



Birmingham Autism and ADHD Partnership Board (BAAPB)

Editorial Professor Ashok Roy

Hello all and welcome to our October newsletter. We have some good items in the newsletter this month including information from the Council regarding the recently served Section 114 Notice. I hope that this statement I have shared with you reassures you that despite the current financial challenges that the local authority is facing, support and statutory services for vulnerable people will not be affected.

As always, I welcome your comments on any of the newsletter's contents, and you can send your feedback to:
autismadhd@birmingham.gov.uk.

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Lee Croft, Alex Manners, Joanna Statham & Dawn Page - AAASS Stakeholder Event in Sept



Working in partnership together



Section 114 Notice update Birmingham City Council

The Adult Social Care directorate continues to support and work with citizens in need of support. This means your care will continue to be delivered and new packages will be put in place for people who require them. Organisations who provide services and support on our behalf will continue to be funded to do so.

Birmingham City Council has issued a s.114 Notice as part of the plans to meet the Council's financial liabilities relating to Equal Pay claims and an in-year financial gap within its budget which currently stands in the region of £87m.

Services such as adaptations and aides to daily living, carers' services and community-based services will continue to be funded.

The Council will tighten the spend controls already in place and put them in the hands of

the Section 151 Officer to ensure there is complete grip.

Adult Social Care directorate continues to support and work with citizens in need of support and there is no change to the provision of care being provided.

Support will continue to be provided to people who need it and the council leadership has been very clear that protecting vulnerable people, alongside statutory services, is the priority during this period.





Good Sleeping Workshop

Kelly Bumpas - Resources for Autism

UPCOMING WORKSHOPS

Wednesday 15th November 12:00-2:00pm @B29 7EL

We require everyone to do an entry form first - which is on the flyer



We're hosting a monthly SLEEP workshop for parents & carers to promote good sleep for autistic children and young people in Birmingham and Solihull

The aim of a workshop is to give strategies to help improve sleep for the individual and the whole family. Workshops will be held either online or face to face at B29 7EL

If you are interested please fill in an [ENTRY FORM](#) or scan the QR code



If a workshop is not suitable, we would still like to hear from you. Please contact kelly@resourcesforautism.org.uk

Landau's 'All Age Autism' project has enabled new autistic support services to be brought onto the market in Birmingham and Solihull, to enhance support and encourage innovation and creativity to reflect local issues and need. For more details on this and other projects please visit www.aadirectory.co.uk



resources for
autism
resourcesforautism.org.uk

GOOD SLEEP WORKSHOP

Improving sleep for autistic people and their families



Resources for Autism, 858 Finchley Road, London, NW11 6aB
Telephone: 020 8458 3259
Charity Number: 1061253 Company Number: 3326332



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Autism in Schools

Zoe Taylor - Assistant Service Lead for Communication and Autism Team
Children and Families Directorate

Autistic children and young people in Birmingham schools will have a better educational experience following the recent expansion of the Autism in Schools Project into its third year.

Autism in Schools is a national project which aims to ensure mainstream schools offer environments in which autistic students can thrive, supporting good mental health and promoting a sense of belonging for this group of young people. The cross-system project funded by NHS England, sets out to improve outcomes for autistic pupils.

In the first two years of the project the Communication and Autism Team worked in partnership with Birmingham Parent Carer Forum and the Birmingham SEND NHS Occupational Therapy Team to provide training, resources, audit school learning environments and coordinate closer working between parent carers and schools with 3 secondary schools and 1 primary school.

In year three this work continues with 30 secondary and 12 primary schools from across Birmingham invited to take part during this academic year. It will help schools to develop an inclusive environment which

will improve the experience autistic young people have at school and will also improve the confidence of their parents and carers that the school truly understands their child.

Young people who are autistic will be able to share with their peers what it is like to be autistic in school and what adaptations would make a difference to them. They will have greater opportunities to meet and socialise with others who have similar interests which will reduce social isolation.

Making improvements to inclusion for autistic young people will lead to better attendance and a reduction in suspensions from school, which currently sees high rates for young people who are autistic.

Each school will have the opportunity to host Autism & Me a six-week programme with a strengths-based approach to celebrating difference. The pupils will work alongside their peers to find out more about autism, explore their individual strengths with opportunity to celebrate their individual identities.



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....Autism in Schools

Each school will have an autism focused environment audit C-SENSE, devised by Birmingham SEND NHS Occupational Therapy Team. Parent carers workshops will be included for ten schools with the aim to increase closer partnership working in schools.

Zoe Taylor, Assistant Service Lead Communication and Autism Team, said: "In years one and two we worked with a small number of young people in schools as part of the project. We have listened to what the young people want and now have Autism & Me which we know is really going to make a positive difference."

"Year three is exciting with more young people and schools participating. We want to ensure our schools have inclusive and accessible environments for our autistic pupils with a greater sense of belonging".

Joanne Clifford, Communication and Autism Team has delivered Autism & Me in two secondary schools and said, "I have thoroughly enjoyed working alongside our autistic young people, to empower them to understand themselves, gaining knowledge, sharing experiences with their autistic peers with an open and honest dialogue. It has enabled our young people to have a safe space to talk and share their views, opinions, and questions."

Gaining the young person's voice is integral to the project aims and so far pupils have said: "I can share what I feel at the sessions", "I like it, because I get to learn more about autism and myself", "I have learnt that being over-focused is a positive, about positive traits of autism and also new things about myself".

If you would like to know more about the project, please contact:

catleadershipteam@birminghamam.gov.uk



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**Transitions & Preparation
For Adulthood Service**

Building resilience and independence through
direction, guidance and empowerment

Activities For Young People Sarah Kumar

YES! Youth Empowerment Squad, who work in Co-production with Birmingham City Council, enjoyed an in person meet up at Cannon Hill Park

FREE

Arts and Crafts

(Community Class)

Currently running
every Friday 11:00am – 12:30pm

Explore your creative self with these fun activities:

- Textiles
- Drawing and sketching
- Painting
- Origami
- Poetry



Northside Welcome Centre, 176 Streetly Road, Erdington, Birmingham, B23 7AL.
For more info or to book your place please contact Satpal on:
0121 377 6136 or 07963 123 751,
Email: satpal_snm@yahoo.co.uk
Open to all ages and abilities
Disability friendly



Are you looking for some Adventure?



During this Free Ten week course funded by Hall Green NNS, we will start with 4 weeks of Canoeing, then 6 weeks of Skiing, All for any ability, led by our fully qualified and experienced staff.



Calling all 18-49yr olds with a long term Mental Health, Learning, Autism/ADHD disability, living in one of these areas: Balsall Heath West, Billesley, Brandwood & Kings Heath, Hall Green North, Hall Green South, Moseley, Sparkbrook & Balsall Heath East, Sparkhill.

For info or To book scan the QR code or head to
<https://bit.ly/3M0cPJ5>







SUPPORT PROVIDED FOR INDIVIDUALS AGED 18-49 WITH DISABILITIES

**ARE YOU OR SOMEONE YOU KNOW WITH
DISABILITIES IN NEED OF ASSISTANCE?
WE PROVIDE SUPPORT IN VARIOUS AREAS:**

- ✓ DEVELOPING BASIC FOOD HYGIENE SKILLS
- ✓ ASSISTING WITH BUDGETING
- ✓ HELPING IN FINDING VOLUNTEERING OPPORTUNITIES OR EMPLOYMENT
- ✓ TEACHING BASIC MEAL PREPARATION & COOKING SKILLS

FOR REFERRALS & FURTHER INFORMATION CONTACT US

DROP-IN COFFEE MORNINGS EVERY THURSDAY'S 10.30AM-11.30AM



Office: 0121-792-5442
Mobile/watsapp: 07847661022
info@daaruljannah.co.uk
@daaruljannahservices
www.daaruljannah.co.uk

Opening Times
10:00AM - 4:00PM
Monday-Friday

Address
861 Stratford Road
Birmingham B28 8BH

FOOTBALL FAMILY

Providing apprenticeships for the West Midlands



- L2 Community Health And Wellbeing
- L2 Community Activator Coach
- L3 Business Administration
- L3 L2 Customer Service
- L4 Elite Sports Coach
- L3 Content Creator
- L4 Data Analyst
- L2 Hospitality

For more information

✉ Martin@footballfamily.org.uk
🌐 www.footballfamily.org.uk
☎ 0121 289 2146




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New autism support launched for families and carers across England. Autism Central

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support. Local support helps families to get the right understanding and adjustments in place across the services they use.

Everything the programme does is informed by, or co-produced with autistic people, families and carers.

Autism Central hubs deliver the programme in seven regions of England through group and one-to-one sessions, giving information on local services.

Each session is delivered by parents and carers of autistic people who are happy to share their knowledge and experience with others.

What do parents and carers say?

"I have only recently discovered Bristol Autism Support and I am looking forward to utilising more of your resources to help my family help my son. I am so very grateful for the work you are doing and would be utterly lost without you. I felt like I was floating lost at sea before and then you came and threw me a life ring. THANK YOU !!" Parent, Autism Central South West

"Thank you so much for all your help and advice. It is really appreciated. Just to know that there are people out there to help is such a comfort." Parent, Autism Central South West

Our Autism Central hubs offer guidance to families, carers and personal assistants of autistic people. They offer one-to-one sessions to help you find the information and support available in your area.

Hubs also run group events such as workshops, drop-in sessions, coffee mornings or virtual meet-ups.

<https://www.autismcentral.org.uk/events>

You can also contact a hub if you are interested in helping other families by becoming a peer educator.

<https://www.autismcentral.org.uk/get-involved>



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Autism West Midlands Henry Webster



Autism West Midlands successfully funded for autism specialist parent/carers support

Forward Carers Birmingham are delighted to announce 17 new Carer Projects will be launching in autumn to support unpaid Carers in Birmingham. These projects will provide a wide range of activities and services to complement the existing support available via Birmingham Carers Hub. Autism West Midlands have been successful in their grant application for funding to provide 2 years of services specialising in autism parent/carers support in Birmingham.

Henry Webster, Operation Manager for Autism West Midlands said: “We are so pleased to be able to offer parents and carers support in Birmingham. We know there is much need for specialist carers support in this area and look forward to helping around 200 parent/carers each year”.

The service will offer support across the city for parent carers who will benefit from support, information, advice, and guidance around a variety of challenges faced by parent/carers. affecting parent/carers.

This could include support in learning more about autism, sensory issues, navigation of both health and educational systems and a multitude of other issues.

We will be able to offer parent/carers individual 1-1 appointments for up to 1 hour where we can provide helpful information, advice, guidance, and signposting. We will also offer focused support groups that will enable parent carers to benefit from themed groups sessions and develop peer support networks. Each session will include specialist autism related topics with helpful takeaway resources. Themes for groups will be based upon the needs of the group. Groups will also be offered the opportunity to participate in other activities of their choice such as lunches out, wellbeing walks and guest speakers. Groups will provide a social opportunity and allow people to share experiences and develop peer support from other parents/carers.

The service will be going live in mid-October.



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Survey around employment for sensory impairment

Sumyra Ul-Hassan

Hi, my name is Rachel and I'm the Children's Commissioner for England.

I have launched this survey, **The Big Ambition**, to hear from all children and young people in England aged between 6 and 18 years old. Adults can answer on behalf of a child or young person aged up to 18.

I will use this survey to take children and young people's views to the Government.

Everything you tell me will be kept private, and you don't have to answer any question if you don't want to. To find out more, visit my website.

Remember, there are no right or wrong answers. Just answer honestly!



To participate please go to:
https://www.smartsurvey.co.uk/s/the_big_ambition/



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ADHD and Work ADHD UK

We have created a welfare pack to help people with ADHD in the workplace.

It is designed to educate on what it means to have ADHD in the workplace, and to aid the conversation between an employer and an employee with ADHD, with the aim of increasing mutual understanding and to help identify helpful reasonable accommodations.

This deals with the very important issue of people's jobs and careers in the workplace, so we must issue a disclaimer that whilst every effort has been made with it, that it is used at your own risk.

The welfare pack is constructed of three sections :

- **An introduction to ADHD from the perspective of the employer.** For the conversation to be impactful it is essential that the employer has a good understanding of ADHD.
- **A structured conversation.** This aims to ensure a well-rounded, disability-focused conversation between the employer and the person with ADHD. Without structure we've found the conversation can often be too short and focused on "problems" rather than traits.
- A list of **ideas for workplace adjustments.** Reasonable adjustments that have come out of our own research. We name it "Ideas" so as not to close off any adjustments that might come out of your meeting.

We welcome feedback on the program to continue to build and enhance it.

If you are using the pack and want support on it you can access free support through our drop in advice clinics we also offer individual private support for both employers and employees via our corporate support services.

For more information, please go to:

<https://adhduk.co.uk/adhd-and-work/>

For various events on ADHD please go to:
<https://store.adhduk.co.uk/events/month/>



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All Age Autism Support Service Pip Long



All Age Autism Support Service

How is the All-Age Autism Support Service supporting Birmingham & Solihull?

The All-Age Autism Support Service provides community support to autistic people, their families & carers living in Birmingham & Solihull. This service is funded by the NHS England and managed via the Birmingham and Solihull ICB, managed by Landau.

Its aim - to bring **NEW** autism support services onto the market & provide a self-help online Service Directory of support services that enhance the local offer.

Improved access to these services enhances community support & grant funded projects encourage innovation and creativity reflecting local issues and the need of autistic people of all backgrounds. The project supports early intervention through services that include support with sleep, education & learning, employability, access to holiday clubs, social support & sensory issues to name a few.

The three project aims are:

- A **self-help, searchable Service Directory listing all autism support** available in the area for all ages – this includes events, organisations providing autism support <https://www.aadirectory.co.uk/>
- A **website referral process allowing self-referrals & professional referrals** to organisations in the Birmingham & Solihull community providing **FREE autism support** <https://www.aadirectory.co.uk/signpost-to-services/aaa-grant-awardees--referral-options-here>
- A **Grant award process** for third sector community organisations providing autism support. Grants of £5,000 to £30,000 are available <https://allageautism.co.uk/> Grants will support a range of activities aimed at helping individuals towards leading happier, healthier, and independent lives. **The grant award process is now closed.**

To-date we have awarded grant funds to 32 organisations supporting over 2800 autistic people/their families/carers with FREE support services – your support for these new services will demonstrate demand & ensure we are providing autistic people with improved access to services.

Please click on the links to view the information available & access the FREE services that are being offered in Birmingham & Solihull.

For more information, please contact us at:
aaa@landau.co.uk



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www.birmingham.gov.uk



Contact:
07703 373 674



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All Age Autism Support Service Pip Long

All Age Autism Support Service latest news...

The response to Grant Funding available through the All-Age Autism Support Service has now exceeded the grant funding available – we have awarded 32 grants supporting over 2800 participants with FREE & innovative new services.

The funding has been used across a wide variety of projects supporting autistic people & their families with sports activities, youth clubs, independent living skills, music, sleep support & training, overcoming stigma associated with autism, bespoke autism provision for families struggling to cope in the school holidays & recognising the support needed to gain sustainable employment opportunities, to name a few.

Our recent **AAASS Stakeholder Event** held in September summarised project impact & future plans for completing the Evaluation framework. We were delighted to be joined by our keynote speaker Alex Manners, neurodiversity, and autism speaker, who was diagnosed with Asperger's at age 10.

Alex spoke of the struggles and challenges he faced at school, the fight his parents

endured to get the support he needed throughout his education and the need for greater understanding of autism and Aspergers within education and society.

He applauded the AAASS project saying: ***"The All-Age Autism Support Service is amazing. If it had been available 10 or 15 years ago it would have made a massive difference to my life and to the support, I and others would have received."***

We followed this with a Q&A session with invited Panel members Dawn Page, Deputy Partnership Manager Serco Leisure, Joanna Statham Inclusion and Engagement

Manager DWP, Lee Croft Community Engagement Officer at Solihull Football Club & Alex Manners, exploring the core capabilities required by employers within the Leisure Industries to support people with autism to enter the workforce and access services.

The focus then turned to hearing from participants and carers themselves who shared powerful testimonials about the difference AAA funded projects have made to their lives.



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This included student RJ who has been attending the stE.P Up project – a DJ and music production programmes for autistic and neurodivergent young people managed by Birmingham base B:Music

RJ talked about his passion for music technology but struggled at school. Having started the project in May 2023 RJ has flourished both as a musician and with his confidence. RJ said:

“Everything is done calmly and introduced in a way that suits me. I’m grateful for the charity and I hope the funding continues for others to experience the same as I have.”

Laura Watts from Birmingham-based Children’s Quarter – a cooperative alliance of groups that provide support and inclusive services for disabled and



vulnerable children, young people and their families – said:

“We have parents in our network who are really struggling, and this funding has made a real difference. One of the biggest barriers for parents of autistic children is the lack of childcare provision and that often means they cannot work.”

One mother, who has four autistic children and was given access to three days of childcare during the school holidays through services run by the Children’s Quarter, said: **“Laura was like a fairy godmother in helping us to access these services. The funding is really helping families like ours – it was a real lifesaver. I felt like my children were like any other children and not discriminated against.”**

Charity coordinator Nimo Hirsi said the organisation was about creating acceptance, understanding, and helping people to cope. With funding from the AAASS the charity has created a sensory room for autistic individuals.

She said: **“We provide mental health support and through our community can help each other, see through things together and we are celebrating small steps.”** One mother who uses the service has an eight-year-old son who is autistic and a three-year-old who is currently being assessed.

“I thought I was doing okay until I found this service and started to meet other parents and share experiences. My three-year-old is currently going through the process of being diagnosed so I know I’m going to need more support.”

Referrals are still available to grant funded projects and the range of FREE services available can be found on the Service Directory. [AAA Grant Awardees - Referral Options Here \(aadirectory.co.uk\)](https://www.aadirectory.co.uk) The Service Directory provides an **on line self-help directory of community services & events** & a search function so users can find services more easily, using key words and/or location it now has over 450 entries & up to-date details on autism events & community services available <https://www.aadirectory.co.uk/>

For more information, please contact the All-Age Autism team at – aaa@landau.co.uk **For information, advice & guidance** please contact Grant funded project - Autism West Midlands who operate a helpline on – **0121 450 7575**



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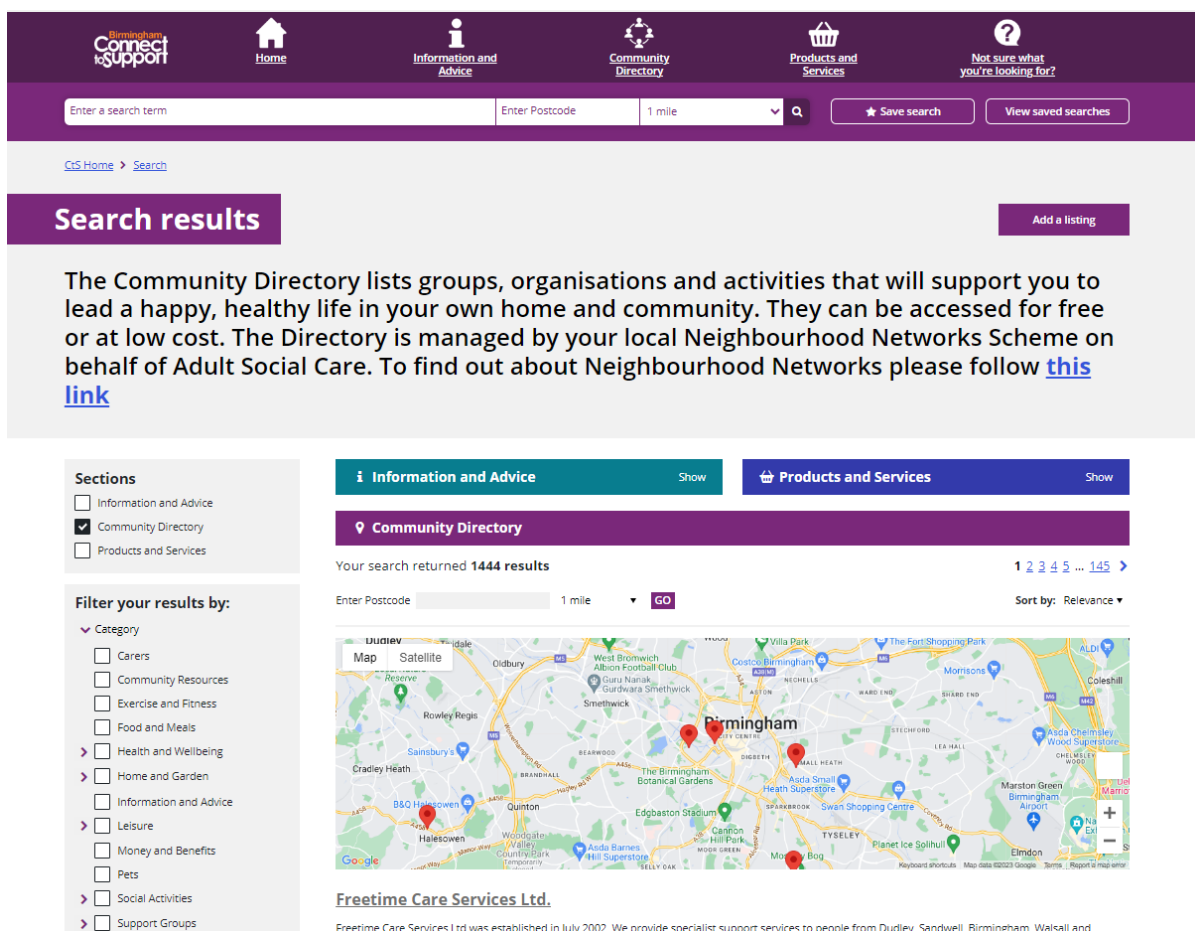
Birmingham Connect to Support Birmingham City Council

Please find useful resources below...

Birmingham Connect & Support

This resource helps people search for activities in their area. There are now activities for adults with disabilities over the age of 18, which includes autistic people and people with ADHD.

Web address: <https://birmingham.connecttosupport.org/>



The screenshot shows the Birmingham Connect to Support website. The header is purple with navigation icons for Home, Information and Advice, Community Directory, Products and Services, and a help icon. Below the header is a search bar with fields for 'Enter a search term', 'Enter Postcode', and a distance dropdown set to '1 mile'. There are buttons for 'Save search' and 'View saved searches'. The main content area has a purple banner for 'Search results' with an 'Add a listing' button. Below this is a paragraph explaining the Community Directory. On the left, there are 'Sections' (Information and Advice, Community Directory, Products and Services) and 'Filter your results by:' with a 'Category' list including Carers, Community Resources, Exercise and Fitness, Food and Meals, Health and Wellbeing, Home and Garden, Information and Advice, Leisure, Money and Benefits, Pets, Social Activities, and Support Groups. On the right, there are tabs for 'Information and Advice' and 'Products and Services', and a 'Community Directory' tab. Below the tabs, it says 'Your search returned 1444 results' and 'Sort by: Relevance'. A map of Birmingham is shown with a red pin on the city center. Below the map is the listing for 'Freetime Care Services Ltd.' with a brief description: 'Freetime Care Services Ltd was established in July 2002. We provide specialist support services to people from Dudley, Sandwell, Birmingham, Walsall and'.

For instructions on how to use the directory, please go to:
<https://www.youtube.com/watch?v=rk73HOcnVn8>

Share Your News about Autism and ADHD. If you have any news for sharing with other members of the BAAPB or would like to comment on any of the items in this newsletter, please email the details to: autismadhd@birmingham.gov.uk

Other Business

autism
west midlands

Rising to the Challenge

Autumn 2023

Topics include:
Autism as a Spectrum
Autism and Communication
The Sensory World of Autism
Autism and Anxiety

Dates
25/9/23
2/10/23
9/10/23
16/10/23
23/10/23
30/10/23
6pm
to
8.30pm

Birmingham and Solihull
A free six session course for parents/carers who want a better understanding of their autistic child and ways to best help and support them.

Free for Parents and carers of an autistic child/children, (or on the assessment pathway) living in the Birmingham & Solihull.

Kings Norton Business Park, Imperial Court, Sovereign Rd, King's Norton, B30 3ES

To book a place please visit: <https://autismwestmidlands.org.uk/events/>

For more information please contact Amy
T: 07881109482
E: amys@autismwestmidlands.org.uk

GIRLS ALLOWED IS COMING TO BIRMINGHAM!

Friday 3rd November
The Lighthouse, Young People's Centre B19 2LN
12 - 5pm

Oh and most importantly, it's only Girls Allowed!

All participants receive free goodies, including an exclusive Nike sports bra*

With a live DJ keeping us all up beat spinning all the latest tunes, this is a session not to be missed!
Spaces are limited, so sign up today to make sure you don't miss out!

ESP FDN

FREE

sāheli hub
Multi sport

SPARKHILL PARK
WEDNESDAY
12:30-1:30PM
(For 18-49 year old's with additional needs)

SMALL HEATH PARK
WEDNESDAY
2-3PM
(For men aged 50+)

07443039458

Share Your News about Autism and ADHD. If you have any news for sharing with other members of the BAAPB or would like to comment on any of the items in this newsletter, please email the details to: autismadhd@birmingham.gov.uk