

# Leicestershire Autistic Society.

## 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: June 2012. 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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# **Support, Advocacy & Counselling**

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1.

**Organisation:** The Leicestershire Autistic Society)

**Contact:** Paul Sandford - Chair, Lindy Hardcastle - Helpline

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

**Telephone:** Paul Sandford 01509 554797 **Helpline phone:** 0116 291 6958

**e.mail:** leicestershireautisticsociety@gmail.com

**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.

There are LAS support groups for autistic people and/or their parents around the county – please phone or email for information.

3.

**Organisation:** The National Autistic Society

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

**Telephone:** 0808 800 4104

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

**Service provided:**

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

4.

**Organisation:** National Autistic Society Central Area

**Contact:** Ester Vickers, Area Development Officer

**Address:** Grovebrook House Brook Street Whetstone LEICESTER LE8 6LA

**Telephone:** 07787 526184

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

**Service provided:**

As part of the Area Development team for the NAS in the Central area, the role of the development officer includes:

- Delivery of NAS **help!** seminars to families and carers
- Provide training , and support the development of new materials on behalf of the NAS Training Department , based on their professional experience of working with people with autism
- Provide consultancy to other organisations working with people with autism.
- provide information about the NAS and signpost people to the most relevant help/information for them
- Encourage and develop links with local government, statutory and voluntary agencies in the areas to promote the development of services for people with autism.
- Work closely with local NAS policy and campaigns officers
- Advise and work with local organizations and groups on a range of development issues.
- Promote formal and informal channels of communications between NAS and groups and societies in the Areas to promote a united and coherent support network.

## 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:** Helen Eyers

**Address:** Grovebrook 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:** Charles Huddleston

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

**Telephone:** 0116 2510999

**e.mail:** enquiries@claspthecarerscentre.org.uk

**Service provided:**

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

**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:** TRANSLATE

**Contact:** Jo or Paul Sandford

**Address:** Meetings held at John Storer House, Ward's End, Loughborough, Leics, LE11 3HA

**Phone:** 01509 554797

**E-mail:** [translate\\_as1@ntlworld.com](mailto:translate_as1@ntlworld.com)

**Service provided:** We hold informal monthly meetings for adults with Aspergers and those who love them. We offer peer support, an information pool and signposting to relevant support services. We also work to raise awareness of AS in adults and the effects upon those adults and their families and loved ones.

**10.Organisation:** Mosaic: Shaping Disability Services

**Contact:** Barbara Howard – Director

**Address:** 2 Oak Spinney Park Ratby Lane Leicester Forest East LE3 3AW

**Telephone:** 0116 2318720. Fax: 0116 2312037 ...

**e-mail:** [enquiries@mosaic1898.co.uk](mailto:enquiries@mosaic1898.co.uk)

**website:** [www.mosaic1898.co.uk](http://www.mosaic1898.co.uk)

**Service provided:**

Services for 16-30 year old disabled people

Information Service

“Aspire” Leisure Opportunities – daytrips, Sunbeam narrowboat trips, Sailability

2 holiday bungalows at Overstrand

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

Direct Payments advice

**11. Organisation:** Leicestershire Centre for Living

**Contact:** Shivani Shah –Office Manager

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

**Telephone:** 0116 2225005

**e-mail:** [admin@lcil.org.uk](mailto: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 and work skills. We 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.

## 12.

**Organisation:** Mencap

**Contact:** Anne Grout

**Address:** First West Business Centre, Linnell Way, Telford Way Industrial Estate, Kettering Northants NN16 8PS

**Telephone:** 01536 411415

### **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. Other services include advocacy, Asian community day service, personal support and housing

## 13.

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

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

**Contact:** Ian Bates

**Telephone:** (0116) 255 6286

Contact Times: Mon - Fri 9.30am - 4.00pm

**e-mail:** [lamp@lampdirect.org.uk](mailto:lamp@lampdirect.org.uk)

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



## 14.

**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.

## **15. 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](mailto:caitriona.carey@leicspart.nhs.uk)

### **Service provided:**

The service is part of the Adult Learning Disability Service but we accept referrals from young people aged 17yrs+ who may be about to leave school and need transition support. We work with people with a diagnosis of Autism who may need support through a period of transition, e.g. leaving school, moving out of home etc. We provide a limited day service to support our transition work with an individual. The service covers referrals within Leicester City, Leicestershire and Rutland.

## **ChooseMySupport**

### **Without options there is no real choice**

ChooseMySupport gives those living in the City of Leicester and Leicestershire choice and control to decide which services enables them to have independent lives. This website helps people to buy and sell social care and associated services.

### ***Who can use ChooseMySupport***

Everyone can use this service. This includes those with a Personal Budget or anyone else who would like to find services. You can be looking for support for yourself or for someone else. If you would like to know more about what a Personal Budget is, there is more information on our [Personal Budget page](#).

[www.choosemysupport.org.uk](http://www.choosemysupport.org.uk)

# Day Services

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1.

**Organisation:** Choices for Life

**Contact:** Katharine Merryweather

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

**Phone:** 01530 839848 01530 837110

**e-mail:** [katharine@choices4life.co.uk](mailto:katharine@choices4life.co.uk)

**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.

2.

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

**Contact:** Jim Robinson / Zoe Chawner

**Phone:** 0116 2843900 / 0116 2866956

**E mail:** [jim.robinson@nas.org.uk](mailto:jim.robinson@nas.org.uk) / [zoe.chawner@nas.org.uk](mailto:zoe.chawner@nas.org.uk)

**Service provided**

A range of Day opportunities - both within the Grovebrook Resource Centre, and accessing sessions within the community.

Full use of TEACCH , PECS, and session / activity planning to suit individual needs.  
Full day or sessional options available

# Psychiatric Services: Mental Health & Learning Disability

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

1.

**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 2256927

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:** Kieran McKee, Additional Support Manager

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

**Telephone:** 0116 2242053

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

**Service provided:**

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

After an initial assessment of need, support is provided either internally or through outside agencies such as the Leicestershire Autism Outreach Service, the National Autistic Society and Accredo.

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

## 2.

Organisation: University of Leicester, AccessAbility Centre

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

Address: David Wilson Library, University of Leicester, University Road, Leicester LE1 7RH

Telephone: 0116 252 5002 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 Service**. The AAC supports all students at the University who have specific learning difficulties, long term conditions, or disabilities. For students with Asperger's Syndrome (AS), 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 an in-house Study Adviser who specialises in working with students with AS. Support can also be organised via the AAC with outside agencies such the National Autistic Society as required. Co-ordination of all support is carried out by the AAC. The various elements of support: in-house, external agencies, a designated person within the teaching department, usually the personal tutor, and parents, form part of a team of support. This type of supportive network has worked well to date, but the system is flexible to meet the needs of individual students. Usually, this support would be funded by the Disabled Students' Allowance which is open to any disabled student in higher education. This funding is an award and does not have to be repaid. See

[http://www.direct.gov.uk/en/EducationAndLearning/UniversityAndHigherEducation/StudentFinance/DG\\_200188](http://www.direct.gov.uk/en/EducationAndLearning/UniversityAndHigherEducation/StudentFinance/DG_200188)

for further information or contact the AAC.

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

**Telephone:** 0800 3285050 (voice) 18001 0800 328 5050 (Text) (Tuesday 11.30am – 1.30pm and Thursday 1.30pm – 3.30pm)

**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 Service (Leicestershire County Council)

**Contact:** Tess Coll

**Address:** Room 600, Rutland Building, County Hall, Glenfield, Leicester. LE3 8RA

**Telephone:** : 0116 305 9400

**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:** Lesley Harby

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

**Telephone:** 01509 815696/ 814827

**e-mail:** [lesley.harby@homefieldcollege.ac.uk](mailto:lesley.harby@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:** Sharron Sturgess

**Address:** Disability Office, Loughborough University, Ashby Road, Loughborough LE11 3TU

**Telephone:** 01509 222770

**e-mail:** [disability@lboro.ac.uk](mailto:disability@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 specialist support for learners with autistic spectrum disorders and we liaise with outside agencies for support when needed.



**10.**

**Organisation:** South Leicestershire College

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

**Telephone:** 0116 2643555

**Contact person:** Gretta Tharratt

**e-mail:** gretta.tharratt@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 East Midlands Service University Support Mentoring.

**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 works with over 40 students at De Montfort University, Leicester University, Regent 6th Form College, Nottingham Trent University and Northampton University

# **Residential Care & Housing**

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1.

**Organisation:** Accredo Support @ Development Ltd

**Address:** 21 Church Street Oadby LE2 5DB

**Contact:** General Manager

Telephone 0116 2721345

E-mail [Kalpana.g@accredo.org.uk](mailto:Kalpana.g@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:

Manor court (Hinckley)

Trinity Mews (Hinckley)

Station Road (Hinckley)

The Well House (Dunton Bassett)

Station Road (Glenfield)

Alternatives to day centres:

Thurmaston Skills Centre (Thurmaston)

Oadby Skills Centre (Oadby)

Hinckley Skills Centre (Hinckley)

Community outreach (Leicester City and County)

.

## 2.

**Organisation:** Advance Housing and Support

**Contact:** Dave Young

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

**Telephone:** 0116 2553200

**e-mail:** david.young@advanceuk.org

### **Service provided:**

We have been supporting people with complex needs for the last twenty years. We support people with both a learning disability and dementia, physical disabilities, sensory difficulties e.g. sight and cognitive deficits, mobility and communication difficulties and those with varying levels of challenging behaviour. We offer support over 100 people specifically with autism, complex needs and/or challenging behavior who live in their own homes. Support offered to individuals is determined by them and varies considerably. We provide minimal support to some as part of a floating support service and more intensive support to others in accommodation based settings or as part of a 24 hours support package including waking and sleep in staff. We support people who have been allocated their own budget and have chosen us, as well as larger contracts across Leicestershire and nationally. We are a registered social landlord so also provide and support people to access their own accommodation and maintain tenancies.

## 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:**

#### **Service provided:**

The Project caters for people with a specified learning disability 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:** Education & Services for People with Autism Ltd (ESPA)

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

**Telephone:** 0191 5102600

**e-mail:** [mike.smith@espa.org.uk](mailto:mike.smith@espa.org.uk)

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

**Service provided:**

ESPA is a registered charity. 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 have attended the ESPA college in Sunderland. Access is through Connexions Leicester Shire (see below under Employment, Work Experience and Volunteering)

**6.**

**Organisation:** Sanctuary Supported Living

**Contact:** Jim Morton

**Address:** 383 Aylestone Road, Leicester LE2 8TA

**Telephone:** 0116 2833146

**Email:** [jim.morton@sanctuary-housing.co.uk](mailto:jim.morton@sanctuary-housing.co.uk)

**Service provided:** Supported accommodation for individuals with learning difficulties.

7.

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

**Contact:** Gary Thompson (Operational Manager)

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

**Telephone:** 01526 320312/322444

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

**website** www.autismcareuk.com

**Service provided:**

Autism Care provides six comprehensive support solutions on a 5 acre site in the village of Scopwick.

Each home 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.

We also have an outcome-focused resource centre which offers day care programmes to individuals in Lincolnshire. These have all been successfully accredited by the National Autistic Society for the last five years.

These services are then complimented by our Lincolnshire supported living and outreach services operating in Sleaford, Lincoln, Grantham, Coningsby and Peterborough which currently provide tailor made packages of support to individuals with Autism and Asperger syndrome.

8.

**Homefield College (see under Education)**

9.

**Organisation:** Creative Support – Parkside Project

**Contact:** James Brind

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

**Tel.** 0116 2201781

**e-mail:** parkside@creativesupport.org.uk

**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:** Ruach Care Limited

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

**Contact Person:** Andy Matthews

**Telephone:** 01509 235173

**e-mail:** [info@ruachcare.co.uk](mailto:info@ruachcare.co.uk) Website: [www.ruachcare.co.uk](http://www.ruachcare.co.uk)

### **Service provided:**

Residential and supported living accommodation

Outreach Services specifically: Siblings groups, Individual support packages, Providing services for people with autistic spectrum disorder, a mental illness or a learning disability.

## 12. **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)

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

### **Service provided**



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.

**13. (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:** Domicilliary support services for adults with Autism and AS

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

**Contact:** Stefan Dziewanowski

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

**Telephone:** 0116 2866956

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

**Service provided:**

Community based outreach and supported living in a range of housing options. Service Users 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. Service Users are encouraged to attend education, employment and a range of leisure pursuits. Support with Social awareness and opportunities.

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

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

**Contact:** Lindsey Johns, 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. Organisation:** Housing Options Centre (Leicester City Council)

**Address:** Phoenix House 1 King Street Leicester LE1 6RN

**Tel:** 0116 2527008

Any referrals made to supported housing are via:

Supported Housing Service, Leicester City Council New Walk Centre Welford Place  
Leicester LE1 6ZD Tel 2528751 Or 252-6859

**Service provided:**

Supported Housing provides accommodation and support to help with the needs of vulnerable people. Our aim is to work towards independent living leading to a valuable and quality life in the community, Service users receive a more intensive and supportive style of housing management than those in other types of accommodation.

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

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

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

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

## **LEAT Consultancy**

The consultancy provides support for people who are eligible for Direct Payments or a Personal Budget. The support provision is wide-ranging and personalised to individual needs, taking the form of person-centred guidance, support and training. The range of services includes the following:

- Promoting autonomy and independent living skills.
- Developing and improving self-esteem and confidence.
- Developing effective social and communication skills.
- Advocacy.
- Support into work experience and employment.

However, this list is not exhaustive as individual needs vary significantly.

## **Asperger Aspirations Project**

This project is now in its second year and is funded by The Big lottery Fund. It was created to offer immediate support for young people and adults with AS and their families and carers at a time when it is most needed and there is no Personal Budget in place to fund their support.

The three main components of this project are:

- Telephone helpline 9.30 am to 4.30 pm Monday to Friday
- One-to-one support
- Training courses in Personal Development

## **LEAT Befriending Service**

A new addition to our already comprehensive range of services, the Befriending Service, is funded by the Lloyds TSB Foundation for England and Wales and complements the existing Consultancy Service and the Asperger Aspirations Project.

The aim of the befriending Service is to provide regular social companionship and support for people with Asperger Syndrome. The befrienders will all have a current clear CRB check in place and be trustworthy, reliable and friendly volunteers

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

**Contact:** Aaron Keen

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

**Telephone:** 0116 2575004

**E-mail:** aaron.k@valonline.org.uk

**Service provided:**

We support people with learning disabilities to volunteer and gain paid employment.

If some one has a personal budget they can choose to come to VALUES to do a wide range of activities. This included volunteering, getting a paid job, to learn how to travel independently and to take part in a variety of activities such as sport and social and leisure activities.

To find out more look at our web site on [www.VALUESsupport.co.uk](http://www.VALUESsupport.co.uk)

#### 4.

**Organisation:** Connexions Leicester Shire Limited

**Contact:** Phil Pearson, LDD and Safeguarding Manager, 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:** -Training Service (See also entry under Housing.)

**Contact:** Rebecca Tugby (Centre Manager)

**Address:** 224 Carlton Street Leicester LE1 1QA

**Telephone:** 0116 2423810

**E-mail:** [rebecca.tugby@rathboneuk.org](mailto:rebecca.tugby@rathboneuk.org)

**Service provided:**

Foundation Learning

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. This course covers: Personal and Social Development, Literacy and Numeracy training and vocational training.

We also offer Apprenticeship programmes in Early Years Care, Retail, Business Administration, Hospitality and Catering and Elderly Care.

## 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:** Remploy

**Interim Manager:** Emma Wilson

**Address:** 4 Causeway Lane Leicester LE1 4AP

**Telephone:** 0300 456 8045

**Fax:** 0845 155 2647

### **Email:**

[leicester.branch@remploy.co.uk](mailto:leicester.branch@remploy.co.uk)

### **Service Provided:**

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

Work Preparation – a work placement scheme to enable people to try a type of work to see if it suits them (Work Trial in conjunction with Job Centre Plus)

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

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



The eligibility criteria for Remploy is JSA (longer than 6 months), Incapacity Benefit, Recent Education Leaver, NI Credits being paid, Income support (Related to Disability) or at risk of losing their job (related to their disability or health condition).

Please call our local rate line for an appointment to see one of our local advisors – 0845 845 2211

## **8. Organisation:** Work in Progress

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

**Telephone:** 0116 2553200

**E-mail:** [wip@advanceuk.org](mailto:wip@advanceuk.org)

**website:** [www.work-in-progress.org.uk](http://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. Employment advisers assess clients' capacity to work, access appropriate training, prepare clients for interviews, find job placements and continue support in the job.

9.

**Organisation:** Worklink – Hinckley & Bosworth area only

**Contact:** Michelle Hall

**Address:** Amity House 6 Holliers Walk Hinckley LE10 1QW

**Telephone:** 01455 636506.

**Email:** [mail@worklinkproject.co.uk](mailto:mail@worklinkproject.co.uk) **website** [www.worklinkproject.co.uk](http://www.worklinkproject.co.uk)

**Service provided:**

We currently offer volunteering opportunities to both the long term unemployed and those suffering from mental health problems. We receive Referrals from organisations like the LAS and invite prospective volunteers to meet at Worklink to look over the place to see if they would “fit in”.

There are opportunities for volunteers to work in the furniture warehouse, work with electrical goods PAT testing, go out on the van, delivering and collecting furniture and input data into our database. One can gain experience in our PR department, here there are many opportunities to learn how to use computers.

There are opportunities to join a number of courses, run by Worklink or by local colleges. There is the chance to learn basic computer skills, how to “cook and eat” food, photography, First Aid and basic English and Maths and many more. We offer NVQs in Business Administration, Customer Service and Retail.

Our policy is move our volunteers on from Worklink within 2 years off their start date. Most of our former volunteers have secured some kind of employment.

## Social and Recreational

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

### 1. **Organisation;** The Monday Club

**Contact:** Project manager: Chris Covill

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

Mail may be sent to –

The Monday Club, PO Box 9288, Leicester LE41 9FT.

**Email** – [themondayclub@hotmail.co.uk](mailto:themondayclub@hotmail.co.uk)

**Telephone** 07873311610

### **Service provided:**

The Monday Club is a social group for adults (18+) with Asperger Syndrome which meets at the Peepul Centre, Orchardson Avenue, Leicester on Monday evenings from 7 - 9 pm, supported by paid staff and volunteers, all of whom are knowledgeable and experienced in the field of AS. The Peepul Centre 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:** Riding for the Disabled

**Contact:** Dawn Whitmore-Kirby

**Address:** Meadow School of Riding, Deans Lane, Near Woodhouse Eaves, Loughborough, Leics LE12 8TE

**Telephone:** Yard: (01509) 891690 Home : (01509) 646361 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.

### **3. Organisation:** FAB Weight Management Service

**Contact:** Angela Roberson

**Address:** Merlyn Vaz Health & Social Care Centre, 1 Spinney Hill Rd, Leicester

**Telephone:** 0116 2943221

**Email address:** [fab@leicestercity.nhs.uk](mailto:fab@leicestercity.nhs.uk) **Website:** [www.leicestercity.nhs.uk/fab](http://www.leicestercity.nhs.uk/fab)

**Service provided:** 6 week weight management courses across the city for anyone who needs support to lose weight! Our 6 week courses are fun, interactive and designed to help you identify and overcome your food and exercise barriers to make a positive lifestyle change.

Each 2 hour session contains an interactive nutrition workshop and exercise session. Our FAB Nutritionists will help you to understand topics such as, food portions, food labels and healthy snacks. Our FAB Exercise Mentors will support you to become more physically active. All exercise sessions are tailored to your ability, so everyone can take part!

### **4. Organisation:** Phoenix Square Independent Cinema and Digital Media Centre

**Contact:** Box Office – 0116 242 2800 / Email – [hello@phoenix.org.uk](mailto:hello@phoenix.org.uk)

**Address:** 4 Midland Street, Leicester, LE1 1TG

**Telephone:** 0116 242 2800

**Website:** [www.phoenix.org.uk](http://www.phoenix.org.uk)

**Service Provided:** We are a fully wheelchair accessible independent cinema with an induction loop system fitted throughout, including in our screens. We also can provide headsets during our screenings for the hard of hearing. We offer a concessionary rate (Of £5.40 peak times and £4.80 off peak times) to those who receive benefit for a disability. This can be claimed by showing a letter or other proof of benefit to the box office.

We also offer complimentary tickets to carers of CEA card carrying disabled guests. If anyone is interested in acquiring one of these cards, we have the forms for them on box office for anyone who asks. The form can also be downloaded from the Cinema Exhibitors Association website, which can be found at:

<http://www.cinemauk.org.uk/ceacard/>

## **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)

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