



January 2017

Advice Line: 01743 539201 and answerphone

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Email: shropshireautismhub@gmail.com

www.shropshireautismhub.moonfruit.com

Information, legal advice and support for adults with autism.



SHREWSBURY



Louise House

Roman Road, Meole Brace

Shrewsbury SY3 9JN

Autism Hub
Drop-In
Every Thursday
from
12pm-4pm

Louise House
Roman Road
Meole Brace
Shrewsbury
SY3 9JN

-Advise & Support
-Activities
-Life Skills
-Planning for the future

The information in this leaflet can be made available in other formats such as large print and audio

A4U is a company limited by Guarantee
Company No. 04381722 — Charity No. 1092083

Working in partnerships with other advice agencies



01743 539201

What we offer

The Shropshire Autism Hub is designed for adults on the autism spectrum, with or without a diagnosis. Families, Carers, Health and Social Care Professionals are also welcome.

The Autism Hub is designed to help provide advice on welfare benefits, housing, relationships, monetary advice and employment opportunities that are available for people with autism.

The Hub works exclusively with adults with Autism to support them and has the following aims:

- to help with coping strategies
- improve confidence
- learn to socialise in a safe environment
- to promote independent living
- to support self management

We also have a weekly drop in available every Thursday, in the state of the art IT suite, to further provide services and activities that encourages people to develop, learn and progress in a safe and fun environment, as well as support expression in an autism friendly way.

Finally there are many other activities available to be involved in such as Fitness Activities for Health, Budgeting Workshops, Health Checks, Drama Club, Healthy Eating and Cooking Sessions, Teaching Practical Skills and Board Games.

Our service is for

- People on the autism spectrum
- Families and carers
- Health and Social Care Professionals
- Anyone seeking information on the aspects of autism

Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.

How to access our services

- We can be contacted by telephone during the day or by answer phone outside office hours or by email
- We accept referrals from health and social care professionals, local councils, other voluntary agencies and government departments (see website for form)
- We have offices and a state of the art IT suite available in Shrewsbury for pre-arranged appointments and bookings
- Our website is available for information, forms and leaflets