



NEWSLETTER

The Autism Wellbeing Project CIC



CONGRATULATIONS

A huge congratulations to our Social Care Director Emily, who got married to the lovely Lucy! Team AWP had a wonderful time celebrating with them and wish them all the luck and love in the world.



THE BASE

At the end of August we moved into our permanent base at Brookvale Community Centre. We are really excited to have such a lovely, friendly, place to work from. We are working hard to make it autism friendly, hopefully making it feel like a second home for everyone who visits us.

A lot of people have asked about "New Home" gifts which is so kind. If you'd like to send us a little something, and you're not sure what we need, we've made an Amazon wish list of all the things that would help us make our dream space a reality! Please let us know if you would like the link to our wish list.

A huge thank you to those who have sent us gifts - we are so grateful and it means that we can use our fund to directly benefit the people we support.

amazon
wishlist

THANK
YOU
😊

[Read More](#)



ACCESS TO WORK

We are really excited to be working with This Is Me Agency to deliver support through the Access to Work Scheme. Access to Work (AtW) is a grant that funds practical support if you have a disability, health or mental health condition. The aim is to help you start work, stay in work or be able to move into self-employment or start a business.

This is Me Agency can help with the whole process for this, or you can apply yourself through the government website. Please contact us if you think we can help with your Access to Work provision.

www.thisismeagency.co.uk
www.gov.uk/access-to-work

DONATIONS

We have a few more requests for donations if anyone can help;



Please help us raise awareness of what we do by liking and sharing our social media posts

*Old phones, laptops, printers or tablets we can repurpose for the people we support to use

*A large conference table/ dining room table and a large whiteboard

*Any unused toiletries, make up etc for our hygiene bank for the people we support to use



WELLBEING ZOOMS

Our weekly Wellbeing Zooms are free to access for any autistic adults, diagnosed or not, regardless of location. These are held on Tuesday evenings from 6-7pm. We know online meetings can be awkward and we promise that cameras and microphones are optional and nobody will have to speak unless they want to!

Subjects range from coping with mental health concerns like anxiety, depression and trauma to learning more about how to manage sensory processing difficulties, overwhelm and setting boundaries. Send us an email or message us if you'd like to join in





STUDENT COUNSELLORS

As we move into Phase 2 of our business model we are looking towards training up the autism informed therapists of the future! Who knows! It might even lead to a long term career with us!

If you need a placement to complete your hours, or just want to gain some experience, please get in touch with us. We are especially keen to hear from people with experience interacting with autistic people, but this is not essential. If you are positive, passionate and creative, you'll be a great fit for us and we can train you up so you feel fully confident before seeing your first client and we will be there to support you every step of the way.

If you are interested, please send your CV over to us at hello@theautismwellbeingproject.co.uk

SOCIAL CARE OFFER

Phase 2 of the "masterplan" will also begin the launch of our social care offer for autistic adults. If you receive Direct Payments, you may be able to use them to access our support.

This will include;

- 1:1 support from autism informed PAs
- Small group sessions in our base in Runcorn where you can "pick and mix" from an exciting range of activities and courses- all led by your voices!

Please email us at hello@theautismwellbeingproject.co.uk to express your interest.



GRANTS AND FUNDING

We are working really hard behind the scenes to apply for as many grants and funding pots as we are eligible for! If you have any links with any funders, or would like to fundraise for us, and think you can help please contact emma.eager@theautismwellbeingproject.co.uk



Remember that as a CIC all of our profits go back into our work





18
Hours of free group mental health support



1
Staff wedding



14
Hours of therapy delivered for the NHS and Social Care



2
Co-production meetings with our Autistic Perspective Panel



9
Hours of private therapy



120
Minutes of Access to Work coaching



100+
Calming cups of tea drunk by AWP staff



10/10
Job satisfaction and enthusiasm



We are so proud of all we have achieved so far!

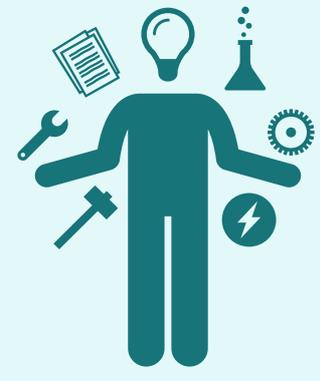


TEAM UPDATES

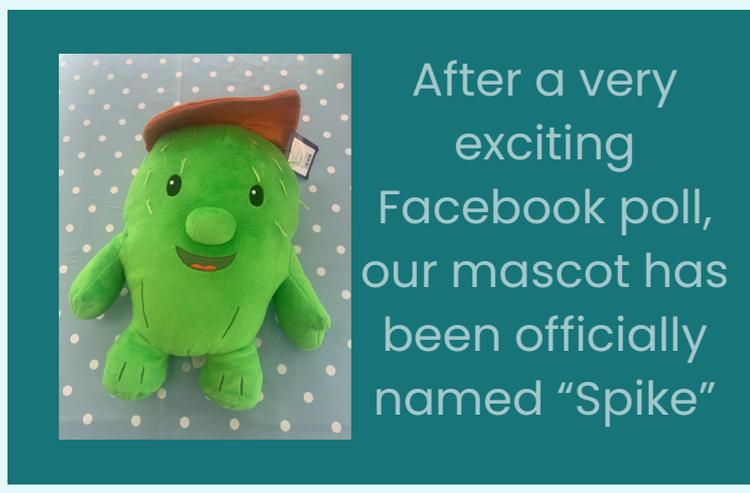
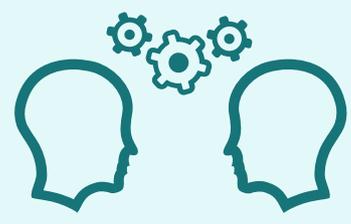


As we move into Phase 2 of our business plan, we are keen to hear from people who are interested in working or volunteering with us. At the moment, this would be on a casual basis, but as we grow there will be longer term opportunities

We recognise that people have all sorts of talents and skill sets we could use. Maybe you have a background in counselling, coaching, mentoring, teaching, social care, HR, care work, coaching, art, health- anything you think we might be able to use! Give us a shout!



We are regularly approached to support autistic adults with a range of needs such as workplace support, counselling, coaching, mentoring and support. If you think you could help please let us know.



After a very exciting Facebook poll, our mascot has been officially named "Spike"



HOW WE CAN HELP

THE SIMPLE GUIDE

This list gives you a flavour of what we can offer, If there is something else you think we could help with, please get in touch!



WHO WE ARE

We are a Community Interest Company (Non-Profit) dedicated to improving the quality of life for autistic adults in Runcorn and the surrounding areas

AUTISM SPECIFIC THERAPY

We have existing contracts with the NHS, Social Care, Access to Work, schools and workplaces to deliver highly specialist therapy to autistic adults and teens online and face to face.



AFFORDABLE THERAPY

Our Affordable Therapy option offers significantly discounted services whilst seeing therapists chosen, trained and supervised by us

SOCIAL CARE/DIRECT PAYMENTS

We offer autism specific social care support including PA's, small group sessions and community outings



ACTIVITIES AND SOCIAL GROUPS

We run a timetable of activities and social groups for autistic adults with the aim of improving their overall wellbeing and quality of life

TRAINING

Our highly specialist training team have helped many businesses and charities to become more autism inclusive. We can also deliver bespoke training or consultancy.



CONSULTANCY

We can provide advice and support from our experts qualified in sensory integration, SEND law, mental health and education

INTERESTED? PLEASE CONTACT US!



www.theautismwellbeingproject.co.uk



hello@theautismwellbeingproject.co.uk

Drop us an email or sign up on our website if you would like to receive our newsletters and updates straight to your inbox!

THE TEAM

Emma- Director

Emma is the lead for the mental health side of our project and also delivers some of our private and commissioned therapies. Emma also runs our weekly Wellbeing Zoom session, delivers training, does Access to Work coaching and consultancy. She's super knowledgeable about autism and loves a project! Get in touch if you think she can help you!



Emily- Director

Emily heads up our social care team and is in charge of all things to do with Direct Payments and PAs. Emily is also an organisation and logistics whizz and keeps everything running smoothly!

Emily is currently doing all this alongside her day job and voluntarily!



Carol- Finance

We are so lucky to have Carol volunteering her time to help keep our finances and spreadsheets in order. Carol is also heading up grants and funding (she likes to see a nice healthy bank balance and lots of green in her spreadsheets!)



Support Us

If you would like to support, sponsor or partner with any of our work in return for lots of shout outs and appreciation please get in touch with us!



hello@theautismwellbeingproject.co.uk



Brookvale Community Centre, Runcorn, WA7 6PE

Informed by our Autistic Perspective Panel



Working in collaboration with The Autism Wellbeing Project
to create positive change for other autistic people

APP NEWS

Our APP group have been really active working with our directors to help inform and shape the work of the Autism Wellbeing Project.

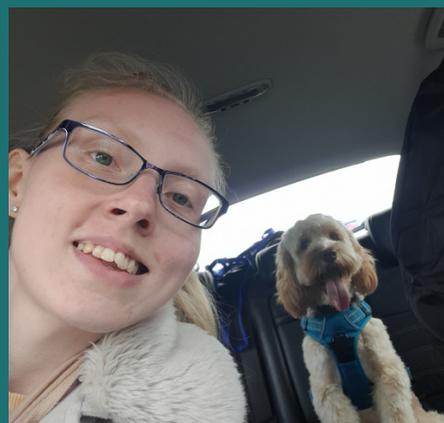
Things discussed in our most recent meetings have included marketing, activities, branding, naming our cactus friend and so many exciting and ambitious ideas Emma had to have a lie down after!

Below you can meet the team!

KEELEY (AND WAFFLE!)

“Hello, I’m Keeley and I enjoy crafting (cross stitch), baking, doing jigsaws and quizzes and looking after my pets Waffle (a crazy cockapoo) and Poppy (a super fluffy ginger cat).

What I like being about autistic is that I have a brilliant memory and I am very precise and thorough in anything I do. I am an APP as I’d like to help to create a safe, welcoming, and comfortable space and experiences for fellow neurodivergents to be able to express themselves without the fear of judgment.”



MIKE

Hi, I’m Mike, and I’m the veteran amongst the APP youngsters at the ripe “young” age of 74, having only been diagnosed 4 years ago. I therefore have experienced life, being autistic in a neurotypical world. I am logical (mathematics is great) and also scientific (BA 2nd Class with the Open University) My interests are photography, gardening and the granddaughters.

My aim is to try and create a world, where there is no such thing as neurotypical or neurodiverse, but everybody is equal, and in doing that help others, where possible, to be able to enjoy life and prosper





DANIELLE

Hi, I am Danielle. I got diagnosed about 10 years ago and was diagnosed with ADHD last year.
I love diamond art and my pet hamster Lizzie.
I love helping people and making them feel good about themselves.

NIKITA

Hi, I'm Nikita, I'm 25 and a single mum to a little lad and a crazy cat lady with two kitties. I've been diagnosed with Autism for 10 years now and I am finally finding positives in my diagnosis.
I chose to be an APP with the hope to help other autistics find positives in their diagnosis and to find joy, security, friendships and a safe place with fellow neurodivergents.



NICKY

Hi, I am Nicky, one of the older people in the group. I was diagnosed with ASD in 2020 and in 2022 I was also diagnosed with ADHD.
I enjoy family time, walking, swimming, going to the cinema and I have taught myself how to crochet.
I would like to welcome and help people learn more about themselves and to join in with us very friendly adults.
In my work role I am a nursery nurse with over 15 years experience working with children from birth to 5. I now work as a TA in a special school.



KAITLYN

Hi I'm Kait! I have two lively springers Milo and Nutmeg who I love walking with, as well as two guinea pigs. I love anything Australian, gardening and have two farms (allotments).
It makes me really excited to be able to use my own experience as a late diagnosed ASD adult to help inspire others in this adult-specific venture and influence the support that a lot of adults like myself have missed out on.
Come and be a bud on our tree of strength and reliability

