

ADULT SERVICES GUIDE MILTON KEYNES

Supporting autistic adults and their families to have the opportunities to lead independent and fulfilled lives



Our Services

Social Groups

Our Social Groups are designed to provide social opportunities to autistic adults who are looking to develop friendships within a supported and structured setting. Within the groups, individuals learn social skills and gain greater self-esteem by developing an independent social life away from their family unit. Group members are encouraged and enabled to decide, plan and organise social activities with the support of our experienced staff team.



Daytime group

Our daytime group is run across central Milton Keynes locations and the group are supported by 2 members of the adult services staff team. The group alternates between a lunch group and walking group on a Wednesday afternoon. Groups enjoy a walk or a bite to eat at a local cafe or restaurant.

These groups are particularly valuable for members who want to socialise or for those who are looking for more structure in their week.

Evening Social Group

Our evening adult social group runs in central Milton Keynes and is supported by 2 members of staff. The group will enjoy a variety of activities depending on the interest of the attendees. Activities may include restaurants, pubs, bowling and cinema.

To register your interest for either of these groups please email the team.

Adult Skills Development Courses

Our Skills Development Courses are designed to help autistic adults develop communication, employment, social and life skills needed to be a part of the local community. To enable the group to work well both together and as individuals, the size of the group is limited to seven and all individuals are assessed to understand their suitability. Skills Courses usually take place for one day a week over a six to eight week period with course topics designed around the needs that are presented to us.

Understanding My Autism

This skills course gives attendees the opportunity to gain more understanding of their autism, how it impacts them and how to develop tools and identity. It also provides a space to talk through experiences with each other.

Confidence in Social Situations

This skills course is designed to recognise the challenges within social situations and to help find strategies to overcome this. Topics that will be covered are: types of communication, speaking and listening, maintaining friendships and understanding body language.



Resilience in the Community

This skills course combines classroom learning with community experiences. Members learn about key skills, such as shopping, ordering food, planning journeys, etc. and then go into the community to put those skills into practice.



Budgeting

This skills course provides an opportunity to understand the importance of budgeting and how to manage a budget. Members learn about key areas of budgeting and finance, such as bank accounts, debts and taxes.

Wellbeing

A monthly online group to explore aspects of wellbeing. Each month we will explore a different topic based on wellbeing. It is an opportunity to develop strategies and find peer support..



Post Diagnosis Support

You may have always known or suspected that you are autistic for some time and find your diagnosis a relief.

However, for some, being diagnosed as an autistic adult can be difficult to come to terms with. The likelihood is have spent your life coping with a disability that you know very little about and have struggled not knowing what support you are entitled to or even where to find it.

Support:

There are various types of support you might want to explore after getting a diagnosis. You may need to approach/and or be supported by approaching professionals and local services for this support. You will be offered up to eight one-to-one sessions either online or in-person with a member a member of the Autism Bedfordshire Team.

What are the 1:1 Sessions for?

They are for specific problems that you may need some support to resolve.

For example:

- Support in managing difficult emotions
- Problem-solving support for specific difficulties, For example, coping strategies
- Assistance to complete forms, for example, DLA, Care needs assessment, etc.
- Advice relating to accessing and maintaining education or employment
- Advice about difficulties in relating to others
- Finding out what support is available from other services
- Support with referrals to other services
- Gain more understanding about autism spectrum conditions
- Advice on how to manage sensory processing difficulties

Referrals are currently only being taken directly from health and the local authorities for those that have been recently received a diagnosis

Information & Support

Helplines

01234 350704

Open Monday-Friday 9:00-17:00 for information, advice and guidance on all matters relating to autism.

Website

<https://www.autismbedfordshire.net/>

Information on services and access to key resources.

Email

enquiries@autismbeds.org

Email us anytime for information, advice and guidance on all matters relating to autism or to access services.

Meet The Team



Sharna Raine
Adult Services
Director



Angela Amitrano
Adult Services Manager



Pat Knight
Support Officer



Lisa Bowes
Skills Lead and Support
Officer



Emily Cullum
Adult Skills Tutor and
Support Officer



Laura Sproson
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