



# East Hampshire and Havant Voluntary Sector Health & Wellbeing Forum

## *Support Services for Neurodivergent People*

1-2pm

Thursday 29 February 2024



Hampshire and Isle of Wight



# Programme for today...



## *Support Services for Neurodivergent People*

- **Welcome** and Agenda – **Angela Gill** Community First & GVA Health Forum Facilitator
- **Tim Houghton**, Chief Executive, **Community First**
- **Monika Legg**, Welfare & Wellbeing Commissioning Office, **East Hampshire District Council & Ros Carvell**, Community Graduate
- **Zoe Beasley**, Autism Partnership Coordinator, **Adults' Health & Care, Hampshire County Council**
- **Gemma Langman**, Clinical Champion for Learning Disability and Autism, **Hampshire & IoW Integrated Care Board**
- **Ashleigh Spice**, Services Manager, **Autism Hampshire** (Pre-recorded presentation)
- **Date** of the next East Hampshire and Havant Health & Wellbeing Forum Webinar
- **Close** of the Health & Wellbeing Forum Meeting/Webinars



**Tim Houghton**

Chief Executive, Community First

**Community & Voluntary Sector Update**

[tim.houghton@cfirst.org.uk](mailto:tim.houghton@cfirst.org.uk)



## Community First

### 1. HCC Future Services consultation:-

<https://www.hants.gov.uk/aboutthecouncil/haveyoursay/consultations/future-services-consultation>

- Proposed cuts to VCSE grants, including CVS, Community Transport, Homelessness services and Sexual Therapeutic services
- We need to demonstrate our impact and social value and keen to work with local partners to better evidence what we are doing works

<https://socialvalueportal.com/>

<https://hact.org.uk/how-we-can-help/social-value/>

<https://socialvalueuk.org/social-value-self-assessment-tool/>

Cooperation & collaboration must continue as we explore new ways of meeting the needs of people who need our help the most



## Community First

2. **HIVCA** (Hampshire & IoW VCSE Health and Care Alliance) <https://actionhampshire.org.uk/get-involved/networks-and-forums/hivca/> HIVCA Leadership Committee includes Becky McGregor, Mountbatten; Helen Fisher, Energise Me; Natalie Webb, No Limits and Rob Kurn, Southampton Voluntary Services and representatives for our work/partnerships around children and young people, and mental health are; Sally Arscott, Solent Mind; Dr Kim Brown, Nature Therapy CIC; Clare Ansell, Motiv8 and Natalie Webb, No Limits
3. **Healthier Together website** is a valuable resource for families [Home :: Healthier Together \(what0-18.nhs.uk\)](http://what0-18.nhs.uk) Keeping your family 'winter strong' campaign and downloadable app. LCPs are effective cross-sector partnerships tackling the needs of families and children. For more information contact [Debbie.Grace@cfirst.org.uk](mailto:Debbie.Grace@cfirst.org.uk)
4. Energise Me/HCC's **Hampshire Active Health** - <https://www.energiseme.org/funding-support/hampshire-active-health-programme/>
5. Final round of **Household Support Grant** being allocated <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitygrants-overview/communitygrants> being allocated

## Community First

6. **Live Longer Better** funding available to District Councils  
<https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter>
7. **Public Health Mental Wellbeing Campaign** targeting men and ethnic minorities focuses on Five Ways to Wellbeing, signposting to <https://www.hants.gov.uk/socialcareandhealth/publichealth/fivewaystowellbeing> Printable posters and digital ads are available. Contact [megan.saunders@hants.gov.uk](mailto:megan.saunders@hants.gov.uk) for more info
8. **Amparo** offers an ICS-wide **bereavement by suicide service** <https://amparo.org.uk/our-locations/hampshire/>
9. **Community First** continues to provide a range of wellbeing, sports and leisure activities from our centres at Clanfield <https://clanfieldcentre.co.uk/> and Leigh Park in Havant <https://www.cfirst.org.uk/wellbeing/leigh-park-community-centre/> including a lunch club, Positive Pathways and a welcoming new space for Havant & East Hants Mind
10. **Community First** also provides affordable transport across Havant & East Hampshire via our Connect services which can help access health & wellbeing activities and benefit from social prescribing.  
For more information <https://www.cfirst.org.uk/community-transport/call-go-and-dial-a-ride/call-go-havant/> and <https://www.cfirst.org.uk/community-transport/call-go-and-dial-a-ride/call-go-east-hampshire/>

# Welfare & Wellbeing Strategy Refresh 2024-2029

Monika Legg, Welfare & Wellbeing Commissioning Officer  
[Monika.Legg@easthants.gov.uk](mailto:Monika.Legg@easthants.gov.uk)

Ros Carvell, Community Graduate



# Welfare and Wellbeing Strategy 2020-2024

## **The Key Priorities in the Existing Strategy:**

- ❖ Delivering Physical and Mental Wellbeing
- ❖ Supporting an Ageing Population
- ❖ Improving Community Connectivity and Sense of Place

BIG HEART, BIG IDEAS,  
**BIG DIFFERENCE!**



# Where we are now in East Hampshire...

14.78% (14,475) adults registered with depression - this is higher than the national average.

Source: JSNA 2021.

58% of adults and 33% of Year 6 students were overweight/obese.

Source: JSNA 2021.

Citizens Advice East Hampshire have seen demand by individual clients rise by 2,500 clients overall in the last year.

Source: Citizens Advice East Hampshire 2023.

30% of East Hampshire residents do not feel that there is a sense of community where they live.

Source: JSNA, Healthy Places 2022.

2,851 7–16-year-olds are estimated to live with a probable mental health disorder.

Source: JSNA 2022.

45.5% of East Hampshire residents are older than 50, compared to 37.8% across England.

Source: Census 2021.

# Our Vision

- To empower our residents to live healthy, fulfilling, and independent lives which will create supportive, well-connected and resilient communities.

BIG HEART, BIG IDEAS,  
**BIG DIFFERENCE!**



## Why communities matter for health

Placing **communities** at the heart of public health can:

Reduce health inequalities



Engage those most at risk of poor health



Empower people to have a greater say in their lives and health



Create connected, resilient more cohesive communities

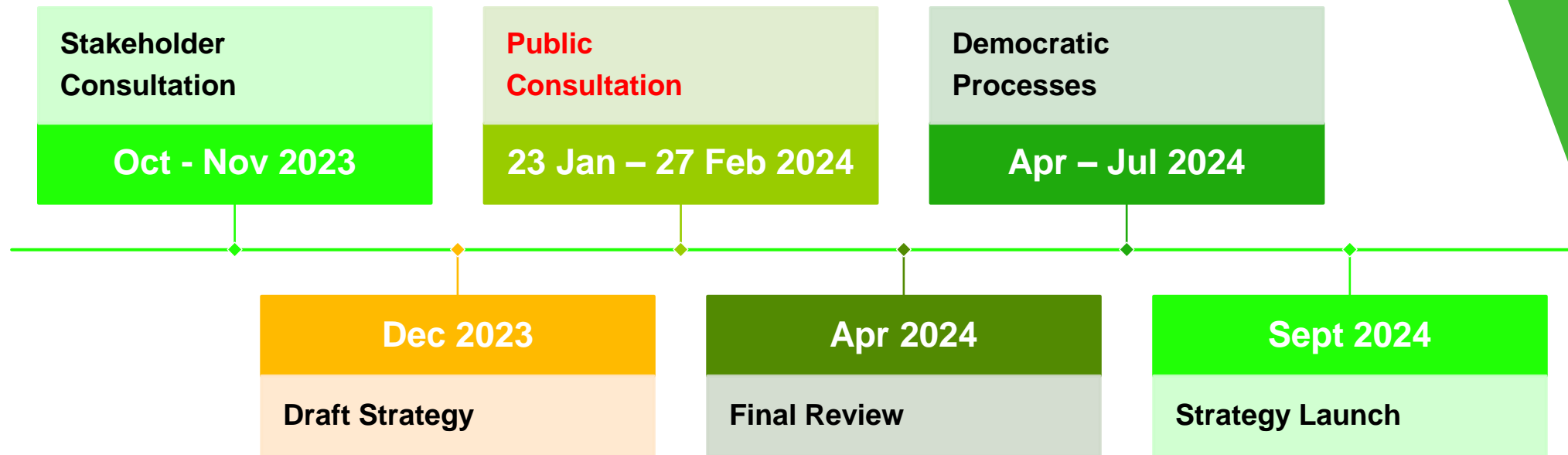


# Our PLAN for 2024-2029



BIG HEART, BIG IDEAS,  
**BIG DIFFERENCE!**

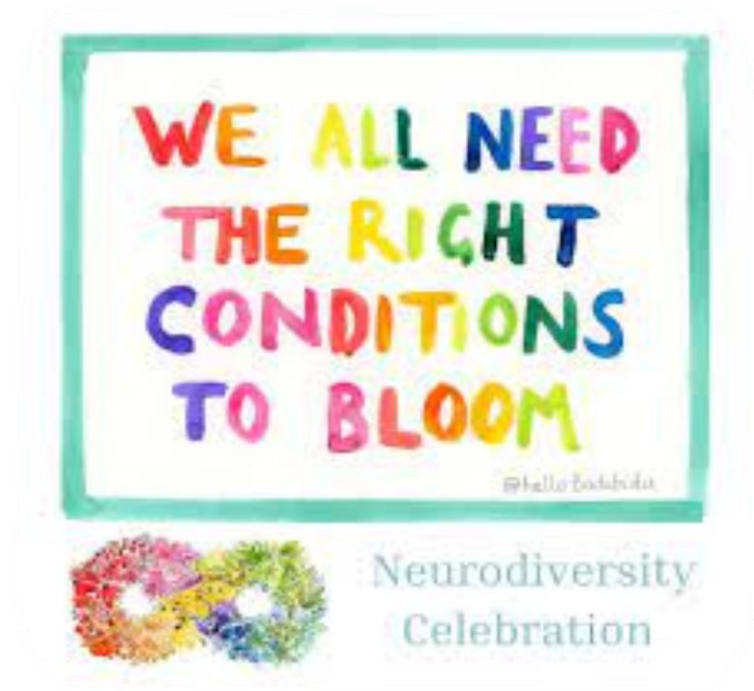
# Timeline



BIG HEART, BIG IDEAS,  
**BIG DIFFERENCE!**

# The purpose of Welfare & Wellbeing Strategy

- ▶ To set out a strategic direction for our services by defining the areas that will be prioritised over the next five years
- ▶ To identify evidence-based priorities for health and wellbeing for local populations and the approaches that will be taken to bring about improvements in these areas
- ▶ Work in partnership with organisations and communities to focus on delivery of these priorities
- ▶ To underpin financial decisions undertaken by officers (e. g., Welfare Fund, Supported Communities Fund)



# Supporting Autistic Individuals

Zoë Beasley  
Autism partnership coordinator

Hampshire  
**Autism**  
Partnership Board

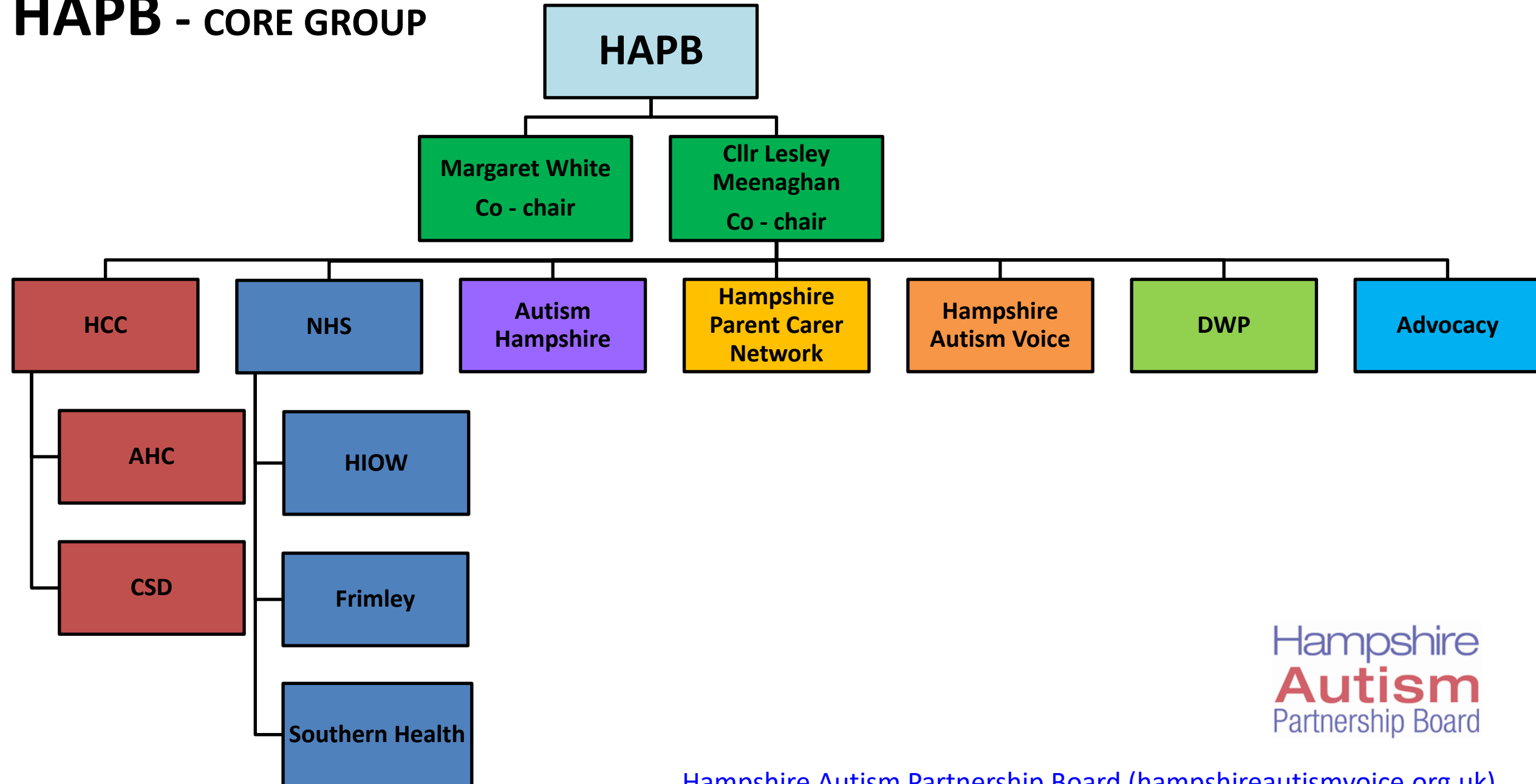


# WHAT IS NEURODIVERSITY?





# HAPB - CORE GROUP



# Hampshire Autism Strategy

Work has been ongoing since December 2021 to review and update the Hampshire\* Autism Strategy to an all-age strategy, that will look to improve services for autistic individuals and those that support them.

The Strategy focuses on six priority areas, which mirror the National Autism Strategy priorities:



Improving understanding and acceptance of Autism within Society



Improving education and supporting transitions



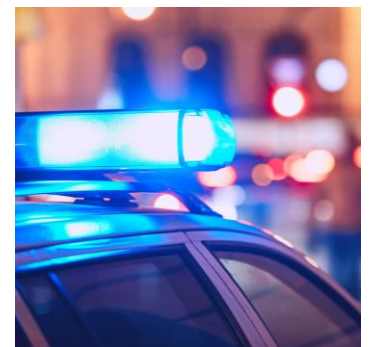
Supporting more Autistic people into employment



Tackling Health inequalities



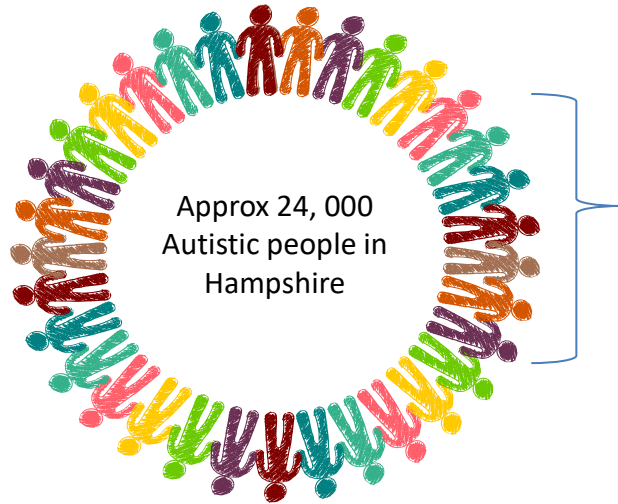
Supporting those in Inpatient care and building the right community support



Improving support in all aspects of the Criminal Justice System

*\*Hampshire for this survey/ the strategy refers to the area covered by Hampshire County Council only*

# Autism demography in Hampshire

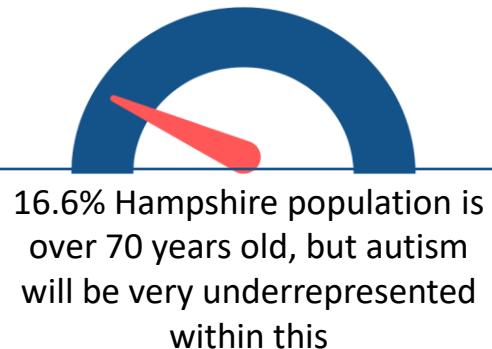


16.7% of all EHCPs show Autism as primary need

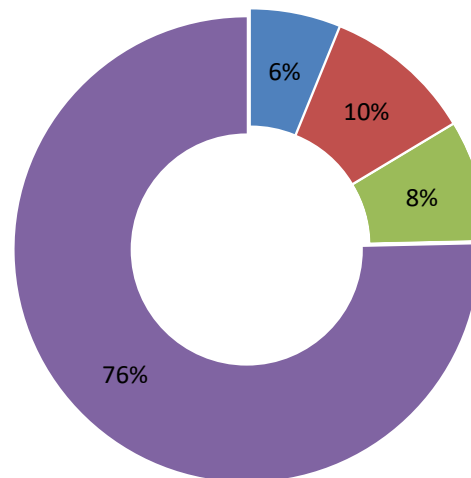
CYP with EHCPs suspension and exclusion rates are higher than national average (Autumn 22/23 term data)

CYP with SEN support had 40.9% of permanent exclusions academic year 22/23 compared to 38.6% of CYP with SEN

SEND & EHCPs



Disability in Hampshire

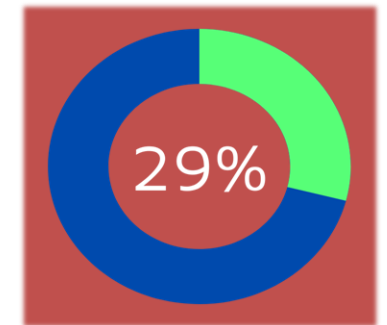


■ Disabled under the  
Equality Act: Day-to-day  
activities limited a lot

■ Disabled under the  
Equality Act: Day-to-day  
activities limited a little

■ Not disabled under the  
Equality Act: Has long-term  
physical or mental health  
condition but day-to-day  
activities are not limited

■ Not disabled under the  
Equality Act: No long-term  
physical or mental health  
conditions



Employment levels for  
autistic people  
(Nationally)

# Health and Care Inequalities for Autistic People

## Prevalence

- Autism referrals have gone up by 200% since 2019
- Less than half of autistic individuals have been identified in Hampshire GP databases (based on the current prevalence)
- 30% of Autistic People have ADHD & 40% have a Learning Disability

## Healthy life expectancy

- Life expectancy is less in autistic people, with less time spent in good health
- Associated long-term health co-conditions including Epilepsy, Eating disorders, ADHD, Ehlers-Danlos syndromes/Hypermobility and Anxiety.

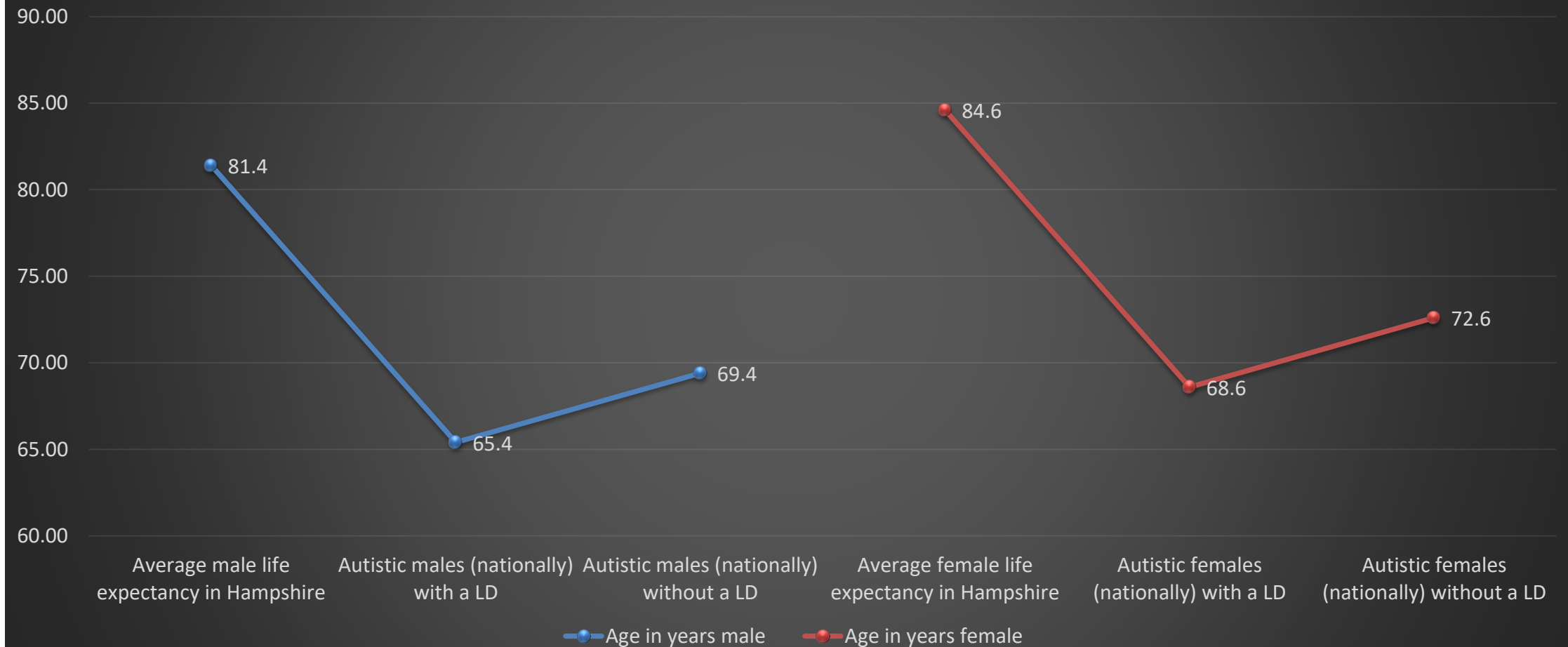
## Mental Health

- 80% of autistic individuals will experience mental health issues during their lifetime.
- Autistic adults without a Learning Disability are 9 times more likely to die by suicide than the general population
- 15% of Autistic CYP have had suicidal thoughts
- Autistic people were 7 times more likely to be chronically lonely than the general population during Covid

## Accessibility and Trust in Health Services

- 85% from our public survey felt being autistic was the main reason attending healthcare appointments was difficult
- Autistic people often feel dismissed, misunderstood, or not believed by clinicians at appointments.
- There are challenging sensory issues, such as noisy waiting areas and unpredictability over timings/who they see/location.

## Life expectancy



# Ways to improve accessibility and inclusion

Send out information  
prior to appointments  
with key information  
(inc. visuals)

Above all... be patient and ask  
where you can assist

Use Flesch Kincaid  
language level  
wherever possible on  
documents - [Flesch  
Kincaid Calculator](#)

Keep people updated  
re any delays

Ask if any adjustments  
may be required

Have clear information  
signs, with imagery

Clarify with the person  
– don't just assume

# Support services in East Hants and Gosport

★ Professionals and training

Developing Understanding and Implementing Practical Approaches



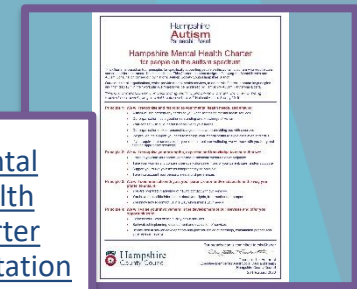
Hampshire Parent and Carer Network



Autism Ambassador Scheme



Mental Health Charter consultation



Community First



The You Trust



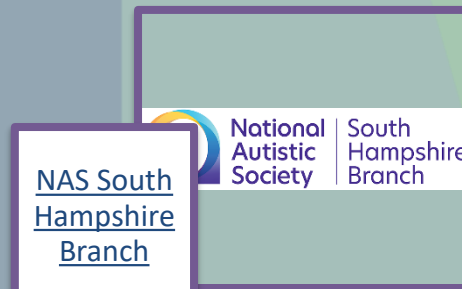
Early Years Inclusion training



Barnardo's neurodiverse support for families



NAS South Hampshire Branch



VoiceAbility Hampshire



SpeakEasy Advocacy





# Support services in East Hants and Gosport

★ Children and Young People

[Autism Hampshire](#)

**Autism Hampshire**  
part of Avenues Group

[Portage - Hampshire County Council](#)

**Portage Association**  
with Parents and Children

[THOMAS Outreach Programme](#)

**Haven**  
Nursery School

[MAKATON: Sing and Sign](#)

**Sing and Sign**

[Gateway Card and Gateway Card +](#)

**Gateway Card**

[Gosport Access Group and Disability Forum](#)

**Gosport Access Group**  
**AGDF**  
Disability Forum

[Farm Buddies](#)

**Farm Buddies**

[Participation and Lifelong Learning](#)

**Participation & Lifelong Learning**

[No Limits - Young People Support](#)

**NO LIMITS**  
Young People  
Themselves

[The Moving on Project - Helping young people in the Fareham and Gosport area](#)

**Spring On**  
PROJECT

[Young Epilepsy](#)

**Young Epilepsy**

[Hampshire Sendiass](#)

**Hampshire SENDIASS**

[Sensory Sunday - Fareham Shopping Centre](#)

**Fareham SHOPPING CENTRE**

[Family Information and Services Hub](#)

**Family Information and Services Hub**

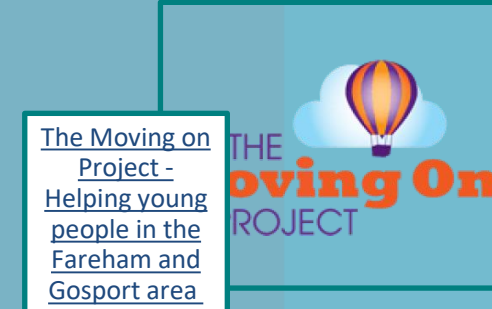
[Little Squirrels SEN Stay and play](#)

**Bushy Leaze**  
Children and Families Centre



# Support services in East Hants and Gosport

★ Adults



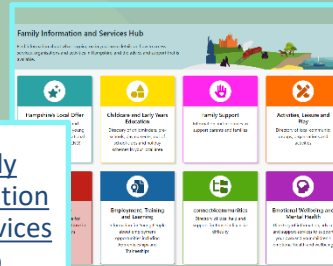
# Support services in East Hants and Gosport

★ Parents/Families/Carers

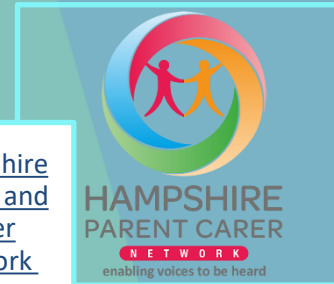
[Autism Hampshire](#)



[Family Information and Services Hub](#)



[Hampshire Parent and Carer Network](#)



[Marvels & Meltdowns](#)



Autism SET



[Sensecerc](#)



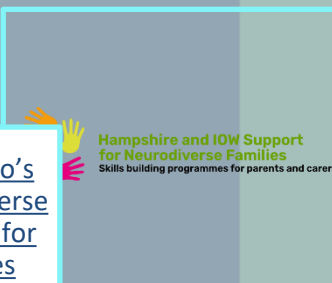
[Gateway Card and Gateway Card +](#)



Chaos



[Barnardo's neurodiverse support for families](#)



[Carers First](#)



[PAAS - Support Group in Petersfield](#)



[SPACE - Support for Parents of Asperger's Children Everywhere - Horndean](#)



# Ways to support us

## Hampshire Autism Partnership Board


- Hampshire Autism Strategy - The strategy is due to be launched soon so please share and utilise.
- Inform us of any initiatives, projects you are working on that we can share at our meetings or to the community and/or any concerns that may affect autistic people (email [autismboard.admin@hants.gov.uk](mailto:autismboard.admin@hants.gov.uk))

## Autism Ambassadors

- Being an Ambassador is a great way to be an ally to an autistic individual - <https://www.ascambassador.org.uk/>

## Mental Health Charter

- The Charter is based on four principles for supporting people who require care and support for their mental health - [Mental health consultation \(shantsnas.org.uk\)](https://shantsnas.org.uk/consultation)



### Hampshire Autism Partnership Board

#### Hampshire Mental Health Charter for people on the autism spectrum

This Charter is based on four principles for specifically supporting people on the autism spectrum who require care and support for their mental health conditions. This Charter has been designed following the Mental Health Autism Consultation carried out by National Autistic Society South Hampshire Branch.

Our aim is for all organisations, which provide mental health services, to adopt this Charter, promote its use and then display it in their work place. Progress will be monitored by Hampshire Autism Partnership Board.

*"Without compassion and understanding, autistic people and families are at risk of being isolated and developing mental health problems."* National Autistic Society 2019

**Principle 1: We will recognise and respond to your mental health needs, and ensure:**

- Autism will not present any barrier to you when accessing mental health services
- Our organisation has a good understanding and knowledge of Autism
- Your contact with all our staff is sensitive to your needs
- Our organisation makes reasonable adjustments when providing you with a service
- We provide the support you need to manage your mental health to avoid escalation and
- If you require another service for your mental health or wellbeing, we will work with you to find the appropriate service(s)

**Principle 2: We will recognise your strengths, expertise and knowledge to ensure that we:**



- Listen to you and your parent, carer and/or advocate without bias or prejudice
- Take your worries and concerns seriously alongside those of your parent, carer and/or
- Support you to live your life as independently as possible
- Take into account your personal needs and preferences

**Principle 3: We will communicate with you, your parent, carer and/or advocate in the way you prefer, to ensure:**

- You are engaged in advance of having contact with our services
- 
- 
- 


**Principle 4: We**

- 
- 
- 
- 



## Autism Ambassador

Southampton - Hampshire  
Isle of Wight - Portsmouth



### Do you want to help your local community?

**Make your business/organisation autism-friendly**







*'the smallest change can make the biggest difference'*




Autism Ambassador  
The Autism Ambassador role was launched by the Autism Partnership Boards of Hampshire, Portsmouth, Southampton & Isle of Wight to help all our communities to become more autism-friendly.

For more information please visit:  
[www.ascambassador.org.uk](http://www.ascambassador.org.uk)

Interested to take part in this fantastic project, please email  
[admin@ascambassador.org.uk](mailto:admin@ascambassador.org.uk)

10 Ambassadors already appointed – *sign up now!*





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What you can do to help me:	My name is:  I am _____ years old I communicate by:	What is important to me:
What people like and admire about me:	<b>Me</b>  Click to add a photo here	My strengths & talents:
My dream is to:	My fears / worries / things I don't like:	My favourite things:

What's  
**YOUR**  
'NORMAL'?

**What's**  
If you are an autistic person around them it

The 'know you describe what such as how much time you spend and how this changes, it's who may not some

## My Health Passport For autistic people



Healthcare staff, please consult this passport before you assess me or carry out any interventions.  
Hospital staff, please keep this passport with my notes at the end of my bed and return to me when I am discharged.

Please look at the guidance notes before filling out your health passport the notes are at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

### Personal Information

Name: \_\_\_\_\_  
I like to be called: \_\_\_\_\_  
Date of birth: \_\_\_\_\_  
NHS number: \_\_\_\_\_

Like the following person to be contacted:

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
No \_\_\_\_\_

act in connection with my treatment and care:

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
No \_\_\_\_\_

ut me is:

### What autism means for me

My name is \_\_\_\_\_ and I am autistic.  
I was diagnosed with autism when I was \_\_\_\_\_.  
My special interests are \_\_\_\_\_  
Being autistic means I am a little bit different from other people.  
I have many strengths, but I also have challenges in some areas. In the boxes below I have listed these things so that you can understand me a bit better.

Social interaction

Social communication

24

Sensory issues

means that I can \_\_\_\_\_



Section 3

### Decision Making Profile

HOW I LIKE TO GET INFORMATION	HOW TO PRESENT CHOICES TO ME	WAYS YOU CAN HELP ME UNDERSTAND	THE BEST TIME FOR ME TO MAKE DECISIONS	THE WORST TIME FOR ME TO MAKE DECISIONS

Section 5

24 Top tips and practical resources for autistic young people

### What might I need for support?

This tool is something you can bring with you to a youth group to help tell the youth group leaders what they can do to include you and make you feel comfortable.

You can ✓ tick options that you like and add your own.

#### Things you must know about me

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Carer name: \_\_\_\_\_

Parent/Carer contact details: \_\_\_\_\_

My diagnoses: \_\_\_\_\_ My medication: \_\_\_\_\_

What to do during a meltdown / shutdown	I like to be:	Please:
	left alone	let my parent or carer know
	allowed to leave	let me move onto the next activity
	checked on by staff	let me play with a toy
	sat somewhere quiet	other _____

Behaviours to look out for	Things that show I'm upset:	Things that show I'm happy:
	scratching	dancing
	not talking to anyone	covering my ears
	leaving the room	humming
	looking angry	other _____
		flapping

Section 5

27 Top tips and practical resources for youth group leaders

### Communication

To make your youth group truly accessible, you should have multiple options for communication such as verbally talking, writing responses on paper or a device and sign language. Autistic people might be very good at expressing themselves, some may struggle to put their thoughts together into clear sentences and some may use assistive technology or alternative methods to communicate.

Some young people may struggle with starting conversations or may need reassurance that their communication preferences are known and respected. This can be done with stickers, lanyards or badges that can be easily interchanged by the young person. Work with the young person to agree the rules of each colour badge and make sure that staff and other members know and respect these rules.

**A red badge** means that the person does not want to talk to anyone, or only wants to talk to a few people. The person might talk to others if they feel able to, and that is okay; the approached people are welcome to talk back to them in that case.

**A yellow badge** means that the person only wants to talk to people they recognise or prefer to have people start conversation with them. They may start a conversation with someone if they feel able to or prefer to have someone start a conversation with them.

**A green badge** means that the person wants to talk to other people. They might have trouble starting conversations but want to talk to people who want to have a conversation.



Editable Download



Resource  
examples

# Resources

## Local Information websites

- **Hampshire's Local SEND Offer:** <https://fish.hants.gov.uk/kb5/hampshire/directory/localoffer.page>
- **Autism central:** [www.autismcentral.org.uk/resources](http://www.autismcentral.org.uk/resources)
- **NAS South Hampshire Branch:** [www.shantsnas.org.uk](http://www.shantsnas.org.uk)
- **Autism Hampshire:** [www.autismhampshire.org.uk/local-autism-directory](http://www.autismhampshire.org.uk/local-autism-directory) & alert card: [www.autismhampshire.org.uk/how-we-can-help/autism-alert-card](http://www.autismhampshire.org.uk/how-we-can-help/autism-alert-card)

## Education

- **AET:** [www.autismeducationtrust.org.uk/resources/](http://www.autismeducationtrust.org.uk/resources/) Resources to Support Autistic Children and Young People ([autismeducationtrust.org.uk](http://autismeducationtrust.org.uk)) / Raising Peer Awareness During World Autism Acceptance Week & [www.autismeducationtrust.org.uk/resources/transition-employment-toolkit](http://www.autismeducationtrust.org.uk/resources/transition-employment-toolkit)
- **Ambitious about Autism:** [www.ambitiousaboutautism.org.uk/information-about-autism](http://www.ambitiousaboutautism.org.uk/information-about-autism)
- **Anna Freud:** [www.annafreud.org/resources/](http://www.annafreud.org/resources/) Neurodiversity Celebration Week toolkit - Secondary ([mentallyhealthyschools.org.uk](http://mentallyhealthyschools.org.uk)) / Neurodiversity Celebration Week toolkit - Primary ([mentallyhealthyschools.org.uk](http://mentallyhealthyschools.org.uk)) & Mental health lead resource hub : Mentally Healthy Schools
- **Learning About Neurodiversity at School:** [leans\\_recommended\\_neurodiversity\\_readings\\_for\\_educators.pdf](#)
- **Sensory assessment checklist:** [AET Individual Sensory Checklist.pdf](#) ([locala.org.uk](http://locala.org.uk))

## Health

- **Health Passport:** My health passport ([autism.org.uk](http://autism.org.uk))
- **CAMHS:** <https://hampshirecamhs.nhs.uk/nhs.uk>
- **NAS:** [www.autism.org.uk/advice-and-guidance/topics/mental-health](http://www.autism.org.uk/advice-and-guidance/topics/mental-health)
- **MIND:** [www.mind.org.uk](http://www.mind.org.uk)
- **Mental Wellbeing:** [www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire](http://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire)

## Communication, planning and accessibility tools

- **Ambitious about Autism** ([www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk)): your-normal-toolkit, what-autism-means-for-me & daily and session planners
- **NAS** - <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools>
- **NDTI:** [www.ndti.org.uk/assets/files/f.-decision-making-profile-editable.pdf](http://www.ndti.org.uk/assets/files/f.-decision-making-profile-editable.pdf)
- **Terminology Guide:** [www.autismeducationtrust.org.uk/sites/default/files/2021-11/terminology\\_guide.pdf](http://www.autismeducationtrust.org.uk/sites/default/files/2021-11/terminology_guide.pdf)
- **Makaton:** [https://makaton.org/TMC/Free\\_resources\\_.aspx](https://makaton.org/TMC/Free_resources_.aspx)
- **The Spectrum:** <https://thespectrum.org.au/autism-strategy/autism-strategy-communication/>
- **Text Help:** [www.texthelp.com/solutions/creating-accessible-content/](http://www.texthelp.com/solutions/creating-accessible-content/)

Good books link - Jessica Kingsley Publishers | Jessica Kingsley Publishers - UK (jkp.com)

Downloadable Resources | Autistic Parents UK

Challenging-Stereotypes-ImWithSam.pdf (dimensions-uk.org)

Resources Archives - Gareth D Morewood (gdmorewood.com)

Communication tips (autism.org.uk)

I am a professional supporting Autistics - Reframing Autism

Hampshire Equality and Rights Advocates (EARA) | Hampshire County Council (hants.gov.uk)

Neurodiversity Celebration Week toolkit - Secondary (mentallyhealthyschools.org.uk)

Neurodiversity Celebration Week toolkit - Primary (mentallyhealthyschools.org.uk)

### **Useful videos and blogs:**

Know your normal: <https://youtu.be/ZLJACPxcojg>

Autism Education Trust – what is autism: <https://youtu.be/h-bc1CJlhbM>

The Neuro Bears - the autism experience: [https://youtu.be/\\_490q6LaHIY?](https://youtu.be/_490q6LaHIY?)

Young people explain what it's really like being autistic <https://youtu.be/xTLUYda-0O8>

Young people explain meltdowns and shutdowns: <https://youtu.be/zseDI1V-BqU> &  
<https://youtu.be/gztHLxesWII>

NAS – sensory overload: <https://youtu.be/aPknwW8mPAM?>

NAS – barriers to work: <https://youtu.be/GAehvcnFjml>

NAS – Diverted short film: <https://youtu.be/GfIKHWfnH-Y>

[Blog | Ambitious about Autism](#)

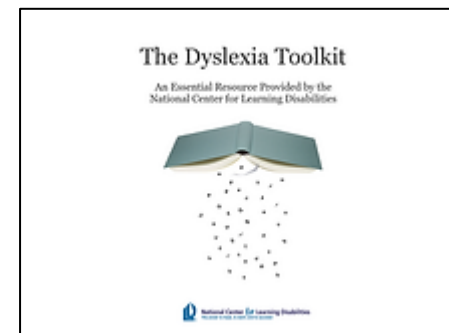
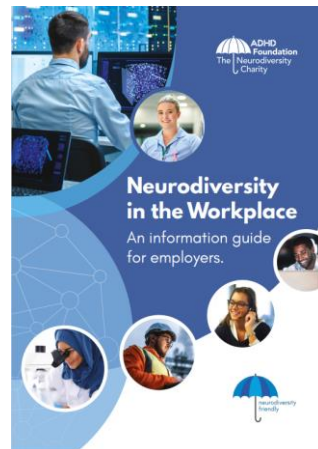
[Blog | Autism Education Trust](#)



## Links for additional resources



# Resources (click on pics for links)



Dyspraxia in the workplace

# Thankyou



Zoë Beasley

**Autism partnership coordinator**

Adults Health and Care, Hampshire County Council

Email: [zoe.beasley2@hants.gov.uk](mailto:zoe.beasley2@hants.gov.uk) Direct dial: 0370 779 6844

**Autism**  
**Ambassador**  
Southampton - Hampshire  
Isle of Wight - Portsmouth  
2021-2022

Hampshire  
**Autism**  
Partnership Board



# Additional information

- The following slides has information and video's that would be beneficial to look at and share with colleagues in your own time.

# Things people may have



Lanyards



[Hidden Disabilities Scheme UK](#)



[I am autistic card \(autism.org.uk\)](http://autism.org.uk)



[Autism Alert Card | Autism Hampshire](#)

[Alert Card Schemes | National Police Autism Association \(npaa.org.uk\)](#)

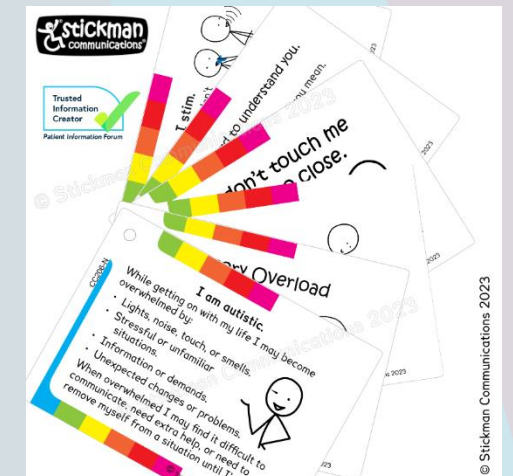


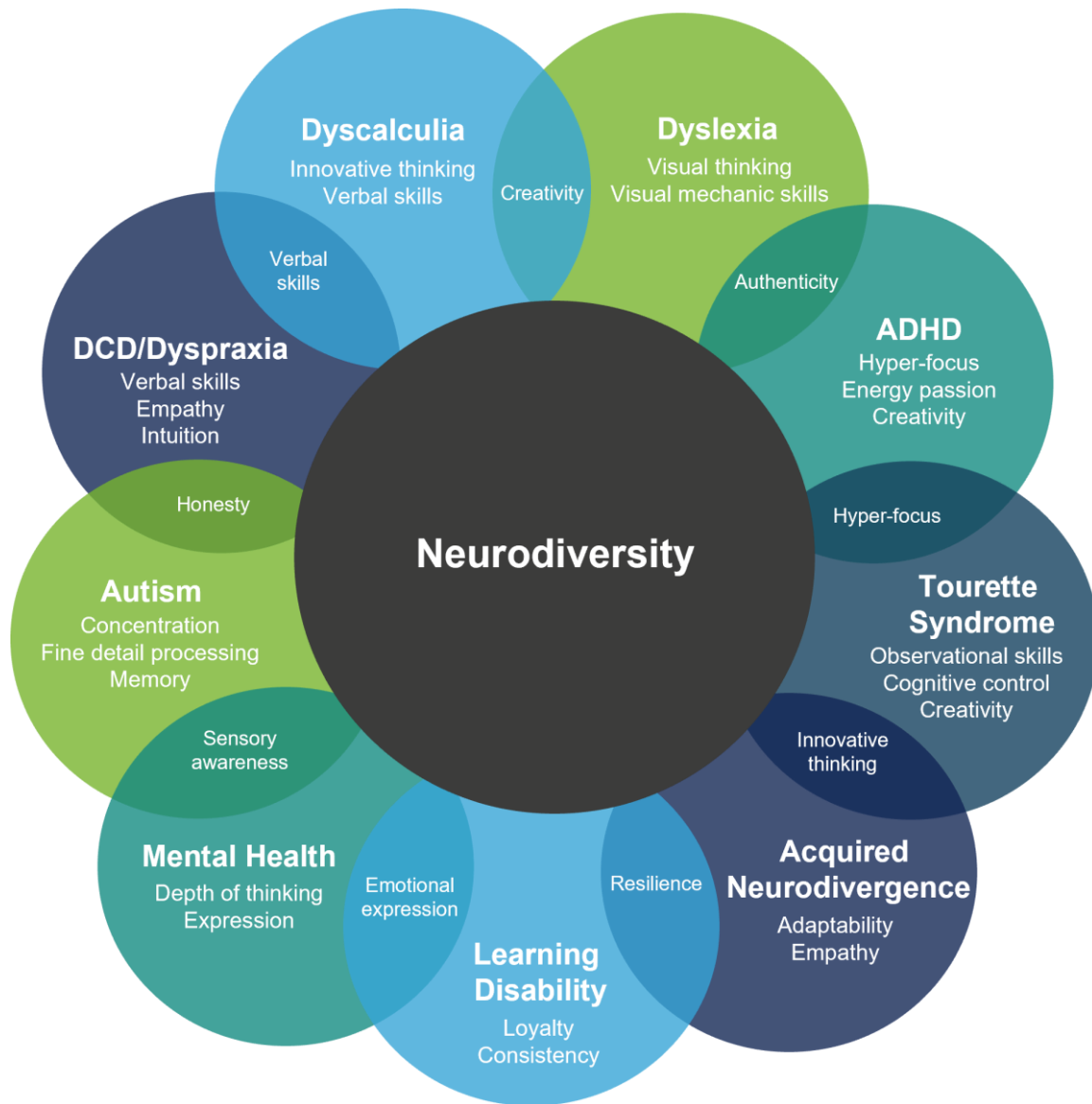
# Things people may use

Sensory  
aids



PECS &  
Electronic  
communication  
systems





# Neurodiversity



	Dyslexia	Dyspraxia	ADHD	Autism
Strengths	<ul style="list-style-type: none"> <li>• Entrepreneurialism</li> <li>• Creativity and cognitive control</li> <li>• Visual reasoning</li> <li>• Practical skills, visual-spatial skills and story-telling ability</li> </ul>	<ul style="list-style-type: none"> <li>• High verbal comprehension ability</li> <li>• Problem solving</li> <li>• Empathy and people skills</li> <li>• Tenacity</li> </ul>	<ul style="list-style-type: none"> <li>• Creative thinking</li> <li>• Visual spatial reasoning ability</li> <li>• Hyper-focus, passion and courage</li> </ul>	<ul style="list-style-type: none"> <li>• Memory ability, and other 'specialist individual skills' including reading, drawing, music and computation</li> <li>• Innovative thinking and detail observation</li> </ul>
Challenges	<ul style="list-style-type: none"> <li>• Memory, organizational skills, time management, stress management, literacy</li> <li>• Workplace participation in terms of mental functions and social interactions</li> <li>• Cognitive functioning and social self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulties with driving, self-care, organization, communication and self-esteem</li> <li>• Processing speed and working memory</li> <li>• Persistence of motor difficulties</li> </ul>	<ul style="list-style-type: none"> <li>• Time management</li> <li>• Concentration, attention and self-regulation difficulties</li> <li>• Insomnia, depression, injury and absence</li> <li>• Maintaining employment</li> <li>• Difficulty with team work</li> </ul>	<ul style="list-style-type: none"> <li>• Time management</li> <li>• Concentration and coping with more than one task</li> <li>• Social and communication difficulties</li> <li>• Need for routine</li> </ul>
Source: <a href="#">The British Psychological Society, 2017</a>				





Billie Eilish.png

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Cara D...gne.png

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Chris P...ham.png

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Clay Marzo.png

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Daniel...cliffe.png

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Emma...tson.png

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Hannah...sby.png

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Jack Monroe.png

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Jessica-...ate.png

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Keira K...tley.png

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Ladyhawke.png

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Will.I.Am.png

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Lewis H...ton.png



Maggie...ock.png



Richard...son.png



Ryan Gosling.png



Satoshi Tajiri.png



Simone Biles.png



Tom St...man.png

Neurodivergent celebrities



Autism

# Social understanding, Communication & Sensory processing

Autistic individuals can have varying levels of communication. Social situations can be difficult for Autistic individuals and cause great anxiety. Autistic individuals may find it more difficult to understand other's intentions and express themselves in the way society deems the 'norm'.

The theory the 'Double Empathy problem' by Dr. Damian Milton explains essentially it is not that Autistic individuals don't have social skills, they are just different to non-Autistic social skills. [The double empathy problem \(autism.org.uk\)](http://autism.org.uk)

Individuals may be Hypersensitivity or Hyposensitivity to certain senses and use stimming to regulate these.





# ‘Autism rates and differences in ethnic minorities and links to social disadvantage’ study

The study of more than 7 million children in the UK showed around one in 57 (1.76%) children in the UK is on the autistic spectrum.

The highest prevalence was found in Black pupils (2.11%) and the lowest in Roma/Irish Travelers (0.85%), with important variability across geographic areas.

26% of Black pupils and 38% of Chinese pupils were found to be much more likely to face significant social disadvantage.

Pupils with a record of autism in schools were 60% more likely to also be socially disadvantaged, and 36% less likely to speak English.

Findings showed that pupils facing social disadvantage were more likely to be autistic.

Professor Fiona Matthews from Newcastle University stated:

*“This study highlights the need for more attention to the unrecognised and differing needs of autistic children from disadvantaged and diverse backgrounds.”*

Task – pen and paper required --- warning of potential sensory overload



This is a video of the young Autistic individuals experience around communication



[Reference: Young people explain communication | Ambitious about Autism - YouTube](#)

# Repetitive behaviours & stimming



Repetitive behaviours can be a major part of life for many Autistic people. They can be an essential way of regulating emotion and providing someone with a source of comfort or enjoyment that enables them to carry on with their day.



# Meltdowns and shutdowns



# Inequalities in Individuals with Autistic Spectrum Condition

Dr Gemma Langman

Clinical Champion for Learning  
Disability and Autism HIOW ICB

[gemma.langman@nhs.net](mailto:gemma.langman@nhs.net)

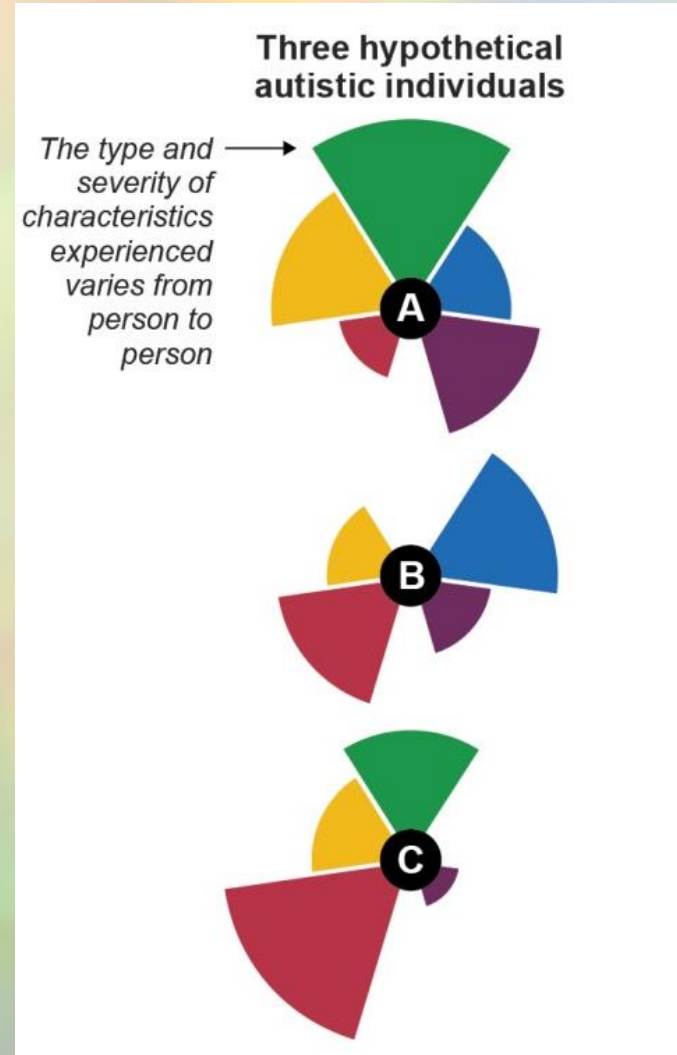
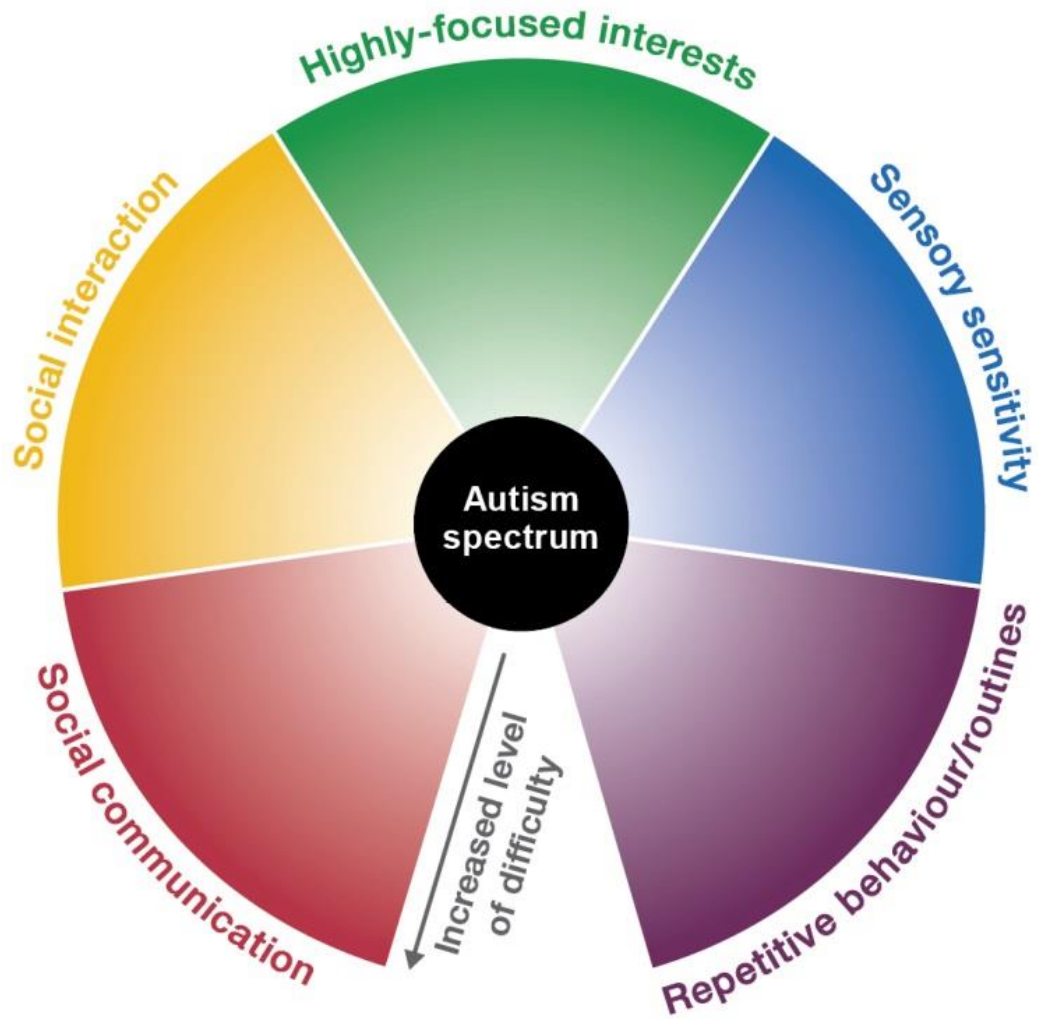


Autistic Spectrum Condition (ASC) is a lifelong neurodevelopmental condition that affects how a person relates to and communicates with other people

There are five different modalities that a person with autism may have difficulties with.....



# A 'spectrum' condition





# Prevalence of ASC

- Estimated to be around 700, 000 in the UK.
- 1 in 100 people are thought to have the condition.
- We haven't got a current good estimate of the prevalence in Hampshire and IOW.
  - But using the above figures, with an estimated 2 million people living within the HIOW ICB, there are at least 20,000 autistic people living in the community.
  - It is likely to be higher.

What is the Significance?



# Mortality rates and outcomes

- There have been many studies that have shown that mortality rates are increased in ASC.
- There are also studies that suggest autistic people have poorer quality health outcomes and poorer healthcare generally.
- Therefore there is evidence to show an inequality in healthcare in those people with autism, with or without a learning disability (LD).

# Misconceptions of Autistic Spectrum Condition

- There is a general lack of understanding throughout society as to what ASC is and how it presents.
- This unfortunately extends into the NHS and Education systems.
- There needs to be more education in the NHS to highlight the possible individual needs of the autistic community.
  - Oliver McGowen training
  - How do we logistically implement this?
  - Is it enough?

# Education

- Due to a lack of support, many autistic children are not receiving the education they need nor deserve.
- The National Autistic Society published their School Report in 2021.
- It reported:
  - Less than half of autistic children are happy in school
  - 26% of parents waited over three years to receive support for their child
  - 74% of parents said the placement their child had, did not fully meet their individual needs

# Education

- Exclusion rates vs home schooling
- What proportion of home educated children are autistic and have been pulled from school because their individual needs are not being met?

# Work, Family and Impact on Society

- In England it is believed that nearly two-thirds of autistic adults do not have enough support to meet their needs.
- Fewer than three in 10 people with autism are in work; even less are full time.
  - This is a particularly low employment rate.
- With every autistic child, comes a family who also need support
  - And implications of non mainstream education.
- The impact of the lack of support and resources for autistic people on society is potentially huge.



# Mental Health

- The Beyond Autism website quotes that 70-80% of children and adults with autism experience or have experienced mental health problems in their lifetime.
- These figures are huge.
- However, due to some autistic people's difficulties with communication and potential difficulties with describing their feelings, these mental health problems can be overlooked.
- Also autism itself can be misinterpreted as other mental health conditions, such as personality disorder, and patients end up on the completely wrong treatment pathway with an inaccurate diagnosis.

# Falling through the gaps....

- I believe one of the biggest issues here in Hampshire though is when autistic people fall through the gaps of services.
- Autism is NOT a mental health condition.
- More often than not, autistic patients, and those awaiting their diagnosis, fall through the gap in mental health support.
- Whilst autism is not a mental health condition, their autistic traits make them more susceptible to mental health issues.
- However, often when secondary care teams see autism in a referral, patients are rejected on this basis as they do not have the resources and sometimes understanding of the needs of autistic patients.
- The impact of mental health problems in this population can cause issues in education, employment and generally functioning in society.

# Falling through the gaps.....

- Case study in Hampshire
  - 7 year old awaiting autism assessment with Psicon.
  - Self harming and having suicidal ideation.
  - Major panic attacks with regards to schooling.
  - Goes to jump off a balcony.
- CAMHS assessed and said
  - “as her anxieties are due to her autism, the family should await autism assessment and await support from that service”.

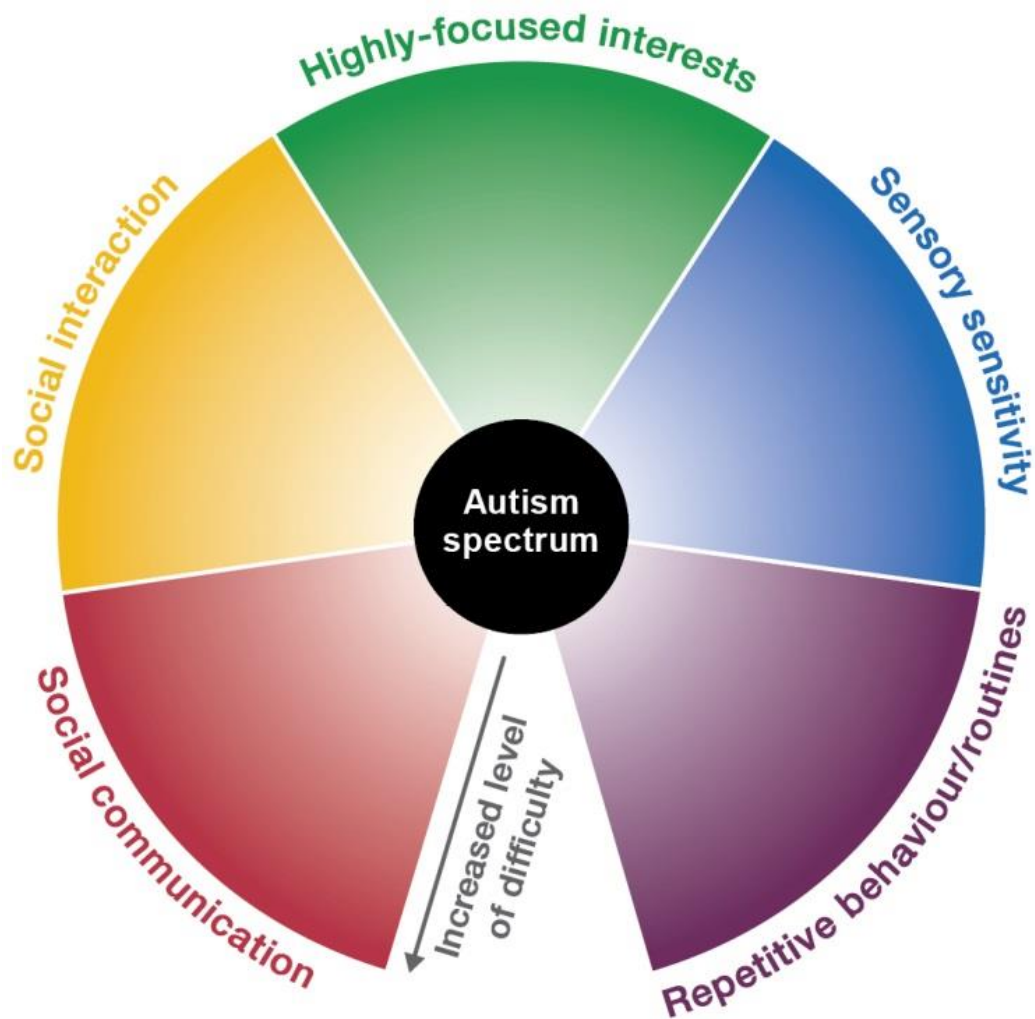
# Falling through the gaps

- What support is there for that family?
  - From CAMHS?
  - From Psicon?
  - After an autism diagnosis?
- As a GP, what can I offer that family?

# A Neurodevelopmental Service

- In an ideal world, the NHS should provide a separate neurodevelopmental service for people with neurodevelopmental disorders (NDD) such as autism and ADHD.
- NDDs are NOT mental health conditions.
- But they are lifelong.
- And their impact on individuals can be huge and affect every part of a person's life.
- The service should include not only diagnostic pathways but support and help to individuals and their families.

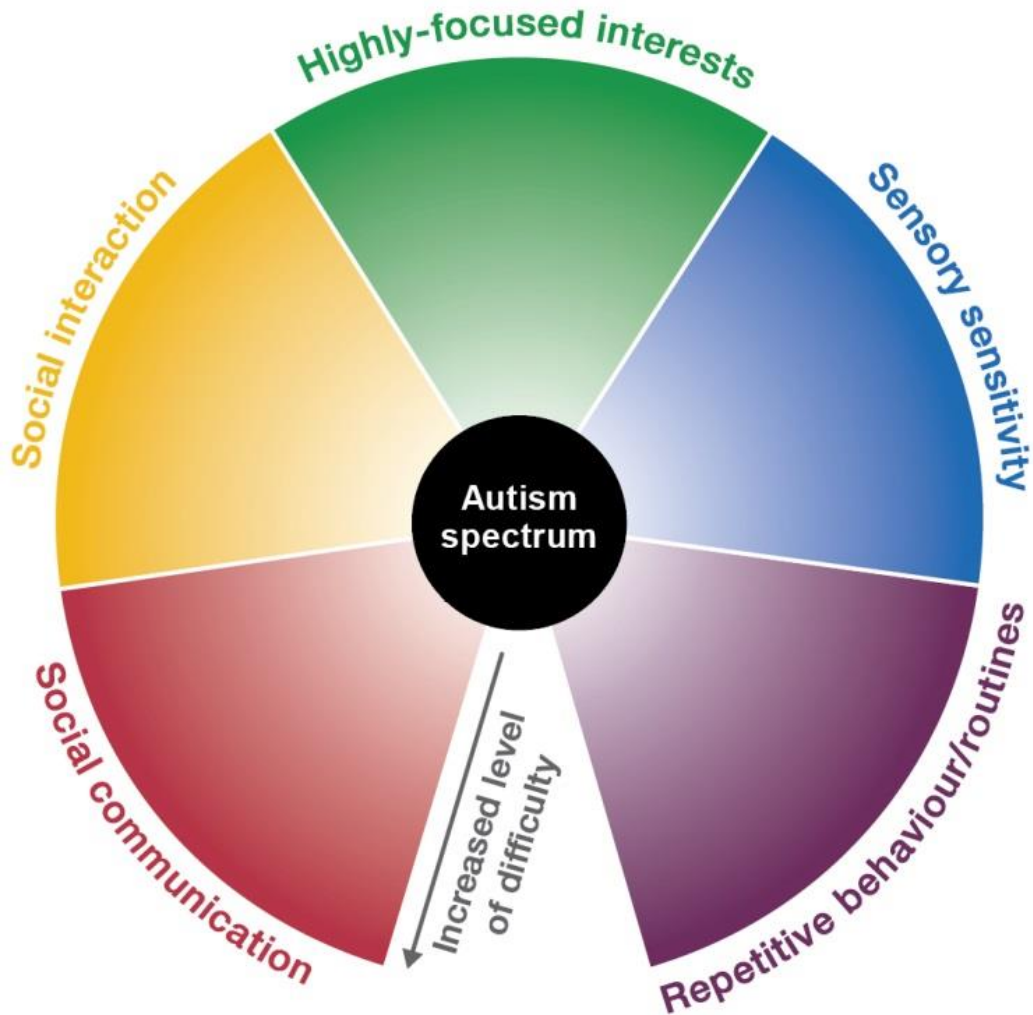




## Accessibility to healthcare

- Tailoring to their individual needs.
- Patients and carers are NOT trying to be difficult.
- They are trying to gain access that works for them.

# Reasonable adjustments



- changes to remove or reduce a disadvantage related to someone's disability.



# Reasonable adjustments

- ALWAYS acknowledge the person
- ALWAYS Show RESPECT
- ask how best to proceed
  - how can I best communicate with you today?
- **LISTEN!**
  - AND REACT TO WHAT YOU HEAR

# Reasonable adjustments



We need to try to provide metaphorical ramps

# Summary – moving forward

- Much more needs to be done for the HLOW autistic community.
- The evidence that their needs are not being met is extensive across the board.
- The inequalities in healthcare in this population I believe is unacceptable.
- Higher mortality rates and poorer health outcomes need to be addressed.



The impact of autism on the individual  
and society as a whole is huge.

We can be - and should be - doing better.

# References

- <https://www.bma.org.uk/what-we-do/population-health/improving-the-health-of-specific-groups/autism-spectrum-disorder>
- <https://www.autism.org.uk/advice-and-guidance/what-is-autism#:~:text=Autism%20is%20a%20lifelong%20developmental,and%20children%20in%20the%20UK.>
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- <https://onlinelibrary.wiley.com/doi/10.1002/aur.2086>
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- <https://molecularautism.biomedcentral.com/articles/10.1186/s13229-022-00501-w>
- <https://undercoverautism.org/2022/12/17/autism-does-not-reduce-your-life-expectancy-being-autistic-does/#:~:text=Autistic%20people%20have%20significantly%20lower,than%20their%20non%20autistic%20peers.>
- <https://www.bma.org.uk/what-we-do/population-health/improving-the-health-of-specific-groups/autism-spectrum-disorder>
- <https://www.autism.org.uk/advice-and-guidance/what-is-autism#:~:text=Autism%20is%20a%20lifelong%20developmental,and%20children%20in%20the%20UK.>
- <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/premature-mortality-in-autism-spectrum-disorder/4C9260DB64DFC29AF945D32D1C15E8F2>
- <https://onlinelibrary.wiley.com/doi/10.1002/aur.2086>
- <https://journals.sagepub.com/doi/10.1177/1362361319827412>
- <https://molecularautism.biomedcentral.com/articles/10.1186/s13229-022-00501-w>
- <https://undercoverautism.org/2022/12/17/autism-does-not-reduce-your-life-expectancy-being-autistic-does/#:~:text=Autistic%20people%20have%20significantly%20lower,than%20their%20non%20autistic%20peers.>
- Autism Ambassador Southampton, Hampshire, Isle of Wight, Portsmouth Presentation slides
- <https://www.gov.uk/government/news/new-review-to-boost-employment-prospects-of-autistic-people#:~:text=People%20with%20autism%20have%20particularly,is%20aiming%20to%20change%20that.>
- Sources: GAO analysis of the Diagnostic and Statistical Manual of Mental Disorders , Fifth Edition (DSM-5) and the National Autistic Society





**Autism**  
Hampshire  
part of Avenues Group



# Ashleigh Spice

## Community Services Manager



[ashleigh.spice@autismhampshire.org.uk](mailto:ashleigh.spice@autismhampshire.org.uk)





**How would you  
make a glass of squash?**



# How would you make a glass of squash?

- Question your own knowledge, judgements and perceptions of a situation
- Ask questions and get clarity
- Check your own understanding and remember it may be different to someone else's
- Be specific and break things down simply

# 1. Information, Advice, Guidance



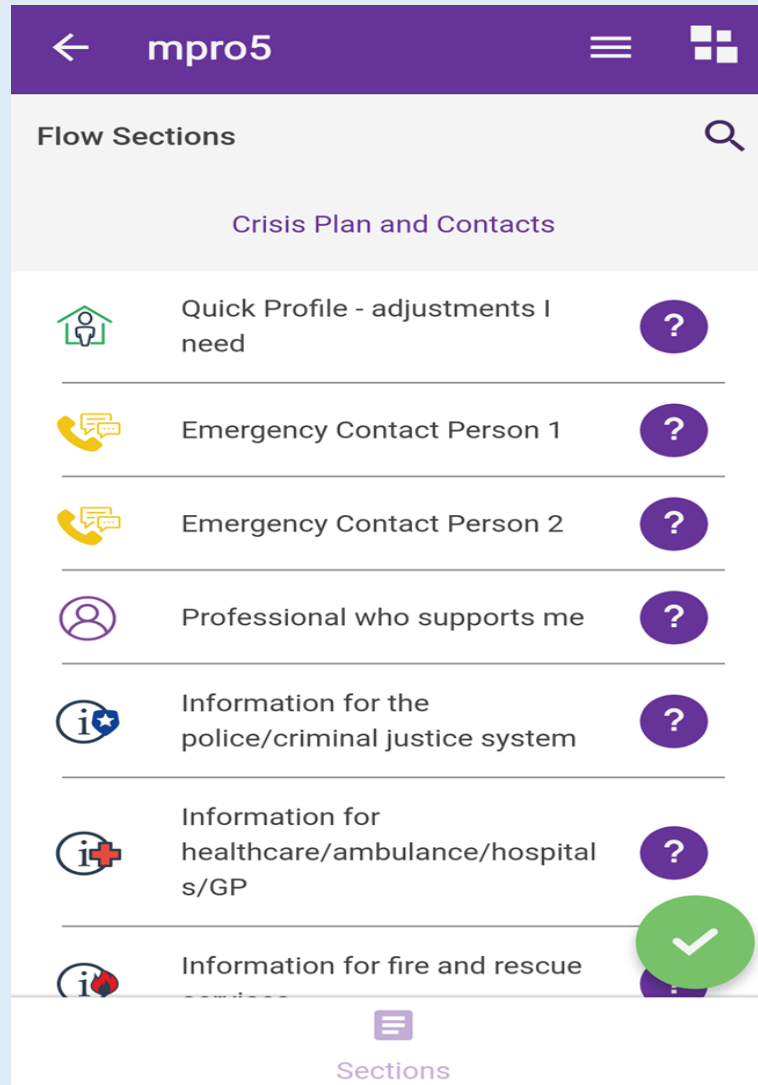
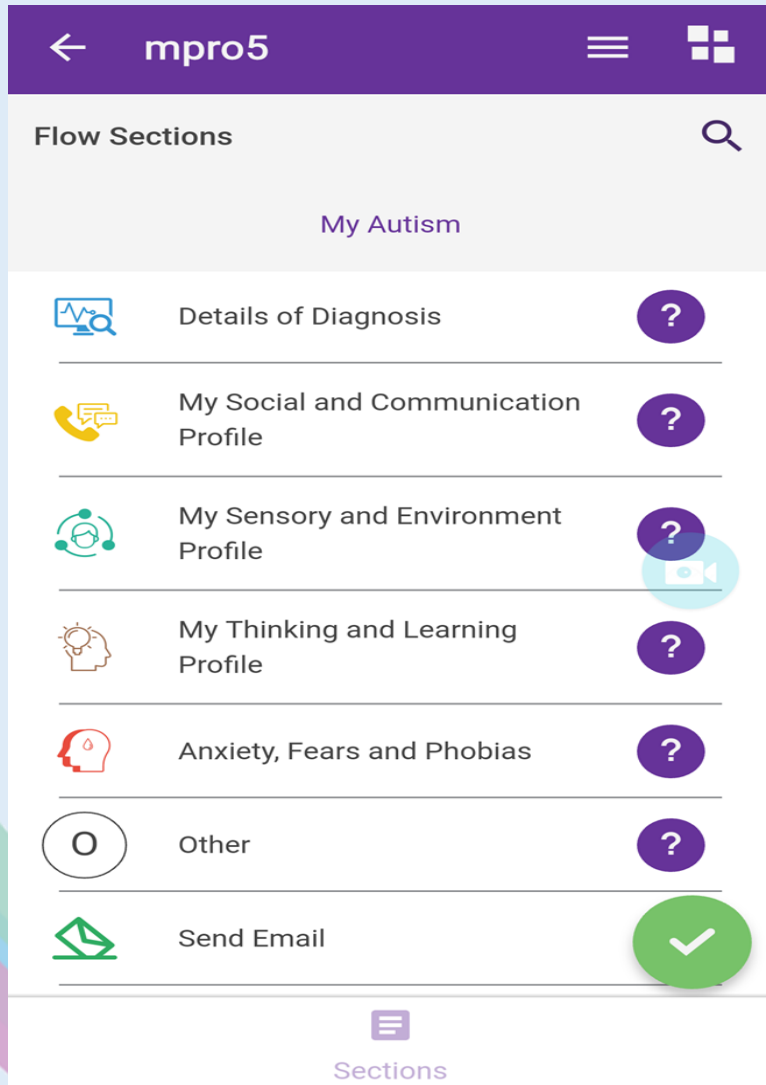
- Free service (for people in Hampshire) to support autistic people, their parents, carers and professionals
- Access available pre, during and post diagnosis
- Open Monday-Friday 9-5

## IAG offers 3 tiered levels of support:

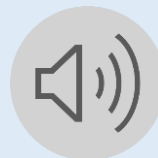
- Tier 1- When a question can be answered through an email or call
- Tier 2- When an appointment is needed or further research and guidance is required
- Tier 3- Ongoing regular appointments with an IAG Officer



# Alert card and Autism Assistance App



## 2. Serendipity Community Groups



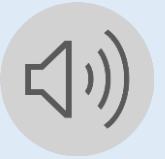
Our Serendipity groups are a great way for autistic adults to meet in a supportive and non-judgmental setting.

- Free online and in-person groups across Hampshire
- Facilitated by our team and trained volunteers
- For autistic adults aged 18+
- No diagnosis needed
- Attend independently or with support if needed
- Most groups meet one to two times per month in a regular venue





# 3. External Training & Consultancy



Empowering autistic people, their families and professionals by learning more about neurodiversity in an interactive way, using first-hand experience.

- High-quality, CPD-accredited training and consultancy
- Training courses are created, designed and, wherever possible, delivered by autistic people themselves using innovative and immersive exercises
- Consultancy includes workplace/environmental assessments and 1-1 interviews

- **Being with Autistic People** (3 hrs): An entry-level course
- **Towards Understanding Autistic People** (6 hrs): An intermediate-level course
- **Understanding, Accepting & Accommodating Autistic People** (6 x 3 hrs): A longer course for parents, professionals, and anyone else who has frequent contact and interaction with autistic people.

# 4. Specialist Mentoring Service

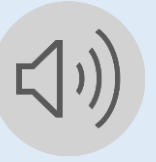


Our service aims to empower university students using specific strategies to help manage barriers to learning and life and encourage successful and independent management of lifestyle and studies.

- For students who are: autistic, have other neurodivergences or specific learning differences and/or mental health conditions
- Online or in person
- Funded by universities or Department For Education based on needs assessments
- Have dedicated time to set goals that help with challenges, reflect on their experience of university and celebrate achievements



# How can you help us?



- **We need more volunteers!** Serendipity Volunteers alone donate approximately 960 hours of their time per year
- **Attend our training courses** – it's made by autistic people with real lived-experience stories and a great way to learn from the experts in Hampshire (CPD accredited)
- **Fundraise for us!** A fun run, silly sock work day
- **Spread the word** – we get such great feedback from people we support – please signpost and share information about our services to others so we can try to support as many people as possible





# Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health Forum Webinar
- ✓ The recording and PP will be saved on Community First's and GVA's webpages within a week
- **Dates** of the 2024 East Hampshire and Havant Health & Wellbeing Forum Webinars/Meeting...
  - Thursday **1-2pm 23 May, 1-2pm** (Webinar)
  - Tuesday **1 October, 12.30-2.30pm** (Networking & Showcase Event - Face to Face)
  - Thursday **21 November, 1-2pm** (Webinar)
- **Please feedback** via Chat or email - including re future Health & Wellbeing Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please ask them to email Jane:- [healthforums@cfirst.org.uk](mailto:healthforums@cfirst.org.uk)
- ❖ Have a **Happy, Healthy Spring!**

## Community First

Leigh Park Community Centre, Dunsbury Way, Havant, PO9 5BG



<https://www.cfirst.org.uk>



[healthforums@cfirst.org.uk](mailto:healthforums@cfirst.org.uk)



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