



## Support in Oxfordshire after Autism Diagnosis

### **Autism Oxford UK**

A blended team of peer support practitioners, nurses, speech and language and occupational therapists. Using lived experience alongside trained professionals' knowledge, we provide diagnostic and clinical support, social prescribing and coaching and mentoring to autistic individuals and their support network to help achieve their potential. Tel: 07498370508 Email: [info@autismoxford.org.uk](mailto:info@autismoxford.org.uk) Web: <https://autismoxford.org.uk>

**1<sup>st</sup> For CBT** Offer a range of specialist services for adults and children with a diagnosis of autism and ADHD. They can provide **one to one psychological therapy adapted to work with autistic adults and children and also provide an ADHD Screening service and ADHD Assessments (using the SNAP questionnaire) service.** <http://www.1stforcbt.co.uk/autism-and-adhd-support>

**Autism Champions** Support group for support network with children/young people/adults with autism  
[www.autismchampions.co.uk](http://www.autismchampions.co.uk) Tel: 07810205646 Email: [info@autismchampions.co.uk](mailto:info@autismchampions.co.uk)

**Autism Family Support** Community Outreach Worker supports 14-25-year-olds on the autism spectrum, and their families. You can also apply for a free autism alert card.  
[www.afso.org.uk](http://www.afso.org.uk). Tel: 01844 338696 Email: [info@afso.org.uk](mailto:info@afso.org.uk)

**Carers Oxfordshire** Information, advice and support for adults caring for adults in Oxfordshire. Support groups and guidance on carer's assessments [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)  
Tel: 0345 050 7666 Email: [carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk)

**Citizens Advice** Information, advice and guidance about benefits, debts and money, housing, immigration, the law and courts. Citizen's Advice has offices in Oxford, Abingdon, Bicester, Didcot, Henley, Thame, Wallingford, Witney. [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**National Autistic Society** National organisation providing information about autism and how it affects people, including some information about strategies and approaches. [www.autism.org.uk](http://www.autism.org.uk) Tel: 020 7833 2299 Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)

**OASIS** Friendly charity run by support network for support network/carers who are raising children/young adults on the autism spectrum. <http://oasionline.org.uk/>

**Oxfordshire Employment Service, Oxford County Council - Autism Employment Support**  
Offers personal development, coaching and guidance around employment  
Tel: 01865 815809 Email: [Deborah.montgomery@oxfordshire.gov.uk](mailto:Deborah.montgomery@oxfordshire.gov.uk)

**Oxfordshire Specialist Advice Service (OSAS)** offers support around benefits, money advice, budgeting and other welfare issues. Tel: 01865 410660 Email: [advice@oxfordshiresas.org.uk](mailto:advice@oxfordshiresas.org.uk)

**Oxfordshire Welfare Rights** Provides specialist advice, casework and representation in welfare benefits [www.oxfordshirewelfarebenefits.btck.co.uk/](http://www.oxfordshirewelfarebenefits.btck.co.uk/) Tel: 01865 744 165

**Support network Talking Aspergers** Support group for support network of children with Asperger Syndrome or High Functioning Autism. [www.support-network-talking-aspergers.co.uk](http://www.support-network-talking-aspergers.co.uk)  
Tel: 01295 269455 / 07503 752880

**Thomley** Centre for all abilities and disabilities at Menmarsh Rd, Worminghall HP18 9JZ. Tel: 01844 876689 [www.thomley.org.uk](http://www.thomley.org.uk)

### **Book recommendations:**

- 'Can I tell you about Autism?', by Jude Welton
- 'My Autism Book', by Gloria Dura-Vila and Tamar Levi
- 'The Secret Life of Rose'. Rose, and Mum Jodie write about autistic experiences from a young person's perspective which are then explained by an Autism Practitioner. They discuss stimming, masking, sensory differences and issues around school, and friendships. 'The Secret Life of Rose: Inside an Autistic Head': Amazon.co.uk
- Alis Rowe has written a whole series of book which are very visual guides. She has these under the title of 'The Girl with the Curly Hair.'

These books inform you about autism, whereas the books below are either fiction, based around fact, or written from the inside perspective of an autistic individual.

- 'Can you see me?' 'Do you know me?' and 'Ways to be me'. These are about an 11-year-old girl called Tally, her transition into year 7, and being diagnosed as autistic. The books explain what is hard for Tally, because she is different e.g., she is a picky eater, and finds things like noise, and change overwhelming. The book clearly explains how being autistic can impact every aspect of a person's life, yet it also shows that autism can be a superpower, and that some people on the spectrum have better memory or hearing. <https://www.amazon.co.uk/Can-You-See-Libby-Scott/dp/1407195670>. These books are aimed at 10-14-year-old readers but are very beneficial for autistic adults and support network too.

Other books which might be helpful for support network and autistic adults:

- 'A Boy made of Blocks', by Keith Stuart
- 'A Kind of Spark', and 'Show Us Who You Are', by Elle McNicoll.
- 'The Reason I Jump', and 'Fall Down Seven Times, Get Up Eight', by Naoki Higashida.