

A Warm Welcome

Welcome to the Winter edition of the Leicestershire Autism Information Hub Newsletter.

We have had a busy time since the last newsletter.

Tracey has been going to Work club which is in local libraries and has been supporting people with their job search and also with volunteering.

For information about the work club dates, please refer to the calendar dates on page 5.

Laura has been expanding the information service and the Help line has seen an increase in the number of calls it receives.

We can answer enquiries on a wide variety of topics including, diagnosis, strategies and benefits, as well as having information about support groups and other services.

You can contact us by phone on **0808 800 0125**.

If you do get the answer phone message please leave your contact details and we will return your call.

By email to enquiry@laih.org.uk

We are planning to increase the number of drop-in information sessions in the New Year. If you have an event or a group that you would like us to come along to please let us know.

Christmas and New Year Opening hours

The Help line will be closed from 12 noon on Thursday, 24th December 2015 and will reopen at 10am on Monday, 4th January 2016. You can leave a message during that time as we will answer it when the Help line reopens. If your enquiry is urgent and cannot wait please contact your local duty social work teams.

Leicester City Council - 0116 454 1004

Leicestershire County Council - 0116 305 0004

Rutland County Council - 01572 722 577

Or, if you or someone you know are in immediate danger phone 999



Tracey & Laura



**We wish you all a Merry Christmas and a
Happy New Year**



National Autistic Society Ebefriending Service

This is a national service and is part of the National Autistic Society

What is E-befriending?

E-befriending is a way of providing online social contact and companionship to people with autism spectrum disorder (ASD) and their family. Care is taken to match those who share common interests. E-befrienders/E-befriendees exchange emails (at least once each week) communicating about things of interests or concern and offering a friendly, supportive link with the wider community.

Who are our E-befrienders?

E-befrienders are volunteers who are recruited, trained, and checked by us. They are not experts in autism or Asperger syndrome, but are trustworthy, reliable, willing to learn and sensitive to the needs of others.

Who can have an E-befriender?

Anyone over the age of 12 years with autism or Asperger syndrome, or their sibling, can apply for an E-befriender. However, they will have to be able to access the appropriate equipment and be able to understand and appreciate receiving and sending emails (with or without support).

How does E-befriending work?

The E-befriending service is web-based. It uses smart, secure software and a unique email address that protects the personal details/email address of both parties. The system also recognises inappropriate words and phrases which means that you can use the system with confidence in the knowledge that your identity is protected. The E-Befriending Officer has access to all emails.

What are the benefits of E-befriending?

E-befriending provides the opportunity:

- Experience and enjoyment of developing a new relationship outside of the immediate family.
- Of developing communication skills, by being able to discuss/explain a variety of topics.
- To share information about special interests and activities. Particularly where it is possible to match people who share the same hobby.
- Of increasing self-confidence and self-esteem
- To reduce a sense of social isolation.

For more details please contact Leicestershire Autism Information Hub Helpline on 0808 800 0125 or email enquiry@laih.org.uk

The one-stop shop for information about autism support and services in Leicestershire



On Wednesday 2nd September the Leicestershire Autism Information Hub attended a Jobs and Skills Fair at Fosse Park Shopping Centre. This event had information on training courses and volunteering, finding out about job vacancies and local employers and free workshops throughout the day. The Leicestershire Autism Information Hub take part in drop in sessions at the Leicestershire County Council job clubs at various libraries in the County to support people with a diagnosis of autism into work and volunteering opportunities.

A calendar of dates will be added to the newsletter and also accessible on the website www.laih.org.uk

The event is was organised in partnership with Leicestershire County Council, Blaby District Council and Jobcentre Plus as part of a county wide programme of jobs and skills fairs.




Your Workclub
Including Business Support
Looking for work, self-employment advice or training?
Free

Come along for friendly, one-to-one support with

- CVs and cover letters
- Course and training information
- Job applications
- Volunteering opportunities
- Business plan information
- Local business information
- Business opportunity profiles
- Market analysis
- Networking opportunities
- And much more!

For more details pop into your local library
coahvillelibrary@leics.gov.uk • 0116 305 3565 • www.leics.gov.uk/libraries

Facebook: facebook.com/yourlibrary | Twitter: @leics.libraries | **LIBRARY** KNOWLEDGE • DISCOVERY • INSPIRATION



Could you be a Carers Health Champion?

If you are a carer at the moment or have previously cared for someone then you could become a carers health care champion. You can use the knowledge and insight that you have gained as a carer to support other carers to take care of themselves and to know where they can go if they need some additional support in looking after their own health. Training is provided.

For more details contact Melissa on 07835453366 or melissa.frater@chlfoundation.org.uk

Employment Support

The Leicestershire Autism Information Hub can give support to individuals who have a diagnosis of autism, are 18 + and live in the County of Leicestershire.

Jacob has been receiving support from the LAIH and Get Set where he has taken part in a 3 month placement at Leicestershire County Hall with Liz Goodman and the Communications team.

This is an article Jacob put together during his placement, he has kindly agreed to let the LAIH add the article to our newsletter.



"My name is Jacob Barratt and I have been working with the Communications Team at Leicestershire County Council on my Get Set placement, since the beginning of June, and I have enjoyed every minute of it (that's the truth). Normally I would be either sat at home watching TV or I would be out with my friends. I got involved with Get Set through the Leicestershire Autism Hub and at the end of my three months' work experience I want to try and achieve getting a job in the County Council.

The 31st July was the first day I had without a timetable as what I did was planned the day as it passed. I will admit that not having a timetable was a bit confusing at first but I got used to it in the end. The reason I had a timetable was because I have ADHD (Attention Deficit Hyperactivity Disorder) and having ADHD means that I sometimes need a certain routine, like when my breaks are and where I can go for my lunch and by doing this I wish to become more independent when it comes to managing my time wisely. Most of the day was spent behind a camera taking photos of the Communications office and their new clear desk policy, as they now do not have their own desks (they're doing what's called 'hot-desking'). I put these photos, and quotes from the team up on a display in the Environment and Transport department.

Over the past few weeks I have completed tasks such as; documenting different pieces of marketing material (leaflets etc.) by photographing them in a makeshift studio, taking things down to the basement room the department has (we had a big clear-out before the hot-desking started!), and 'pinning' photos to the Leicestershire County Council Pinterest page. You can find the Pinterest page (and a great 'pin' of a cycling minion!) here:

<https://www.pinterest.com/pin/332984966177054838>

The one-stop shop for information about autism support and services in Leicestershire

LAIH Out and About

On Thursday 26th November, the LAIH attended a conference on Pathological Demand Avoidance.

PDA is a condition now widely recognised as part of the autistic spectrum.

Speakers included Phil Christie who is a Consultant Psychologist, Ruth Fidler an Educational Consultant and Julia Daunt who is an individual with PDA.



More information about PDA can be found on the National Autistic Society [website](#) or on the PDA Society [website](#)

Filming at the Monday Club at First Buses depot



Laura has been working with members of the Monday Club to make a film about a day in the life of an adult with Asperger Syndrome; looking at when things go well and when things don't go well.

We would like to say a big thank you to local bus operator 'First Leicester', especially to Keith for letting us film at the depot on Abbey Lane, and for making our day so enjoyable.

A special thank you is from Jake who was able to drive the bus (slowly!!) at the depot and I don't think he has stopped smiling yet.



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Other Support Groups

The Monday Club – meets on a Monday evening from 7-9pm at the Peepul Centre contact details
Tel 07873 311610 email themondayclub@hotmail.co.uk

Translate – meets on the first Monday of the month at Salvation Army, Burleigh Road Loughborough contact details are Tel: 01509 554797
or email translate_as1@ntlworld.com

Hinckley Support Group – for parents, carers and relatives of people on the autism spectrum. The groups meets on alternate Fridays
from 1pm to 3pm at Burbage Constitutional Club LE10 2DE contact kim.sharpe@ntlworld.com or 07939 025222

Leicestershire Autistic Society

Various support groups across the county – www.leicestershireautism.org.uk/index.html
Tel: 0116 291 6958



The LAIH will be at Work Club at the following libraries to provide information and support:

Calendar Dates January 2016 – March 2016

The LAIH will be at Work club at the following libraries to provide information and support.

Monday

Wigston Magna library 10.00 - 12pm

4th January / 1st February / 7th March

Tuesday

Loughborough library 10.00 - 12pm

12th January / 9th February / 8th March.

Melton Mowbray library 2pm - 4pm

9th February

Wednesday

Hinckley library 10.00 - 12pm

10th February

Thursday

Market Harborough Library 10.00 - 12pm

21st January / 24th March

Friday

Coalville library 10.00 - 12pm

22nd January / 19th February / 1st April



Carers of People who have Autism Support Group

This group is open to carers, parents, partners and friends of anyone on the autism spectrum. The group meets on the third Thursday of every other month. The next meeting will be on **Thursday 21st January 2016**.

The group meets at the Carers Centre Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL from 10am to 12.30pm.

There is usually a topic for each meeting and we have previously looked at the meaning of different jargon and abbreviations which are often used by professionals and we have also discussed how sensory issues can impact on an autistic person.

The group is informal and tea or coffee and biscuits are provided.

More details about the next meeting will be added to the LAIH website soon.

If you would like any further details please contact the Carers Centre on 0116 2510999 or Laura at LAIH on 0808 800 0125 or enquiry@laih.org.uk

We are planning to add dates at other libraries and will add these to our calendar of events as they are confirmed.

We also have a drop in session at the NAS Gallery at 50E Blaby Road South Wigston Leicester LE18 4SD on the first Monday of every month from 10am to 4pm