



Signposting Document

Sources of support and activities for adults on the autism spectrum in Surrey.

Introduction

Whether or not you are assessed as eligible for Adult Social Care services, you may still be able to get help from any of the following, as appropriate.

- Some of these are autism specialist, and some are suitable for anyone.
- Some do need to be paid for.

1. Information on community support



Information on community support for people with autism is frequently updated on Surrey Information Point:

<http://www.surreyinformationpoint.org.uk>

Employment



2. EmployAbility

For people eligible for Social Care funding, they offer support to find a job and maintain employment, including support and training for employers, and Supported Internships. They also work in partnership with some schools and colleges to support autistic young people to find work experience placements and to access employment schemes like Future Choices.

They can help people not eligible for a funded Social Care service to access specific employment schemes, and support people who can get Access to Work funding, or who self-fund.

Email: EmployAbility@surreychoices.com Phone 01483 806806

3. Job Centre Plus

Job Centre Plus provide employment advice, and information on employment-related benefits and Access To Work grants.



4. Access to Work grants

Access to Work grants may help to pay for practical support so that you can start work, stay in work or start your own business.

Website: <https://www.gov.uk/access-to-work/overview>



If you get Access to Work funding, there are autism specialist providers you could use, such as:

- **EmployAbility**
<http://www.surreychoices.com/>
- **The National Autistic Society (NAS) Workplace Support Programme**,
<http://www.autism.org.uk/about/adult-life/work.aspx>
- **AS Mentoring**
<http://www.asmentoring.co.uk/>

5. Employment Skills – National Autistic Society, Godalming.

Monday and Thursday afternoons. The sessions aim to provide the knowledge to understand all the steps required in getting a job. These include workplace relationships, interview skills, CV writing, job searching and coping strategies when difficulties arise in the workplace.



Places at the sessions can be paid for via Adult Social Care funding if the person is eligible, or can be self-funded. Contact Gemma Fry for more information:

Phone: 01483 521747

Email: gemma.fry@nas.org.uk

Advocacy

6. Surrey Disabled People's Partnership (SDPP)

Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need.

Advocacy in Surrey is a partnership of independent organisations – SDPP and Matrix who will be providing a range of statutory and preventative advocacy support including Care Act Advocacy and Independent Mental Health Advocacy. Advocacy in Surrey is for people who face difficulties in being involved, having their voice heard and have no other independent person to help them do so.

Phone: 0800 335 7330

Text/SMS: 07561392818

Email: info@advocacyinsurrey.org.uk

Web: www.advocacyinsurrey.org.uk



7. Assist - (Autism Signposting, Support & Information Services Team),

The Assist Service is for adults who either have an autism diagnosis or are potentially seeking one. The service is for people who do not receive Adult Social Care support. The Assist team offer one to one support sessions, usually once a month. Common issues people discuss include understanding autism, employment, college/university, anxiety, routines, sensory difficulties, relationships and isolation.

Face to face sessions take place in Godalming (Saturdays and Thursdays), Reigate (Tuesdays), Aldershot (Saturdays) and Farnborough (Mondays).

Sessions can also be offered over the telephone or via skype.

Phone: 01483 521743

Email: assist.surrey@nas.org.uk

8. Aspire social groups and support

Contact details the same as Assist service (above).

- **Aspire Guildford Support Group**

For adults aged 25+. The support group meeting takes place on the first Thursday evening of the month from 6.30pm to 9pm. Members also organise a pub social meet up on the fourth Thursday evening of every month.

- **Guildford Young Adults Group**

For young adults (18 – 25 year olds). The group meets fortnightly on a Wednesday evening from 7.00 – 9.00 pm. There is a rotating programme of discussion meetings, games evenings and pub meetings.

- **Redhill Young Adults Group**

For young adults (18 +). Most members are in their 20's and some a little older. The group meets fortnightly on a Wednesday evening from 7.00 – 9.00 pm. There is a rotating programme of discussion/games meetings, quizzes and activities such as comedy nights and bowling.

- **Godalming Women's Support Group**

For adult autistic women of all ages. A group that meets once a month on a Saturday afternoon to discuss relevant topics and provide peer support.

Support / Social groups

10. Oxted

Occasional meals, cinema, pub visits organised. Run by volunteers.

Contact Elaine Holloway:

Phone: 07521 409124

Email: s.holloway541@gmail.com

11. NAS Surrey Branch

The Surrey Branch is a parent-run voluntary support organisation, which can provide information and peer support for families.

This is separate from the NAS services described on the previous page.

Phone: 07423 435413

Email: info@nassurreybranch.org

Website: www.nassurreybranch.org

Advice and information

12. Benefits advice

Information and advice on benefits is available from your local Citizens Advice organisation.

Website: <https://www.citizensadvice.org.uk>

JobCentrePlus also advise on benefits and your local council can give you information and advice if it relates to Housing Benefit or Universal Credit.



Autism Diagnostic Assessment



13. The Surrey Neurodevelopmental Service

The Surrey Neurodevelopmental Service is run by Surrey and Borders Partnership NHS Foundation Trust. The Autism Act 2009 gave adults the right to a diagnostic assessment should their GP refer them.

You must ask your GP to refer you to the Neurodevelopmental Service for an assessment.

There is a waiting list for a diagnostic assessment. When it is your turn to be seen by the service you will be invited to a meeting with an autism specialist.

If you are diagnosed you will be sent a letter that confirms your diagnosis. This is usually a five or six page letter.

Community Connections Services



Community Connections Services support people who have mental health difficulties, offering emotional and wellbeing support through local support groups, activities and courses. Each local area has a lead provider explained below.

Go to: www.communityconnectionssurrey.com

14. Epsom & Ewell, Mole Valley, Elmbridge East and Banstead:

Mary Frances Trust

Phone: 01372 375400

Email: info@maryfrancestrust.org.uk

Text: 07929 0246722

Website: www.maryfrancestrust.org.uk

15. Spelthorne, Runnymede, Woking, Elmbridge West, Guildford, Surrey Heath and Waverley:

The Welcome Project

Phone: 014843 590150

Email: welcomeproject@catalystsupport.org.uk

Text: 07909 631623

Website: www.welcomeprojectsurrey.co.uk

16. Reigate, Redhill, Tandridge

Richmond Fellowship

Phone: 01737 771058

Email: redhillcc@richmondfellowship.org.uk

Text: 07867 448947

Website: www.richmondfellowship.org.uk

Counselling and mental health services

18. Contact your GP

Your GP can support you with your mental health and is able to refer you to services that can help with issues like anxiety and depression.



The Autism Partnership Board

The Autism Partnership Board works to implement the National Autism Strategy 'Think Autism' in Surrey.



Surrey Autism Partnership Board

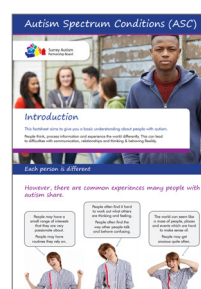
Website: <http://www.surreypb.org.uk/surrey-autism-partnership-board.html>

19. Autism factsheets

There are seven Autism factsheets and information from the Autism Partnership Board available to download at:

Website: <http://www.surreypb.org.uk/autism-fact-sheets.html>

1. Introduction to Autism Spectrum Conditions
2. Diagnosis
3. Communication
4. Useful Strategies for Life
5. Social Care and Community Support
6. Health
7. Our Stories



Education and Leisure

Mainstream adult education and leisure facilities should make reasonable adjustments for people with autism, and may have staff with some specialist training in how to support people with autism.



20. Courses at local colleges

You can find links to local colleges here:

Website: <https://www.surreycc.gov.uk/schools-and-learning/adult-learning/adult-learning-links#college>

21. Surrey County Council Adult Learning

Website: <https://www.surreycc.gov.uk/schools-and-learning/adult-learning/adult-learning-links>

22. Leisure services

Website: <http://www.visitsurrey.com/things-to-do/sports-and-water-sports/leisure-centres>

Social Care Funded Services

The rules for eligibility for funded Adult Social Care services changed in April 2015. For more information see the website below.



Website: http://www.legislation.gov.uk/ukxi/2015/313/pdfs/ukxi_20150313_en.pdf

There is a useful explanatory document on this website below:

Website: <https://www.scie.org.uk/care-act-2014/assessment-and-eligibility/eligibility/outcomes-care-support-needs.asp>

These criteria are a framework to look at an individual's needs and how they affect the person's wellbeing. The criteria include difficulties with developing and maintaining personal relationships, and access to work, training, education or volunteering.

23. Surrey County Council Adult Social Care

You can get in touch with Surrey County Council's contact centre to arrange for someone to carry out an eligibility assessment.

If you are assessed as eligible, you can receive services funded by Surrey County Council to meet your assessed needs.



Phone: 0300 200 1005 (8am-6pm weekdays)

Online self-assessment:

<https://adultsocialcareportal.surreycc.gov.uk/web/portal/pages/home>

Autism Trained Staff

If you let Surrey County Council know that you have autism, you can ask for the staff member carrying out the assessment to have had autism training, and they will try to ensure that this happens.



The Care Act Statutory Guidance says they must do this:

Website: <https://www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance>

See paragraphs 6.86 to 6.89

24. Surrey County Council Autism Lead

Thomas Moore is Surrey County Council Adult Social Care's Commissioning Lead for Autism.

Email: Thomas.Moore@surreycc.gov.uk