

**The
Advonet
Group**

Providing Independent Advocacy



**Leads
Autism
AIM**

Leads Autism AIM

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



We are
funded
by:



**COMMUNITY
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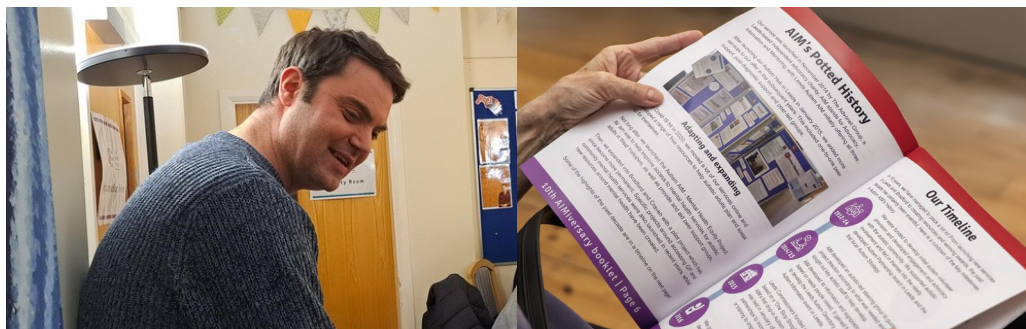


**NHS West Yorkshire
Integrated Care Board**



**We are funded by grants from The National Lottery Community Fund,
NHS West Yorkshire Integrated Care Board and Live Well Leeds**

What is Leeds Autism AIM?



Leeds Autism AIM is a free service offering self-advocacy support, navigation, post-diagnostic support and peer support groups for autistic adults in Leeds with little or no funded support.

We are co-led and mainly staffed by autistic adults. **All services are available in person or remotely via phone, text, email or video call.**

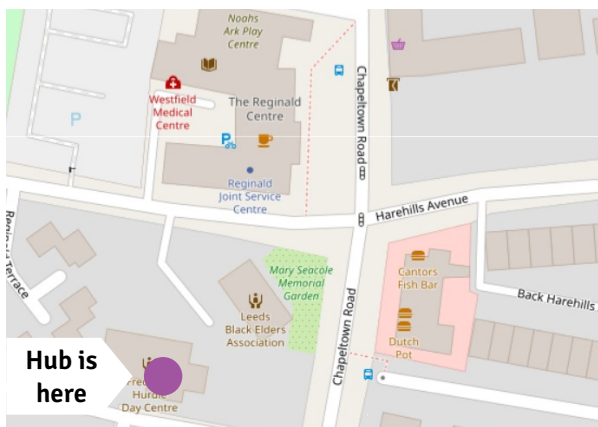
Autism Hub sessions

Our Autism Hub sessions are held on Tuesdays and Thursdays from 4pm to 7pm at The Community Wellbeing Hub, located at **Reginald Terrace, Chapeltown, Leeds LS7 3EZ**.

We offer drop-in sessions on the second and fourth Tuesday of each month, where you can visit without an appointment. On all other Tuesdays and every Thursday, Hubs are for booked appointments only.

More information about the Hub, including bus services stopping there, a guide to how to get to the building from nearby bus stops and a video tour of the Hub, can be found by visiting

leedsautismaim.org.uk/our-services/autism-hub/



Our services

Navigation

We are able to provide information and signpost you to whatever services you need. This can be at our Hub sessions, remotely or on our website at leedsautismaim.org.uk. There is also information on local services on the website, in the Support in Leeds section.

Peer-led Groups

We run a number of online [peer-led groups](#), run regularly and facilitated by autistic members of the AIM team. They include a monthly Peer Support Group and Women-Aligned Group. There are also monthly in-person mental health-focused peer support groups.

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 are with autistic members of our staff team.

Self-Advocacy

We have a range of free [self-advocacy and planning resources](#) available on our website. They can help you to speak up for yourself and your rights, as well as with planning.

There are also [guides on our website](#) about a range of topics, including employment, health, mental health and communication.

Autism and Mental Health Resources

Made by the Autism AIM - Mental Health Equity Project, there are a range of [guides and infographics on our website](#) with a focus on mental health.

They cover topics like burnout, sensory needs, workplace stress and disclosing an autism diagnosis.

Contact us



You can contact us 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.

If you would like to make a referral, please scan the QR code or visit our website at tinyurl.com/aimrefer



0113 244 0606

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



Email us at leedsautismaim@advonet.org.uk



Text: Include your name; send to 07719 859 694



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



**www.leedsautismaim.org.uk
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