

Camden Information

For autistic adults without a
co-occurring learning disability

Wednesday autistic adult peer-support drop-in

What to Expect:

- Speak with peers to share experiences or to socialise.
- Sit at a table to read, do arts, crafts or puzzles.
- Speak to Autism Hub staff for advice or information.
- An additional quiet room is available to use if you would like a break from the main group.
- You are welcome to attend for as long as you like, arrive and leave anytime between 4pm-6pm.
- On the 2nd and 4th Wednesdays of the month Camden ASC Autism Practitioner Lead will be at the drop-in to offer information and advice.

When: Every
Wednesday 4-6pm

Where: Jean Stokes
Community Centre,
(Coatbridge House,
London, N1 0DX)

ALAG Monthly Events

What to Expect:

- Monthly peer-led meetings/events that offer a safe space for autistic adults to share their experiences and receive information.
- Events have a theme or focus on a subject that are suggested by our autistic members.
- Sometimes a guest speaker will give a talk or presentation, or there will be a panel discussion led by autistic peers.
- No pressure to turn your camera on, you are welcome to participate using the chat.
- You will not be asked to speak unless you want to during the allocated discussion/Q & A section.
- You can join for as long as you want and are not required to remain for the entire length of the session.

Where: A mix of online
webinars over zoom and
quarterly in-person.

When: First Tuesday of
the month, 7:00-8:30pm

Activities & Workshops

For those on the mailing list you receive:

- A monthly calendar of activities you can access including Board Games Afternoon, Art/Creative Drop-in Space, and community visits.
- Email reminders for activities the week of the event.

Autism Adjusted Remote Counselling (current wait time 6 months)

- 10 weekly sessions, on the same day and time each week
- Can be over the phone or on video call- depending on your preference.
- Delivered by counsellors who have lived experience of autism and/ or are autistic themselves.
- A confidential and safe space to explore and come to terms with an autism diagnosis, or to make sense of how autism impacts on all aspects of life.
- You will be placed on the waiting list once you have an initial discussion with our Referrals Assessor or Service Coordinator.

Relaxed Spaces Newsletter

- Join the mailing list for our monthly 'Relaxed Spaces/Places Newsletter' sharing arts/music/theatre venues offering relaxed performances/visiting hours.

Information/ Advice / Advocacy

- The Autism Hub can offer information and advice or point you in the direction to access expert advice on your issue for example if expert or legal advice is required.
- During the Wednesday drop-in the Autism Hub can provide general advice, information and signposting.
- We can support you to fill in forms (except legal documents), navigate services or suggest courses.
- Advocacy support can: (currently 6 month wait)
 - Can offer short-term advocacy support.
 - Can support with communicating your needs in writing or during a meeting.
 - Can support you to understand your options, and/ or in deciding what you want.

What next?

- If you are interested in any of the services that we offer you can email us, complete our website contact form or attend the Wednesday drop-in.
- Please see the bottom of this poster for Autism Hub contact details.