



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

EmployAbility run Job Clubs and pre employment courses open to people who are not eligible for a social care service. For people who are eligible for a funded service, EmployAbility can also offer more intensive support to find a job and maintain employment, including support and training for employers.

For more details of what is currently available:

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 - (Asperger 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 discussion sessions, usually once a month. Common issues people discuss include understanding autism, employment, college/university, anxiety, routines, sensory difficulties, relationships and isolation.

Sessions take place in Godalming (Saturdays and Thursdays), Reigate (Tuesdays) and Aldershot (Saturdays). Sessions can also be offered over the telephone.

Phone: 07436 261194

Email: assist.surrey@nas.org.uk

8. Aspire social groups

- **Aspire Godalming**
For adults aged 25 or over. Social group and social skills group alternating with pub meeting. Evening meetings on the 2nd and 4th Thursday of every month.
- **Aspire Guildford and Redhill**
For young adults (18 – 25 year olds). Both groups meet fortnightly on alternate Wednesday evenings from 7.00 – 9.00 pm.

Contact details the same as Assist service (above)

Support / Social groups

9. Aut - Haslemere

Aut-Haslemere is a support group run by and for Autistic / Asperger adults. They meet monthly in Haslemere, Farnham and Petworth.

Email: laura@autangel.org.uk Phone/text: 07793 766 494

Facebook: <https://www.facebook.com/authaslemere/>

10. Oxted

Occasional meals, cinema, pub visits organised. Run by volunteers.
Contact Elaine Holloway:

Phone: 07521 409124,

Email: s.holloway541@gmail.com

The National Autistic Society Surrey Branch



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: nas@mugsy.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.



13. The Surrey Hubs

Information for people with disabilities, older people, carers, families and the wider community is available through through the Surrey Hubs until March 2018:

Website: www.thesurreyhubs.org.uk



The Hub Godalming

94 High Street, Godalming, GU7 1DW

Phone: 01483 410 390 Text: 07847 752459 Email: info@hubgodalming.org.uk

The Hub Guildford

Go to: <http://www.thesurreyhubs.org.uk/guildford/> for details of the Mobile Hub.

The Hub Epsom

126 High Street, Epsom, KT19 8BT (Temporary premises)

Phone: 01372 744 479 Text: 07704 288772 Email: info@thehubepsom.org.uk

The Hub Redhill

41 High Street, Redhill, Surrey. RH1 1RX

Phone: 01737 390200 Text: 07704 288772 Email: info@thehubredhill.org.uk

The Hub Runnymede (Addlestone & Chertsey)

Go to: <http://www.thesurreyhubs.org.uk/Addlestone/> for details of the Mobile Hub.

The Hub Staines

4 Thames Street, Staines upon Thames. TW18 4SD

Phone: 01784 458200 Text: 07519 861452 Email: info@hubstaines.org.uk

The Hub Surrey Heath (Camberley & Bagshot)

Go to: <http://www.thesurreyhubs.org.uk/Camberley/> for details of the Mobile Hub.

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

Housing support

17. Housing Related Support

Housing Related Support comes in the form of supported housing schemes, or outreach support. The local borough and district housing advice teams can advise and signpost to all the services for all client groups commissioned and funded by Surrey County Council.

Email: housingrelatedsupport@surreycc.gov.uk

Surrey County Council Contact Centre can provide details of schemes that are local and suited to each client group.

Phone: 03456 009009

Surrey Information Point also provides a list of services

Website: <https://www.surreyinformationpoint.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

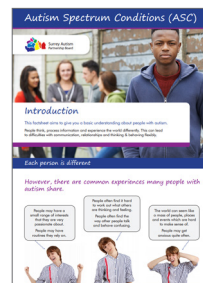
Website: <http://www.surreypb.org.uk/surrey-autism-partnership-board.html>

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

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)

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