Autism BEDFORDSHIRE

Autism MILTON KEYNES
delivered by Autism Bedfordshire

CHILDREN & YOUNG PEOPLE SERVICES

Improving the lives of autistic children, young people and their families across Bedfordshire & Milton Keynes



CONTENTS

1 What We Do

2 Stay & Play

3 Wanted Fun

4 Girls Group
Helpline

5 Summer Scheme

6 Leisure and Community Opportunities

7 The Farm Project

8 Training

9 Information & Support

WHAT WE DO

Our services exist to help break down the barriers to social participation for autistic children, young people and their families by providing places where they can go and feel comfortable, accepted and not judged by society.

With the encouragement and support of specialist trained staff we help to build confidence, self-esteem, and social support through taking part in social activities and mixing with others. Furthermore, we support the development of practical skills and independence in order to improve lives and help families feel part of their communities.



WE PROVIDE:

- Family Stay & Play Groups
- Youth Groups
- Helpline Service
- Summer Activity Schemes
- Workshops & Training
- Leisure & Community Opportunities

STAY AND PLAY

Stay and Play is a Saturday morning activity group which the whole family can attend. The sessions provide a safe and inclusive environment for autistic children aged 3–12 supported by friendly, knowledgeable staff to offer guidance and assistance wherever needed.

Each session provides an engaging range of activities including soft play, arts & crafts, cooking, sensory and outdoor play. This is also a space for parents and carers to connect, relax, and receive support from others who understand.

There are five Stay and Play groups at the following locations - Bedford, Biggleswade, Leighton Buzzard, Luton, and Milton Keynes.





"My first experience attending a session. I thought staff were really compassionate and the session was great for the kids."

WANTED FUN

Wanted Fun is a fortnightly youth club group which provides social opportunities for autistic young people aged 10-17 years accessing mainstream education with lower support needs.

Each session provides young people with two hours of activities including cooking, sports, board games, computer games, arts and crafts, quizzes and movie nights. Additionally, regular community outings enhance confidence, social skills and communication. Recent excursions have included visits to bowling, cinemas, and trampoline parks.

There are seven Wanted Fun groups at the following locations - Bedford, Kempston, Biggleswade, Leighton Buzzard, Millbrook, Luton, and Milton Keynes.





"Autism Bedfordshire are brilliant and amazing with everything they do – they have been a lifeline for us".

GIRLS GROUP

Girls Group is a youth club located in Dunstable. It meets fortnightly for two hours and is specifically designed for autistic girls aged 10-17.

The group focuses on building confidence, self-esteem, fostering friendships and enhancing communication skills. During each session attendees participate in a variety of activities tailored to their interests. Additionally, the group encourages active involvement in decision-making and planning, including community outings such as climbing or bowling.





HELPLINE

Our helpline service is available Monday - Friday 09:00-17:00 for autistic people, their parents, carers, partners and professionals throughout Bedfordshire and Milton Keynes. Our helpline can be a lifeline for those in need of support and can often be the first step to getting the right support. Our specially trained Co-Ordinators are on hand to provide information, guidance and support on all matters relating to autism.

01234 350704

SUMMER SCHEME

Our Summer Activity Schemes are based in Bedford and Luton and provide a wide range of onsite activities and community based experiences for autistic children and young people aged 3 to 17 years. Each scheme is specifically designed to cater for the different needs, interests, ages and abilities of those that attend.

Junior Activity Scheme is for autistic children aged 3-9 years who have higher level support needs and require 1:1 or 2:1 support.

Holiday Club is for autistic young people aged 10-17 years who have higher level support needs and require 1:1 or 2:1 support.

Summer Fun is for autistic young people aged 10-17 years with lower level support needs. Ratio of support is 1:4.





"Knowing my son is so well cared for and doing fun things enables me to sort things in the summer I cant do when I have him with me it makes a great difference."

LEISURE AND COMMUNITY

Our additional services aim to provide children and young people with a social outlet for them to engage with other children, try new activities and maybe even learn a new skill in the process. We exclusively hire venues which allows our families to attend community venues that may normally be unaccessible to them.

Activities can include -

- Family Farm Days
- Soft Play
- Swimming
- Trampolining
- Tennis
- Creative Arts
- Animal experiences
- Gymnastics
- Archery
- Climbing
- Interactive learning
- Cinema / Theatre





"Lovely day to include all family members but also safe and inclusive for my child, thank you."

THE FARM PROJECT

Launched in partnership with Animal Edge Farm, our Farm Project offers a unique therapeutic experience for autistic children and young people who struggle with mainstream education.

Now a valued part of our services, the Farm Project is held in a calming farm environment, these sessions allow young people to interact with animals, explore nature, and engage in creative, interest-led activities.

The project promotes confidence, independence, and a sense of belonging—away from clinical settings and pressures. Young people are offered weekly 1:1 sessions in a peaceful, nature-based setting. Sessions support emotional wellbeing and personal growth. Families are actively involved in shaping personalised support plans, ensuring each child's needs and aspirations are met.





"When we first came to the farm and M sat in with the guinea pigs and rabbits, it was the first time that I had seen her smile properly for a very, very long time. I know she really enjoys coming to the farm weekly as she never complains or makes a fuss about coming and is always ready to come."

TRAINING

In Children's Services, we offer courses, workshops and webinars (subject to funding) covering a wide range of topics related to autism. These sessions are designed to provide parents, carers, and professionals with practical knowledge and strategies to better support autistic children and young people.

Sharing lived experiences is essential in helping families and community practitioners develop a deeper understanding of autism, create positive and inclusive environments, and identify the best ways to support autistic individuals.

Topics have included:

- SEND Law
- Sensory Processing
- Communication
- Eating Disorders
- Supporting Your Autistic Teenager





"Thank you, this was an exceptionally well delivered and informative training session."

INFORMATION & SUPPORT

Helplines	01234 350704 Open Monday-Friday 9:00-17:00 for information, advice and guidance on all matters relating to autism.
Enquiries	01234 214871 or 01908 77696 enquiries@autismbeds.org
Website	www.autismbedfordshire.net Information on services and access to key resources.
Bookings	://book.thrive4.com/#/app/joinin/organisation/shop/4d1a4532-09cd-4297-8e7c-b65a70a0fd47
Facebook	https://www.facebook.com/AutismBedfordshireFB
Instagram	@autismbedfordshireofficial

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