

City and Hackney Autism Service
Information and resources

Employment and work support

- Please see separate information sheet

Mental health

- **5 Ways to Wellbeing:** Evidence-based approach to 5 actions we can all take every day to improve our wellbeing: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>
- **Autistic Mental Health:** A website dedicated to improving mental health support for the autistic community. They have articles, advice and an excellent resources list: <https://autisticmentalhealth.uk/>
- **Brain in Hand:** Assistive technology for smartphones that is specifically made for helping people with autism navigate through daily problems and challenges, with on call support from the National Autistic Society (there is a cost for this): www.braininhand.co.uk
- **CBT - Talk Changes:** Referral by GP or self-referral: <https://talkchanges.org.uk/>
- **Centre for Clinical Interventions:** Self-help workbooks based on cognitive behavioural therapy principles from a clinic based in Australia. They cover a range of common mental health difficulties: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- **Crisis Network:** See separate leaflet, 24-hour mental health crisis helpline: 0800 073 0006
- **Mind Wellbeing Network:** Offers a range of activities to promote mental wellbeing. GP, clinician and self-referral: <https://chwellbeingnetwork.london/>
- **Psychology:** Various options in Hackney – speak to a member of staff to discuss options and facilitate onward referral to services.

Social and activity groups

- **Asperger London Area Group (ALAG):** Hybrid meetings (people can attend in person or join online) on the first Tuesday evening of every month in Islington. You need to book in advance, they can be contacted by email on info@alag.org.uk or via their website. There is a small charge for the meetings: <https://alag.org.uk/>
- **Atypiqueers:** LGBTQ+ support group, offering in person meetings, run by London Friend. Contact: atypical@londonfriend.org.uk
- **Aupeer:** Free online support run by autistic people, for autistic people. They have several groups accessible via Zoom: <https://www.aupeer.org.uk/>
- **IMMA:** (Informal Meet-ups for Autistic Adults) social activities for those on the spectrum: <https://www.imaa.org.uk/> Also has a presence on the meetup.com site.
- **Meetup:** www.meetup.com has several London based groups for adults on the autism spectrum to socialise, including Citizen Autistic (film interest) and Neurodivergent Women.
- **Peer Support Group (City and Hackney Autism Service):** Peer support group for newly diagnosed autistic adults which meets via Zoom 5-6.30pm on the third Tuesday of the month. This group is offered to all service users who are diagnosed through our service for up to 12 months post-diagnosis.
- **Resources for Autism:** Run several virtual groups (£6 per session). Complete a self-referral form and sign up in advance if you wish to attend: www.resourcesforautism.org.uk

Social care, benefits and advice

- **Care Act Assessment** - All autistic people are entitled to a Care Act Assessment. If you have social care needs you may be eligible for social care support.
Contact e-mail: learningdisabilitiesduty@hackney.gov.uk or call 020 8356 7444.

- **Personal Independence Payment** – You may be eligible for this non-means tested benefit if you have significant difficulties with various areas of daily life. Contact your local Job Centre for support.

Forums and social sites

- www.asd-forum.org.uk/forum Discussion forum led by people with Asperger's.
- www.autistichackney.org/ Autistic Hackney residents are working with the local council and NHS on a new plan to improve services for autistic people. Have your say by joining the Hackney Autism Alliance's user engagement & consultation work group.
Email: info@autistichackney.org
- www.wrongplanet.net a website for people to chat with others and read what other people with autism have posted.

Information

- <https://www.autangel.org.uk/> Aim to develop an autistic community. Based in Reading but offer some virtual groups. Their website has lots of helpful information and links to resources.
- <http://www.autism.org.uk/> National charity offering advice and information for autistic people and their loved ones.
- <https://autisticandunapologetic.com/> Information and articles.
- <https://autisticuk.org/> For autistic people, by autistic people.
- <https://www.gov.uk/government/publications/think-autism-an-update-to-the-government-adult-autism-strategy> Current UK government strategy on autism.
- <https://www.hackneyicare.org.uk> Directory of local activities and services.
- <http://www.nhs.uk/conditions/autistic-spectrum-disorder/Pages/Introduction.aspx>
- <http://www.tonyattwood.com.au> Clinical psychologist who has specialised in autism since 1975.

Recommended books (all easily available to buy online):

- **Tony Attwood** – The Complete Guide to Asperger's Syndrome
- **Nick Dubi** – Asperger Syndrome and Anxiety: A guide to Successful Stress Management
- **Ian Ford** – A Field Guide to Earthlings: An autistic view of neurotypical behaviour
- **Valeria L. Gaus, PhD** – Living Well on the Spectrum
- **Temple Grandin** – DifferentNot Less
- **Laura James** – Odd Girl Out: An Autistic Woman in a Neurotypical World
- **Ruth Searle** – Asperger Syndrome in Adults
- **Rudy Simone** – Aspergirls: Empowering Females with Asperger Syndrome
- **Rudy Simone** – Asperger's On The Job
- **Robyn Steward** – The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum

Podcast

1800 Seconds on Autism <https://www.bbc.co.uk/programmes/p06sdq0x> funny and enlightening podcast hosted by two autistic people and guests.

If you know of any other good resources, please let us know so we can update this list – we welcome your knowledge!