



## **Leeds Autism AIM**

# Advocacy, Information and Mentoring

A FREE service for autistic adults with little or no funded support











Leeds Autism AIM is funded by grants from The National Lottery Community Fund, NHS Leeds CCG and Live Well Leeds

## What is Leeds Autism AIM?



Leeds Autism AIM is a free service offering advocacy, information, signposting, peer support and mentoring for autistic adults in Leeds with little or no funded support. We are co-led and mainly staffed by autistic adults.

#### **Autism Hub sessions**

We run regular sessions for booked appointments only at the Lovell Park Hub, running from **4pm-7pm**, which is at this address:

### Lovell Park Hub, Wintoun Street, Leeds LS7 1DA

These are run on a weekly basis, where we can offer one-to-one peer support from our autistic team members, help to produce self-advocacy resources and some monthly groups.

We have a number of other organisations who attend the Hub and we can book these in for people following an initial discussion with one of our team.

## **Advocacy**

Leeds Autism AIM can provide advocacy support to help resolve a wide range of issues and help you to access services you want or need. This can be at our Hub sessions, over the phone, by text chat, video call or email.

We have an Advocate within the team who can help with benefits applications and assessments for benefits such as Personal Independence Payments (PIP).

## Info, mentoring and more

## **Information and Signposting**

We are able to provide information and signpost you to whatever services you need. This can be at our Hub sessions, by email, phone, video, text chat or by visiting our website at **leedsautismaim.org.uk**. We can also produce personalised self-advocacy resources to help

We can also produce personalised self-advocacy resources to help you communicate your needs.

## **Mentoring**

We have a free mentoring service, where we can pair you up with a volunteer mentor. They can help you to help achieve goals or overcome barriers, using a mutually-agreed mentoring plan.

Mentors meet regularly with mentees; this can be in person, over the phone, by video call or text chat.

All of our mentors are fully-trained. Some of them are autistic themselves.

If you would like a mentor or want to become a mentor, please get in touch for more information.

## **Peer-led Groups**

We run a number of online peer-led groups, run regularly and facilitated by autistic members of the AIM team.

We also have a server on the Discord app. It is a group to discuss interests or issues that might affect autistic people.

## **Post-Diagnostic Support**

We have post-diagnostic support sessions every week. This service is for autistic adults in Leeds who have received their autism diagnosis within 12 months of booking an appointment with us.

Appointments can be conducted face-to-face, via text or video chat. They are with autistic members of our staff team.

## Contact us

You can contact Leeds Autism AIM by email, phone or via our website.

If you call the number below, you will be put through to the First Contact Team (FCT) at the **Advonet Group** office. AIM is part of The Advonet Group.

Then, someone from the FCT will pass you on to a member of the Leeds Autism AIM team.





0113 244 0606

Advonet Group office opening times: Monday-Friday, 9am-5pm



Email us at <u>leedsautismaim</u> <u>@advonet.org.uk</u>



Text: Include your name; send to 07719 859 694



Advonet: Unity Business Centre, 26 Roundhay Rd, Leeds LS7 1AB



www.leedsautismaim.org.uk www.advonet.org.uk



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Our

Please scan the QR code here for directions to the Advonet Group office, Lovell Hub and post-

**Venues:** diagnostic support venue.











