

Resources and Information for autistic residents in Hackney

Employment and Work support

- **Hackney Supported Employment Service:** Support for people with disabilities to find and retain employment <https://hackneyworks.hackney.gov.uk/support>
- **Kickstart, Scope:** An employment service which supports disabled people who are ready to look for work in the boroughs of Hackney, Islington and Camden. They also support people who are currently in work retain their employment when disability related issues arise. Contact: kickstart@scope.org.uk
- **Starting Line, Scope:** An employment service which supports disabled people who would like to become ready to find work in the boroughs of Hackney, Islington and Camden. Contact: startingline@scope.org.uk
- **Resources for Autism:** Autism Community Volunteering scheme where they support and place adults with ASC in voluntary placements.
Charlotte@resourcesforautism.org.uk / Mercy@resourcesforautism.org.uk
- **AS Mentoring:** Specialist employment and mentoring service for autistic people <https://asmentoring.co.uk/>
- **Hackney Adult Learning:** Supporting adults to develop employment related skills. www.learningtrust.co.uk/section/adult-learning

Mental Health Support

- **Crisis Network:** 24 hour mental health crisis helpline for Hackney residents: 020 8432 8020
- **Crisis Café:** An open door, drop in service providing light refreshments and face to face support. Open Monday to Thursday 6-9pm, Saturdays 12-4pm. At the Raybould Centre, City and Hackney Centre for Mental Health.
- **Mind Wellbeing Network:** Offers a range of activities to promote mental wellbeing. If you don't know what you want to do, they will support you to find an activity that suits you <https://chwellbeingnetwork.london/>
- **Talk Changes:** Free talking therapy to help with depression and anxiety can be accessed by self referral to <https://talkchanges.org.uk/>.

- **Enhanced Primary Care / Second Mental Health Services:** If your mental health needs are more complex, please speak with your GP about a referral to more specialist mental health services in the borough who may be able to help you.
- **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. www.braininhand.co.uk
- **Hoarding UK:** Charity providing support, advocacy and advice to those who recognise themselves as having hoarding behaviours. Funded psychological interventions are available through adult social care or self payment. <https://hoardinguk.org/>

Social and Activity Groups

- **Enfield National Autistic Society:** Social events and informative talks on the 1st and 3rd of every month, 7-9.30pm. Based in Palmers Green, Enfield. Suggested donation £2. Contact sarah@enfieldnas.org.uk for more information.
- **Asperger London Area Group (ALAG):** A London group for people with Asperger's that meets in the evening 6:30-8:30pm on the first Tuesday of every month in Islington. Their website is www.alag.org.uk. They can be contacted by email on info@alag.org.uk and you need to book in advance, £5 for non-members/£3 members.
- **Resources for Autism:** Organisation that runs a number of groups for people with autism including an Artist's Group, Women's Group and North London Evening Social Group, website: www.resourcesforautism.org.uk
- **Meetup:** www.meetup.com has several London based groups for adults on the autism spectrum to socialise.

Benefits and Advice

- **Personal Independence Payment:** You may be eligible for this non-means tested benefit if you have significant difficulties with various areas of daily life
- **North London Muslim Community Centre (NLMCC):** A community centre who are able to support you with benefits applications and advice – all are welcome.

- **Citizens Advice Bureau:** Providing free support with a range of issues including benefits.
- **Hackney Shelter** - Offering housing and homelessness advice to Hackney Residents. 0330 053 6091 (under 25s) / 0344 515 1540 (over 25s) / 4 Tyssen Street, London, E8 2FJ. 9am-5pm Monday - Friday
- **Adult Safeguarding** - If you're worried that you may be being exploited, neglected or abused, please contact the Adult Safeguarding team for confidential advice 020 8356 5782 / 020 8356 2300 (out of hours)

Arts and Hobbies

- **Resources for Autism:** Organisation that runs a number of groups for people with autism including an Artist's Group: www.resourcesforautism.org.uk
- **Poetry in Wood:** Art, design and woodwork project providing accredited training and supported employment for people with ASCs: www.poetryinwood.org.uk/index.html. Tel: 020-7375-3933
- **Open Workshops:** A collective of open workshop spaces providing tools, materials and social spaces for people interested in manufacturing / engineering / craft / inventing, supporting people to build, create and share ideas at a low cost <http://openworkshopnetwork.com/>
- **Men's Sheds:** "Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter." <https://menssheds.org.uk/> (branches in Tower Hamlets and Camden)
- **Hackney Mosaics:** Works with people with a range of difficulties to produce beautiful mosaics around Hackney <http://www.hackney-mosaic.co.uk>

Online Communities

- **National Autistic Society Community:** <http://community.autism.org.uk/> Safe and moderated community forum to discuss any issues arising from living as an autistic person.

- **Wrong Planet:** www.wrongplanet.net is a website for people to chat with others and read what other people with autism have posted.
- **ASD Forum:** www.asd-forum.org.uk/forum - discussion forum led by people with Asperger Syndrome
- **Autistic Dating:** UK based dating service specifically for autistic people.
<https://autisticdating.net/>
- **Spectrum Singles:** UK based dating service made by autistic people for autistic people <http://www.spectrumsingles.com/>

Further Information

- **National Autistic Society:** <http://www.autism.org.uk/>
- **Autistic UK website:** a website and organisation for autistic people, by autistic people <https://autisticuk.org/>
- **NHS website:**
<http://www.nhs.uk/conditions/autistic-spectrum-disorder/Pages/Introduction.aspx>
- **Think Autism: Fulfilling and Rewarding Lives, the strategy for adults with autism in England: an update**
<https://www.gov.uk/government/publications/think-autism-an-update-to-the-government-adult-autism-strategy>
- **Asperger United Magazine:** magazine published by autistic people for autistic people www.autism.org.uk/aspergerunited

Recommended Books (available from the library):

- **Tony Attwood** – The Complete Guide to Asperger's Syndrome
- **Nick Dubin** – Asperger Syndrome and Anxiety: A guide to Successful Stress Management
- **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

