Mark Brown: 07715 668 537

Email: lizzie.gale@servicesforautism.org.uk ; mark.brown@servicesforautism.org.uk

Employment Support



[Aldingbourne Trust](#) have a WorkAid service which offers supported employment service to people with ASCs and learning disabilities for up to 6 months. They can provide specialist support with:

1. Developing a CV;
2. Job searching;
3. Completing applications;
4. Attending interviews;
5. Learning the journey to work; and
6. Job coaching at the start and throughout a new role.

For more information:

<https://www.aldingbournetrust.org/workaid.html#/>

☎ 01243 546035;

@ workaid@aldingbournetrust.co.uk

[Disability Employment Advisors](#) are based at JobCentres Plus offices throughout the county:

Bognor Regis: Gloucester House, High St, Bognor Regis PO21 1HH

Chichester: 5 Southgate, Chichester PO19 8EH

Crawley: Gresham House, 20-22 Station Rd, Crawley RH10 1EZ

Littlehampton: Crown Building, 33 Church St, Littlehampton BN17 5ER

Haywards Heath: Kingsley House, 31 Boltro Rd, Haywards Heath RH16 1BP


Horsham: Marlborough House, 50 East St, Horsham RH12 1HN

Worthing: Crown Buildings, High St, Worthing BN11 1NG



[Southdown Housing](#), although a housing association, also provides a service specifically for individuals on the autism spectrum, such as supported employment.

 Head Office, 2 Bell Lane, Lewes, East Sussex, BN7 1JU

 01273 405 800

 www.southdownhousing.org

 info@southdownhousing.org and mynetwork@southdownhousing.org



The Shaw Trust help people to experience work, find employment, and live more independently. More details about them are available on their website at: <https://www.shaw-trust.org.uk/>

West Sussex County Council

WSCC have created up to 40 jobs for people with Learning Difficulties, including ASCs. The jobs are spread across the County and include a variety of roles and hours. If you are interested in one of these jobs, referrals need to be made by Aldingbourne Trust Workaid. If you have any questions, please email: Elizabeth.flegg@westsussex.gov.uk; or call Rachel Smither on 01243 382621.



Remploy

Remploy is a programme funded by the Department for Work and Pensions. It's a service which offers 9 months of coaching specifically around employment to help people to stay in work and cope better, and be supported by employers. It is set up to support those suffering with their mental health or those with an autism or ADHD diagnosis. Their advisors help with the following:

- A support plan to keep people in, or help to return to work
- Ideas for workplace adjustments to help them fulfil their role

<https://www.rempoy.co.uk/employers/mental-health-and-wellbeing/workplace-mental-health-support-service-employers>

Forums

There are a number of online forums for people with ASCs, as well as their carers, families, and partners. Below is just a small selection:

Forum:	Intended For:	URL:
Aspergers and ASD UK Online Forum	People with ASCs, carers, families, and partners	http://www.asd-forum.org.uk/forum/
Aspies for Freedom	People with Asperger's Syndrome	http://www.aspiesforfreedom.com/
Autism and Asperger's in the Family	Carers	https://www.facebook.com/groups/310304161468/
Autism Connect	People with ASCs, carers, families, and partners	https://www.autismconnect.com/
Autism UK Forum	People with ASCs, carers, families, and partners	http://www.autismuk.com/forum/
Talk about Autism	People with ASCs, carers, families, and partners	http://www.ambitiousaboutautism.org.uk/talk-to-others

Health Services

[West Sussex Wellbeing](#)

Offer health support throughout the county, funded by West Sussex County Council. For more info please visit their website (<http://www.westsussexwellbeing.org.uk/contact-us>)



Information and Support for Partners of Individuals with ASCs

[Hendrickx Associates](#) are specialists in the Autism Spectrum Conditions (Asperger Syndrome), dyslexia, dyspraxia, ADHD, equality and diversity and more. Their trainers and consultants are all highly trained, experienced and published authors in their field. They provide a whole range of support and expertise to both organisations and individuals and families, so please contact us to see how we can help.

hendrickx associates

 www.asperger-training.com

📞 01903 204045

@ info@asperger-training.com

Mental Health Support

In addition to the services run by Sussex Partnership NHS Foundation Trust, there are other mental health charities which you might find useful:

The Corner House is a mental health resource centre, based in Southwick.

① enquiries@corner-house.org.uk

@ (01273) 871575 Ext. 9

➤ The Corner House Resource Centre, 45 Southwick Street, Southwick, West Sussex, BN42 4TH

➤ <http://corner-house.org.uk>



The Richmond Fellowship is a mental health charity that have a number of community based services in Bognor Regis, Chichester and Horsham. For more information, check out their website: <http://www.richmondfellowship.org.uk/how-we-can-help/find-a-service/>

Contact details:

① westsussex@richmondfellowship.org.uk

@ Chichester: 01243 780420, Horsham: 01403 241866

[Sussex Oakleaf](#) focus on helping people to recover from crisis and take back control of their lives. Their services are offered in Crawley and Mid Sussex.



Website	https://www.sussexoakleaf.org.uk/
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Alternatively, you can contact via email: info@sussexoakleaf.org.uk



[Coastal West Sussex Mind](#) offer a variety of services across the county. For more information, either check their website: <https://www.coastalwestsussexmind.org/>, or get in touch via one of the following:

Area	Arun	Bognor Regis, Chichester, & Midhurst	Worthing
Phone	01903 721893	07474 871899	01903 268107

Post-diagnostic Support

Alongside Autism run The LIMA (Low Intensity Management of Autism) Project which provides face to face, telephone or Skype appointments for post-diagnostic support and development of coping strategies. See their website for more information and a self-referral form: www.alongsideautism.co.uk

ALONGSIDE ● AUTISM
TRAINING & CONSULTANCY

"With you, enabling individuals on the autism spectrum"

Support for Carers of Individuals with ASCs

Autism Support Crawley

The purpose of [their] group is to give parents and carers the opportunity to share information, advice and support, in a relaxed, informal environment. At some meetings [they] also have professional speakers (dates and subjects will be posted on homepage when arranged).

Contact:

📞 07596737741

📘 <https://www.facebook.com/groups/144373702240543/?fref=ts>

🌐 <http://www.autismsupportcrawley.co.uk/>

Assert offer support to carers in Brighton & Hove (see page 5).

Aspens also have coffee mornings and hold groups for families/siblings/parents (see page 6).

Carers Support

Carers Support can help carers from all communities across West Sussex by providing practical information and emotional support. Our Carers Support Workers provide individual support to people caring for someone with any long term illness or disability. This includes access to our Carer Wellbeing Fund, a range of equipment to support independent living and information on financial support that may be available.



Contact Details:

📞 Carer Response Line: 0300 028 8888 (open Mon-Sat)

@ info@carerssupport.org.uk

🌐 <http://www.carerssupport.org.uk>

📘 <https://www.facebook.com/CarersWSussex/timeline>

🐦 @CarersWSussex

Office Locations:

Crawley - The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley, RH10 6AD

Worthing - 19 Liverpool Gardens, Worthing, West Sussex, BN11 1RY

Littlehampton - Dove Lodge Community Resource Centre, 49 Beach Road, Littlehampton, BN17 5JG


Support Services for individuals with ASC

Allied Healthcare



We deliver home care that makes a real difference to people's lives and we've been doing it for over 40 years. Today, we're the UK's leading provider of domiciliary care, supplying over 17 million hours of life-enhancing care every year.

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

 1 Anchor Springs, Littlehampton, West Sussex, BN17 6BP
@ 0800 542 1067

Brighton & Sussex Care

"We have developed a range of services including intensive support for people with challenging behaviours, dual diagnosis, autism specific services, services for people with additional physical and sensory needs and community support for people who are more independent. We work closely with families, carers and other stakeholders to provide coordinated services for individuals."



Contact Craig Jones on 0207 202 6300, or by email: head.office@lifeways.co.uk


[Adur & Worthing My Network/My Network Plus](http://adur-worthing.westsussexwellbeing.org.uk/topics/more-topics/my-network) provides services for people with a Learning Disability who are not eligible for care services. Not all people with an ASC will be eligible for this service. For more information see their website (<http://adur-worthing.westsussexwellbeing.org.uk/topics/more-topics/my-network>),

Outreach 3-Way



“Outreach 3 Way is a growing Sussex-based charity with a rich local heritage. We support more than 140 people with learning disabilities each week at our Day Centre in Ifield. We manage a range of homes and supported living options. With 220 staff, we support over 500 people with learning disabilities. We are proud of our reputation for the highest standards of care. It is part of Dimensions who amongst other things support "autism friendly environments". For more information on autism friendly cinemas, libraries and museums, visit their website.

Contact Details






Type of Contact	Northern Office	Southern Office
 Address	Outreach 3 Way Ifield Avenue Ifield Crawley West Sussex RH11 0JX	Outreach 3 Way Brooklands House 58 Marlborough Road Lancing Business Park Lancing West Sussex BN15 8AF
☎ Telephone	0300 303 9032	0300 303 9032 ext. 2704
@ Website	https://www.dimensions-uk.org/get-involved/campaigns/dimensions-autism-friendly-environments/ ; https://www.dimensions-uk.org/about/outreach-3-way/	

United Response

“We support many people who are on the autistic spectrum. We know that everyone is different, so we adopt a very flexible approach to support, one that is focused on you. The foundation of this approach is us getting to know you and understanding how you experience the world. Following this, we can set about helping you live a more fulfilling and comfortable life.



Contact Information:

Name of Service	United Response
 Address	4 Latimer Road Teddington Greater London TW11 8QA
 Telephone	020 8246 5200
 Email	info@unitedresponse.org.uk
 Website	http://www.unitedresponse.org.uk/autism
 Support Enquiries Form	http://www.unitedresponse.org.uk/forms/Make-a-support-enquiry

Social Groups & Activities

[Albion in the Community Disability Teams](#) offers a chance for people with disabilities of all abilities to play football. For more information, contact:

📞 <https://www.albioninthecommunity.org.uk/disability/>



Ashdown Extra



Ashdown Extra gives young adults between the ages of 18 - 30, with learning disabilities or more complex needs, the opportunity to meet on Thursdays for a few hours to make friends and have fun. The group choose their own activities - which could be films, bowling, music, cooking, eating or a trip to the pub. Sessions are £6.50 per person with refreshments and activities extra. These sessions are held in various locations. For more info contact:

📞 Tel: 01903 528 600





Developing Pathways Pallant House Gallery

PALLANT HOUSE GALLERY Art Projects in Chichester, Bognor Regis, Worthing, Shoreham, Petworth, Arundel and Littlehampton as part of their Learning and Community Programme.

Website: <http://pallant.org.uk/learning-community/learn/learn/about>



Based in Brighton, [Stay Up Late](http://stayuplate.org) promote full and active social lives for people with learning disabilities. For more information get in touch via one of the following options:

Address	 Stay Up Late, Dorset Gardens Methodist Church, Dorset Gardens, Brighton, BN1 1RL
Website:	 http://stayuplate.org/contact/
Phone	 01273 600438
Email	 info@stayuplate.org

Ted Talks

These are short, powerful talks given by experts on different topics. There is a whole section on their website dedicated to the autism spectrum- some are about the science behind autism and others feature passionate speakers who are autistic or care for someone who is. Recommended ones include:

Temple Grandin - The world needs all kinds of minds

Rosie King - How autism freed me to be myself

Alix Generous - How I learned to communicate my inner life with Asperger's

Website: https://www.ted.com/playlists/153/the_autism_spectrum



Other

Understanding the Spectrum

Here is a link to a comic strip explanation of the Autistic Spectrum. It follows the character of a boy named Archie and the difficulties that he can face. However, it offers a different and more visual perspective to the life of someone who has an Autistic Spectrum Condition. This may be useful when it comes to explaining your ASC diagnosis to others who may not have a great understanding of the realities of ASC.



<https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>

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