

Calderdale: Autism Services Directory 2016



CALDERDALE COUNCIL &
THE NATIONAL AUTISTIC SOCIETY

Contents

What is the Calderdale Autism Services Directory?	2
Advocacy	3-7
Benefits Advice	8-9
Carers and Parents Groups	10-14
Education	15-20
Employment	21-25
Health Services	26-30
Counselling	31-32
Leisure	33-35
Mentoring	36
Social Groups	37-38
Support Groups	39-42
Contact Us	43

What is the Calderdale Autism Services Directory?

The Calderdale Autism Services Directory is a holistic document which provides information about groups and organisations which provide a service to people with an Autistic Spectrum Condition (ASC) in Calderdale and surrounding areas. These groups and organisations are currently accessible to people who have an ASC, but may not be Autism specific.

Please note, that some of these groups and organisations may offer multiple services to people with an ASC but have been categorised based on the primary service they offer.

Advocacy

NAS Autism in Maturity Project (National)



The Autism in Maturity project is a national project which aims to provide information and advice to people over the age of 40 via a telephone and email service. Areas where advice can be sought include welfare benefits, community care and housing.

Benefits - Advice on which benefits you may be entitled to and how to complete claim forms; what to do if you think a decision is wrong; and how to appeal to tribunal.

Community Care - Advice on finding out what help you can get from your local social services department; how to access the help; and how to challenge your social services department if you are not happy with their decisions.

Housing - Advice on your rights as a tenant; how to deal with disputes with your landlord; advice if you are facing the loss of your home; and how to access social housing.

Phone: 020 7923 5757

Email: advice40plus@nas.org.uk

Website: www.autism.org.uk/Our-services/Advice-and-information-services/Autism-in-Maturity-Service.aspx

NAS Calderdale Branch



The NAS Calderdale Branch provides support, information, training and social activities for families and adults affected by an Autistic Spectrum Disorder (ASD). These include informal coffee mornings once a month, speakers and training sessions, family days out and social events for children. The Branch also works with local service providers to advise them on the needs of ASD people

Phone: 07798 617448

Email: calderdale@nas.org.uk

NAS Community Care Advice Service

The NAS Community Care Advice Service offers advice and information about community care issues, including finding out what help you can get from your local social services department; how to access help; and how to make a complaint to your social services department if you are not happy about their decisions or the services they offer.

Some of the help that people affected by Autism may be entitled to include Direct Payments, day centres, respite services, or help with housing options. The Community Care Advice Service can be accessed by contacting the

Autism helpline, email or by completing a short online application form.

Phone: 0808 800 4104 (Mon-Fri 10am-4pm)

Email: communitycare@nas.org.uk

Website: www.autism.org.uk+Community-care-service.aspx

Re-Think Advocacy Service



Rethink provides Independent Advocacy services including providing advocacy, helping people to speak up and have choice and control across Calderdale. They are able to provide Independent Mental Capacity Act Advocacy and Independent Mental Health Act Advocacy.

Phone: 01422 323809

Email: calderdaleadvocacy@rethink.org

Website: www.rethink.org

NAS Autism Helpline



The NAS helpline is a free telephone service which provides impartial, confidential information and advice for people with an Autistic Spectrum Disorder and their families and carers. The NAS helpline is able to offer information and advice in a variety of specialist areas including welfare rights, community care, school exclusions, childhood behaviour, and adolescent behaviour and has a specialist advisor for adults.

Phone: 0808 800 4104

Website: www.autism.org.uk/our-services/advice-and-information-services/autism-helpline.aspx

Healthwatch Calderdale



Healthwatch Calderdale is a brand new, independent body that supports people to raise their views and opinions on Health and Social Care in Calderdale and to help people make their voices heard.

Healthwatch Calderdale aim to:

- Use local volunteers to gather views and information from local people

- Enable local people to make informed choices about their community's health and care
- Influence the way services are designed and delivered
- Have a strong relationship with Health and Social Care providers as a critical friend using community views to influence and improve planning and delivery of services
- Provide information, advice and support about local services

Phone: 01422 431099

Email: info@healthwatchcalderdale.co.uk

Website: www.healthwatchcalderdale.co.uk

Benefits Advice

NAS Benefits and Welfare Rights Service (National)



The National Autistic Society offer a free welfare rights service which offers advice and information on all aspects of social security benefit entitlement. This includes advice on benefits you may be entitled to, general advice on completing claim forms, what to do if you think a decision is wrong and how to appeal to a tribunal. Advice can be accessed via email, telephone appointment or by completing an online contact form.

Phone: 0808 800 4104

Email: welfare.rights@nas.org.uk

Website: <http://www.autism.org.uk/benefits>

Citizens Advice Bureau



The Citizens Advice Bureau currently provides services in Halifax, Elland and Todmorden for people within Calderdale. They offer advice and support around a variety of areas including benefits, work, debt and money, consumer issues, relationships, housing, law and rights,

discrimination, tax, healthcare and education. Advice can be given via email, telephone or through appointment with an advisor. See the website for opening times of your local office.

Phone: 01422 842848

Email: <http://www.calderdalecab.org.uk/get-advice-by-email>

Website: <http://www.calderdalecab.org.uk>

Calderdale DART (Disabled Advice Resource Team)

The Calderdale Disabled Advice Resource Team offer Advice and information for people with disabilities and their carers. They deal with a range of disability issues, casework in welfare benefits. They help with form filling.

The area the organisation serves is Calderdale - Halifax, Brighouse, Elland, Sowerby Bridge, Hebden Bridge, Todmorden. The organisation can be contacted by phone, email. The opening times can be found on the website

Phone: 01422 346040 or 346950

Email: calderdaledart@hotmail.co.uk

Website: <http://www.calderdaledart.org.uk>

Parents and Carers Groups

Calderdale Carers Project

The Carers Project is there to support all adults who care in Calderdale, whether they are caring for an adult or child, relative, friend or neighbour. The Project is independent of Adults, Health and Social Care. The Carers Project: Provides a contact point for carers, gives advice and information and maintains an information library, facilitates regular support groups, supports carers to voice their needs, produces a regular newsletter, promotes more appropriate and better services for carers, raises awareness about carers issues, provides activities and arranges events for carers, provides an emergency back-up plan service, provides case workers to help carers access services, delivers regular Looking After Me courses for carers, facilitates the carers small grants scheme, undertakes involvement and consultations with carers.

You can also ask to be added to the mailing list to receive regular information.

Phone: 01422 369101

Email: enquiries@calderdale-carers.co.uk

Calderdale Parents and Carers



Calderdale Parents and Carers (CPC) is a parent led organisation that provides support and delivers a range of free or subsidised services to help you as the parent(s) or carers of disabled children or children with additional needs to achieve the best possible outcomes. Calderdale Parents and Carers offer peer support, emotional and practical support, information, training, advocacy and social activities. Calderdale Parents and Carers also deliver support and services to practitioners working alongside children and commissioners.

Phone: 01422 343090

Email: info@parents-and-carers.org.uk

Website: www.parents-and-carers.org.uk

Calderdale SEND Information, Advice and Support Service - SENDIASS

Calderdale SEND Information, Advice and Support Service is an impartial, confidential, free, statutory service for parents of children and young people with special educational needs and/or disabilities. They provide a service for 0-25 year olds. They are open weekdays 9-5pm and are based at Wellesley Barracks, Halifax HX2 0BA.

They also offer Counselling for young people 11-17 and for adults but there is a charge for this. They also charge for Mediation services initially £150 and dyslexic screening 9 years to adult, currently charged at £50 per person. They have parent and young people volunteers.

Phone: 01422 266141

Website: <http://www.calderdalesendiass.org.uk>

Special Stars

Special Stars is a community/therapy family support group which is purposeful of bringing Black Minority Ethnic (BME) families who have children with complex needs including ASD together on a fortnightly basis to access mutual support, therapy and information. The group also organise activities such as head massage, glass painting and beading. The group currently have over 20 families who attend for support, including parents of older children and young people.

Phone: 01422 394136

Email: cyps.sis@calderdale.gov.uk

NAS Parent to Parent Service

The NAS Parent to Parent (P2P) Service is a UK-wide confidential telephone service providing emotional support to parents and carers of children and adults with Autism.

The service is provided by trained parent volunteers who are all parents themselves of a child or adult with Autism. Volunteers are based across the UK so you don't have to share information with someone in your local area. All of the volunteers have personal experiences of Autism and the impact it has on their own families. They can give other parents the opportunity to talk through problems and feelings, suggest helpful strategies, or provide a non judgemental listening ear.

Phone: 0808 800 4106 (24 hour answer phone service)

Website: www.autism.org.uk/our-services/advice-and-information-services/parent-to-parent-service.aspx

NAS Calderdale Early Bird Team



The National Autistic Society EarlyBird Programme is a three-month programme for parents/carers of a pre-school (not yet of statutory school age) child with a diagnosis of autism spectrum disorder. It combines group training sessions for parents with individual home visits when video feedback is used to help parents apply what they learn, whilst working with their child. The team offering EarlyBird has been trained and licensed to deliver EarlyBird programmes by the NAS EarlyBird Centre. Please telephone or email the NAS EarlyBird Centre to find out contact details for the EarlyBird team based in this area.

Phone: 01266 779218

Email: earlybird@nas.org.uk

Education

Wood Bank Special School



Wood Bank Special School is a primary school supporting children between the ages of 2-11 years with special education needs, 25 per cent of who have an autism spectrum disorder (ASD). The staff are highly skilled and experienced which has allowed us to create an 'autism friendly' school. Children with ASD are, therefore, included in generic classes where specific strategies/approaches and an appropriate environment supports their learning.

Volunteers may be accepted to work with the pupils with enhanced Criminal Records Bureau (CRB) disclosures and with empathy for the needs of our pupils. The school uses the Structure, Positive (approaches and expectations), Empathy, Low arousal, Links (SPELL) framework.

Phone: 01422 884170

Email: head@woodbank.calderdale.sch.uk

Website: www.woodbank.calderdale.sch.uk

Highbury Special School

Highbury special school is a community primary school providing for children from 2 -11years who have a range of special educational needs, and whose needs cannot be fully met in mainstream schools. Learning takes place in small class groups. A broadly balanced curriculum, including Foundation Stage for early year's pupils and a Creative Curriculum for older pupils, is offered based on the children's needs. Highbury has two-way links with a number of mainstream primary schools as part to its inclusion policy. This provides an ideal opportunity to increase the breadth of educational experiences available to the children. Highbury welcome parents/carers into school by contacting them beforehand to arrange a visit.

Phone: Tel: 01484 716319

Email: admin@highbury.calderdale.sch.uk

Website: <http://www.highburyschool.co.uk/home>

Ravenscliffe High School and Sports College

Ravenscliffe High School is the only specialist secondary school within Calderdale. Ravenscliffe provide education for children between the ages of 11-19 years and currently support 138 students. Ravenscliffe cater to students with a

variety of special education needs including moderate, severe and complex learning disabilities, profound and multiple learning disabilities, Autistic Spectrum Conditions, sensory impairments and physical disabilities. A small percentage of students are also identified as having emotional and behavioural difficulties.

Phone: 01422 358621

Email: admin@ravenscliffe.calderdale.sch.uk

Website: www.ravenscliffe.calderdale.sch.uk

Sowerby Bridge High School



Sowerby Bridge High School is a Mainstream school which currently provide education to 975 students between the ages of 11-18 years. The specialist ASD unit is also based within the high school.

Phone: 01422 831011

Email: admin@sbhs.co.uk

Website: www.sowerbybridge.calderdale.sch.uk

Calderdale College



Calderdale College is the largest provider of further education (post-16) courses and work-based learning (Apprenticeships) and the sole provider of higher education awards in Calderdale. Calderdale College also have a dedicated team of staff who provide additional support to people with learning disabilities, physical disabilities and Autistic Spectrum Conditions.

Phone: 01422 357 357

Email: www.calderdale.ac.uk/contact-us

Website: www.calderdale.ac.uk



Specialist Inclusion Services

The Specialist Inclusion Service (SIS) is made up of three services, one being for people with an Autistic Spectrum Condition and their families. This service is provided from 0-19 years and they provide support to children and young people in mainstream and specialist schools within Calderdale. The SIS team is made up of a team of staff which include specialist teachers, resource technicians, learning mentors, speech and language therapists, pre-school workers and support assistants. The service works in partnership with Health and Social Care services across Calderdale and Kirklees Primary Care Trust. They have

'resourced' certain mainstream schools that have heightened support packages for a small group of children / students who need more intensive support.

Phone: 01422 394136

Email: jeremy.wright@calderdale.gov.uk

NAS Education Rights Service



The NAS Education Rights Service provides impartial, confidential information, advice and support on education rights and entitlements for parents and carers of pre-school and school age children with Autism to help them get the educational support their child needs.

Phone: 0808 800 4102

Website: www.autism.org.uk/our-services/advice-and-information-services/education-rights-service.aspx

NAS Transition Support Service



The Transition Support Service is a free email based service to provide information and support to families and young people who have Autism Spectrum Disorders (ASD)

(aged 14-19 years old and 14-25 years old for young people who have a Statement of Special Educational Needs or a Learning Difficulty Assessment).

Our aim is to provide a service to engage, inform and support everyone involved in the transition process from school, through to further education and into adult life, so as to ensure that any support that is needed is put in place at a time and in a way that benefits the young people concerned.

We can:

- Offer confidential information and support to parents/carers by email
- Explain parents/carers rights and entitlements and those of their child throughout transition process
- Help parents/carers to explore their child's options so that they and their child can make informed decisions
- Signpost parent/carers to services that may be able to further support them in the transition process
- Provide information on further education & training that may be suitable and assist

Email: transitionsupport@nas.org.uk

Employment

Voluntary Action



Voluntary Action Calderdale is a catalyst for positive social change in Calderdale, working to promote and empower vibrant and cohesive communities.

Phone: 01422 348777

Email: wayne.greenwood@cvac.org.uk

Website: www.cvac.org.uk

Job Centre Plus



Calderdale have job centres located in Halifax, Brighouse and Todmorden. People with Autism can access support through a disability employment advisor who can help people to access support around different aspects of employment. The DEA's can help people with Autism to obtain and sustain employment, locate suitable jobs, undergo further assessments and help people to access ongoing support. They can also work closely with people and their employers to help people to do their job efficiently and help employers to support them appropriately and make 'reasonable adjustments'. DEA's can support people when experiencing difficulties within

the workplace and work closely with them to find solutions to problems. DEA's can also make referrals to employment assessments, work psychologists, job matching and referral services and work programmes within the community.

Phone: 0845 604 3719

Website: www.gov.uk/jobsearch

Specialist Autism Services



SAS in conjunction with the Department for Work and Pensions (DWP) delivered a supported employment programme in Calderdale in 2014. Calderdale Council are now funding it for a further 12 months from April 2016.

The employment programme supports those with an Autistic Spectrum Condition (ASC) through the process of accessing and maintaining employment. It is a rolling programme which offers tailored support according to individual strengths, needs and career aspirations. They are able to support who would like to work (in whatever capacity that might be) into vocational placements and eventually sustained employment. Alongside this, they offer Autism awareness training to any potential employers/placement providers. The programme runs each Monday from 12pm till 5pm and is based at **The**

Kings Centre, Park Road, Halifax, HX1 2TU. To be eligible individuals need to have a diagnosis of ASC, be 18 years old or over. Interested people can be referred on to the programme through their disability employment advisor at their local job centre, or their social worker, or they can self refer.

Phone: 01274 789789

Email: laura.raynor@specialistautismservices.org.uk

Website: www.specialistautismservices.org/employment-programme

Halifax Opportunities Trust



Halifax Opportunities Trust is a registered charity who support a variety of individuals to find new or 'better' jobs, learn new skills, start new or expand upon existing businesses and help to raise their young families. Opportunities trust also work in partnership with a variety of other local community-based initiatives including Himmat, St Augustines Family Centre, Age Concern and Central Halifax Community Initiative. In addition, Opportunities Trust offer a variety of training courses which are designed to empower learners to explore their full potential to meet their learning and career aspirations including IT and Employability skills training.

Phone: 01422 347392

Website: www.regen.org.uk

The Shaw Trust



The Shaw Trust is a national charity which supports disabled and disadvantaged people to prepare for work, find jobs and live more independently. They work with local authorities, health and other organisations to deliver their 'work choice' programme which has been specifically designed to help people with a disability to overcome difficulties in finding and keeping jobs. Work Choice enables people to find and retain work by identifying their needs and providing the necessary support to fit their requirements. This programme is often a stepping stone in to full unsupported employment for many people.

The Shaw Trust work directly with employers to support their recruitment needs and help people to find work which suits them. The Work Choice programme is currently running in Huddersfield.

Phone: 01924 374 188

Website: www.shaw-trust.org.uk

Calderdale and Kirklees Careers



The Calderdale and Kirklees Career are a non-profit social enterprise which provide high quality, impartial information, advice and guidance to young people and adults who reside in the Calderdale and Kirklees borough. Calderdale and Kirklees Career's provide careers information, advice and guidance to adults (19+), students (13-19yrs) in school and colleges, young people not in educational employment or training, vulnerable groups and have an allocated LDD lead to support students with Learning Disabilities (13-24yrs) including those with Autistic Spectrum Conditions. They also provide support to employers around recruitment and work experience.

Phone: 01484 226700

Email: enquiries@ckcareers.co.uk

Website: www.workabout.org.uk

Health Services

Calderdale CMHT



The Community Mental Health Team (CMHT) provides support for people with mental health difficulties. The team aim to enable people of working age with a mental illness to receive appropriate health and social care in order to lead as independent lives as possible. The team operates from the new mental health hub at the Laura Mitchell Health and Wellbeing Centre in Halifax.

Phone (Single Point of Access): 01422 222888

Calderdale Behaviour Support Service



Calderdale Behaviour Support Service currently work with people over the age of 3 years in primary and secondary schools to improve outcome for vulnerable children, young people and families.

The service supports schools to meet Ofsted requirements for the behaviour and safety of pupils and they have

extensive experience of working with complex and challenging pupils to prevent exclusion.

Support and advice is available on all aspects of behaviour management in school. These areas of support include anger management, anti-bullying and nurturing, communication and friendship, domestic abuse awareness and transition.

Referrals are accepted from school based staff where there are concerns about a pupil's social, emotional and behavioural needs in the school setting.

Phone: 01422 266111

Email: simon.lee@calderdale.gov.uk

Website: www.cht.nhs.uk

Calderdale Child and Adolescent Mental Health Team (CAMHS) Calderdale and Huddersfield 
NHS Foundation Trust

Calderdale Child and Adolescent Mental Health Team (CAMHS) currently provide specialist Mental Health interventions to children and young people and their families from the age of 0-18 years.

Conditions which the team work with include developmental disorders such as Autism and are part of

the ASD assessment process, ADHD, anxiety disorders and phobias, depression, severe emotional disturbance and eating disorders.

Relevant professionals can contact the duty person of the day to discuss the appropriateness of a referral or to gain advice of how to proceed in their own work with a child or family.

Staff at the CAMHS team includes psychiatrists, psychologists, nurses, primary mental health workers, education staff, play workers and art therapists.

Phone: 01422 261332

Website: www.cht.nhs.uk/services/clinical-services-a-z/children-womens-services/child-and-adolescent-mental-health

Calderdale Educational Psychology Service



Educational Psychologists provide a service to change the educational, social and mental health outcomes for groups of children aged 0-19 who may be vulnerable, at risk, or have special needs.

The Educational Psychology Service (EPS) provides support across the whole community, including: children and young people, families, schools, support services, early years settings, youth and other community services, voluntary agencies, parent groups and other community members (individuals and groups).The EPS is based at Northgate House in Halifax. It operates in all Calderdale schools and educational settings

Phone: 01422 392592

Email: Alison.Alexander@Calderdale.gov.uk

Website: www.cht.nhs.uk

'Gateway to Care'



Gateway to Care is the first point of contact for adult social care and advice and help to get back your independence, mobility and confidence after an accident, illness, injury or deterioration in a condition.

The Gateway to Care team now includes dedicated nurses, social workers and trained advisors who are working together to make sure people receive coordinated care, help and advice.

Phone: 01422 393000

Email: Gatewaytocare@calderdale.gov.uk



SWYT Autism Social Worker

The SWYT Autism Social Worker is for people who have recently been diagnosed with Autism Spectrum Disorder. Support is provided through access to a specialist social worker who has a good knowledge and understanding of ASD. The specialist social worker has a caseload of recently diagnosed adults with Autism.

The social worker offers support around community care assessments, financial assessments, support planning, community mapping and supporting people to co-ordinate their support. The social worker works on a one to one basis with individuals and offers regular and consistent one to one support to ensure that people's outcomes are achieved in line with their health and social care needs. The social worker also signposts people to other services who can offer support, advice and information around specialist areas of health and social care and have good links with local psychiatrists, GP's and mental health services.'

Phone: 01924 328102

Counselling

Specialist Autism Services



Specialist Autism Services offer counselling to their members and privately at a cost of £40 per hour. Issues such as bereavement, struggling to adapt following a diagnosis, the problems arising from working in a neurotypical environment, misunderstandings in relationships and trying to relate to people in a neurotypical world.

Phone: 01274 789789

Email: info@specialistautismservices.org

Brighthouse Counselling and Psychotherapy

Deborah Wortman has experience of supporting and counselling people with Aspergers and their partners and family members. She offers individual or couples counselling at a cost of £45 per individual or £50 per couple.

Phone: 07789 642161

Email: www.brighthousecounselling.co.uk

Life Coaching

Naomi Sutcliffe is a qualified and experienced mental health nurse who offers coaching as part of her work and privately at a cost of £55 per hour or £250 for 6 sessions + first session free, possible reductions for people on low incomes.

Email: naomi.sutcliffe73@yahoo.co.uk

Leisure

'Dig-it'



'Dig-it' is a Calderdale neighbourhood scheme which is available to people with mental health issues, learning disabilities and Autistic Spectrum Conditions. The aim of the scheme is to get people active and outdoors by getting involved in a variety of health improvement activities in their local area. Some of the sessions include: gardening for health, allotment maintenance and tree planting. Allotment places must be pre-booked prior to attendance

Phone: 01422 281529

VUE Cinema Autism Friendly Screenings



Vue cinema located in Halifax in partnership with dimensions is holding monthly autism friendly screenings of films on the last Sunday of every month at 10am. Films are varied and are suitable for all age ranges. Autism friendly screenings have low lighting, decreased volume, no trailers at the beginning of films, opportunity to take your own food and drinks and ability to move around the cinema as required.

Website: www.dimensions-uk.org/autismfriendly

Creative Minds



With all of us in mind

Creative Minds is all about the use of creative approaches and activities in healthcare; increasing self-esteem, providing a sense of purpose, developing social skills, helping community integration and improving quality of life.

Creative minds offer 'creative activities' to people with mental health needs, inclusive of people with an ASD. Some of these activities include digital photography, dance therapy, life story work, music groups, drama, football, creative writing, archery, art, sculpturing and modelling.

Phone: 01924 328656

Email: inclusion@swyt.nhs.uk

Website: www.creativemindsuk.com

Purple Patch Arts



Purple Patch Arts is a local group who provide opportunities for people with learning disabilities and Autism to have lives that are fulfilling. The work Purple Patch Arts do supports people to build their confidence, communication and self advocacy skills. The activities

which are on offer 'inspire creative adventure' and use arts as a way of making things accessible.

Purple Patch Arts offer lifelong learning programmes where people are given the opportunity to take part in a variety of activities including drama, dance, music and literature. Lifelong learning programmes are priced at £35.

Purple Patch Arts also offer art workshops during school holidays and offer two residential weekends a year where people can take part in a range of creative activities. Art workshops are priced at £35 and residential weekends are priced at £125 which includes food, accommodation and activity.

Purple Patch Arts also offer Health and Wellbeing programmes called 'feel good'. These are 3 hour long workshops which occur weekly. They involve gentle dance based exercise and visual arts to promote relaxation. 'Feel good' workshops are priced at £21.

Phone: 07725041801

Email: info@purplepatcharts.org

Website: www.purplepatcharts.org

Community Support

Scope 'Aspire' Calderdale



Scope Aspire Calderdale is a community based service which provides activities and support for disabled children and adults, including Autistic Spectrum Conditions to achieve and play an active part in community life. Their community based services have been developed by and for people with disabilities living in Calderdale. Scope is able to offer individual, relevant and enjoyable programme. Activities Scope offer include cooking, IT and digital photography, gardening, arts and crafts, swimming, bowling, holistic therapies, volunteer and workplaces, social groups and an advice service.

Phone: 01422 361880

Email: scope.aspire@scope.org.uk

Website: www.scope.org.uk/services/scope-aspire-services-calderdale

Social Groups

Club Tandem

Club Tandem is a social group designed for young adults over the age of 17 with learning disabilities, including Autism Spectrum Disorders.

Phone: 07761153768

Loving Every Minute

Loving Every Minute is a social group designed for children and young adults between the ages of 12-20 with a disability, including Autism Spectrum Conditions. The group meets every Thursday from 6pm-8pm.

Phone: 01422 839526 or 01422 365757

Phoebe's Night

Phoebe's night is a pub based social groups for young adults (18-30's) with a learning disability, including Autistic Spectrum Condition which provides the opportunity to meet other likeminded people in a

community based environment. This social group runs every Monday from 8pm-11:30pm.

Phone: 01422 834821

Todmorden Youth Club

Todmorden Youth Club run a social group designed for young people with disabilities including Autistic Spectrum Conditions every Tuesday from 6:30pm-8:30pm.

Phone: 01422 883880

Support Groups

Halifax Aspergers Group

The Halifax support group meet at Halifax Central Library usually on the second Friday of every month at 12:00pm - 1:30pm and on the fourth Tuesday of every month at 2.30pm-3.30pm. The support group provides a forum for adults with Aspergers or Autism Spectrum Disorder to access both peer and professional support. An official diagnosis is not necessary to access the group. Groups, services and professionals are invited occasionally to provide information and advice about services within the local community, and community based activities are organised and run for the group at sometimes. Access to the group is on a self referral basis and people are welcome to come along to meetings at their own discretion.

Email: Dawn.Collins@Calderdale.gov.uk

Phone: 01422 393966

Hebden Bridge Aspergers Group

The Hebden Bridge support group meets at Hebden Bridge Town Hall on the third Monday of every month at 7:30pm-8:30pm. The support group provides a forum for adults

with Aspergers or Autism Spectrum Disorder to access both peer and professional support. An official diagnosis is not necessary to access the group. Groups, services and professionals are invited occasionally to provide information and advice about services within the local community, and community based activities are organised and run for the group at sometimes. Access to the group is on a self referral basis and people are welcome to come along to meetings at their own discretion.

Email: Dawn.Collins@Calderdale.gov.uk

Phone: 01422 393966

Upper Valley Autistic Adults

Upper Valley Autistic Adults is a social, mutual support, and action group run by and for adults with an Autistic Spectrum Condition (ASC) in Mytholmroyd, Hebden Bridge, Todmorden and surrounding villages. This group is purposeful of allowing autistic people to meet likeminded people, help create a 'safe Autistic space' and campaign for better provision for Autistic People in Calderdale and nationally.

Phone: 07742 534590

Email: K.genyin@googlemail.com

Healthy Minds



Healthy Minds formed in 2007 in response to a need identified by people using statutory mental health services in Calderdale for a local, independent, service user led, mental health organisation in Calderdale.

Healthy Minds is aimed at anyone who has experienced or been affected by mental distress, not just people who use statutory services. This includes carers, people who manage their own health and people who have used but no longer use statutory services.

Healthy Minds currently run an information service to provide information, advice and support to people with mental health issues through regular drop in sessions. They also run an anti-stigma project where people who have experienced mental health stigma can become facilitators to run community based workshops. Healthy Minds also run a 'stress less' course for people to access.

Healthy Minds also run various support groups on a regular basis including:

- Hearing Voices
- Bi-Polar
- Depression

- Anxiety
- Mum Time
- Wellbeing Works
- Women's Group
- Men's Group
- Self Harm
- Chronic Pain

Phone: 01422 438722

Website: www.healthymindscalderdale.co.uk

Sukoon

Sukoon is a well-being group for women from the BME community who have autism or mental health needs or care for someone who does. The group meets on the first Thursday of each month 11.30-12.30pm at Queens Road Neighbourhood Centre in Halifax. Activities are planned for the group including head, neck and shoulder massages and talks on anxiety management and dementia. A worker who speaks Punjabi is available.

Email: Natsha.Malik@makingspace.co.uk or Dawn.Collins@Calderdale.gov.uk

Phone: 07815 493442 or 01422 393966

Contact Us

If you would like any further information regarding the Calderdale Autism Services Directory or would like to add more information, please contact Dawn Collins at Dawn.Collins@Calderdale.gov.uk or on (01422) 393966.



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