



# Autism Bedfordshire

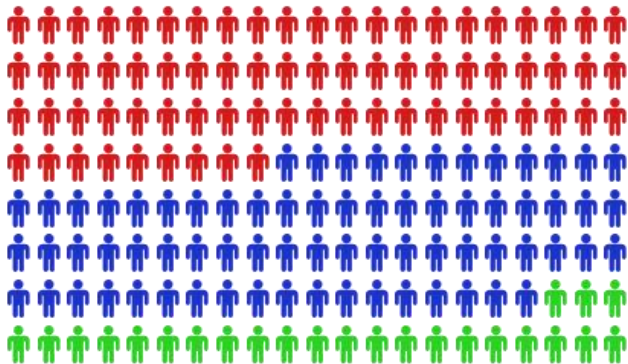
*Supporting children, families, young  
people and adults with autism since 1991*



# Information, advice and guidance

We have spent over 200 hours on helpline calls that came into this office this year

## Who calls us?



Parent/Carer   Individual with ASC   Professional

Over 45,000 people visited our website last year

## The most common topics were...



# Social Opportunities

This year has seen an expansion of social opportunities for adults with high functioning autism across Bedfordshire. Autism Bedfordshire now run fortnightly evening social groups in Bedford, Dunstable and Leighton Buzzard with an additional lunch group in Luton every month.

We have provided over 1,521 hours of social opportunities across Bedfordshire



65% of attendees have formed friendships that they continue outside of the social group

We asked attendees why they accessed the social groups...



# Skills Courses

This year we have provided three skills courses in Bedford, Leighton Buzzard and Luton, they are:

- **Communication and Social Skills**
- **Pre-employment and volunteering skills**
- **Communication in the workplace**



We have delivered over 2,100 hours of directed learning across Bedfordshire

That's enough to fly to New York over 262 times!



"The course has helped me become more confident"

"I am now able to speak to people I don't know"

# Employment Support

This year we have worked directly with 45 individuals who were looking to either progress into employment or successfully maintain their employment.

To date we have:

- Supported three people into employment
- Supported four people to maintain their existing employment
- Supported eleven people into work experience placements



# Autism Awareness Training



89% of delegates who accessed our training adjusted their practice to be more autism friendly

## What Sectors have accessed the training?



Health Voluntary Social Services Private Other

*'I will not overload clients with information and allow them time to process'*

*'I will try to see clients within an environment they are comfortable with'*

*'I am aware that sometimes unusual behaviours are a coping mechanism'*

*'I will adopt a much more visual approach in the future'*