

Calderdale Autism Services Directory 2017



CALDERDALE COUNCIL &
THE NATIONAL AUTISTIC SOCIETY

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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 Condition (ASC). These include informal coffee mornings once a month, monthly family activity sessions, a girls group, a teen bowling group and a Duke of Edinburgh award scheme. The Branch also works with local service providers to advise them on the needs of people with ASC.

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 Condition 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>

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



Unique Ways (formerly Calderdale Parents and Carers)

Unique Ways is a parent-carer led organisation supporting disabled children and their families, helping them to lead ordinary lives. Their goal is to make sure that the voices of parent carers and their families are heard. They provide a broad range of services for parent carers, from training courses and Independent Supporters to social events, focus groups and discounts on family days out! They don't restrict their services based on whether a child has a diagnosis or not, and instead work with anyone who feels they need our help.

Phone: 01422 343090

Email: hi@uniqueways.org.uk

Website: www.uniqueways.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 ASC 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



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

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

Calderdale Autistic Spectrum Disorder (ASD) Team

The ASD Team is part of the Specialist Inclusion Teams and offers a specialist service to mainstream schools, Early years settings and colleges. We provide support and advice for children and young people with a confirmed diagnosis of ASD, aged 0 -19 in Calderdale to successfully access the learning and social environment, work towards independence and achieve their potential.

The ASD Team accepts referrals from mainstream schools, and settings and operated predominantly during the school term.

There are 3 Specialist ASD resourced Provisions hosted in Calderdale schools which are commissioned by the Local Authority. Admissions to these provisions are via an Admissions Panel.

Support for parents/carers is provided via twice termly coffee mornings, in conjunction with the local branch of the NAS, NAS Family Seminars, NAS EarlyBird Parent Programme and workshops for parents including Transition and Sensory differences.

Phone: 01422 394114

Email: cyps.sis@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

Talent Match

For young people aged 18-24 years old who have been unemployed for 12 months or more. All young people will be supported through tailored 1:1 sessions to identify their individual needs and build personal confidence to enable them to secure employment.

This will include support to build skills in employability, CV development, interview techniques, identifying career aspirations and suitable work or voluntary placements to develop experience. We will also deliver some group working sessions to build confidence working with others. Groundwork can provide progression opportunities to our Diploma in Horticulture at the Maltings College. We recognise that young people will have a range of career aspirations and goals and can provide dedicated support to ensure that whatever the sector they wish to work in, they have the skills and confidence to achieve their goals.

Phone: Diane Halford - 0113 238 0601

Email: diane.halford@groundwork.org.uk

Working Wonders

Working Wonders is a charity based in Halifax that supports young people (aged from 14 - 25) to help get them 'work ready' for the world of work and apprenticeships. We have grants available to support young people and small businesses. We encourage and support businesses, enabling them to increase their workforce capacity and provide apprenticeships.

Phone: 07807011948

Email: jaynes@cffc.co.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. The team only works with those service users where there are significant other complex and severe mental health issues and are currently unable to work with a primary diagnosis of autism or ADHD. If a specialist referral is required for the autism or ADHD then this needs to be discussed with the relevant appointed GP.

Phone (Single Point of Access): 01422 222888

Calderdale Child and Adolescent Mental Health Team (CAMHS)

There are two CAMHS services in Calderdale:

CAMHS Tier 2 (provided by Northpoint Wellbeing)

CAMHS Tier 2 work with children displaying emotional or mental health problems which significantly affect their daily life despite a preventative or universal services intervention AND the criteria for Tier 3 CAMHS (see below) are not met.

Northpoint also provide the First Point of Contact which is a single point of entry for all CAMHS referrals. The First Point of Contact also offers consultation, advice, support and referral guidance to the Calderdale Children's workforce.

Phone: 01422 300 001

Address: 9 Clare Road, Halifax, West Yorkshire, HX1 2HX

CAMHS Tier 3 (provided by SWYFT)



CAMHS Tier 3 work with more severe, complex and enduring difficulties affecting children & young people.

Tier 3 CAMHS can also help where there is a reasonable indication that the child may have complex neurodevelopmental difficulties e.g. autistic spectrum continuum, ADHD or other difficulties that may require a multi-disciplinary assessment.

Phone: 01422 262 380

Address: Laura Mitchell Health and Wellbeing Centre,
Great Albion Street, Halifax, West Yorkshire, HX1 1YR

'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

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 £55 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, reductions for people on low incomes.

Phone: 07951 484392

Email: naomi@definite-direction.co.uk

Website: www.definite-direction.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



Creative Minds is all about the use of creative approaches and activities in mental health; healthcare; increasing self-esteem, providing a sense of hope, meaning and purpose, developing social skills, helping community integration and improving quality of life. We develop community partnerships to not only co-fund but also co-deliver projects for local people. We promote people and what they can do, allowing them to achieve goals they never thought were possible.

Creative Minds is altering the perceptions of how we deliver our services. It is a social movement that is transforming lives. Since its launch in November 2011 Creative Minds has delivered more than 150 creative projects in partnership with over 100 community organisations. This has benefited over 1000 people in Calderdale.

Phone: 07833437561

Email: CreativeMinds@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 Conditions on Thursday evenings 7-9pm.

Phone: 01422 369142 or 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 6-8pm.

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 7pm-9pm at The Blind Pig pub in Sowerby Bridge.

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 the Orange Box usually on the second Friday of every month at 12:15pm -1:45pm. The support group provides a forum for adults with Aspergers or Autism Spectrum Condition 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. 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 Thursday of every month at 7:30pm-8:30pm. The support group provides a forum for adults with Aspergers or Autism Spectrum Conditions to access both peer and professional support. An official diagnosis is not necessary to access the group. 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

Phone: 07815 493442

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.



Calderdale Adult Health and Social Care
1 Park Road, Halifax, HX1 2TU