

A Report On The Autism Market Event Dolphin Centre Darlington 03/12/2014



Autism Market Event

On the 3rd of December 2015, Darlington Council held a public event in the Dolphin Centre. The event was planned to do two things.

1. **Bring together information and support providers and people with Autism and their families and supporters. The market event was designed for local people to get some information about different types of support available to the citizens of Darlington who have Autism or support people who have Autism.**
2. **To give people and stakeholders the opportunity to make a contribution to the Darlington plan to make the Autism Strategy happen. We asked those attending to say what actions needed to be taken to meet the 15 Autism priority challenges set out in the review of the strategy “Think Autism” published in 2014.**

On the day there were 17 providers (all of whom are included at the back of this report). People with Autism and the families and supporters chatted with providers and shared information.

People also contributed to the local Autism Plan by suggesting actions that would meet the outcomes.

United Response

A long standing “not for profit” support provider, Working across Darlington, we support a number of people who are on the autistic spectrum and can offer a range of flexible support options/services to individuals including;

- Providing support – up to 24 hours a day
- Developing activities, interests and skills
- Advising on housing options, benefits and managing a tenancy
- Advice about your body and health
- Making new friends and build relationships
- Looking for a job or volunteering opportunities
- Taking part in your local community
- Planning for your future
- Going to college or university
- Managing your money or a personal budget
- Going on a holiday or short break
- Exploring assistive technology to help you become more independent
- Family and Carer support



Contact: Rowan Horton
Telephone: 07891 833938
Email: rowan.horton@unitedresponse.org.uk
Website: www.unitedresponse.org.uk

Tree Tops

An established children's occupational therapy service based in Newton Aycliffe. Provides a high quality service to families with youngsters who have Autistic Spectrum Disorder (ASD).

Offer a specialised sensory integration assessment and treatment both at clinic, home and in school setting, targeting the individual's motor and sensory needs.

As 90% of individuals with ASD have sensory processing difficulties, the interventions make a real difference to the family and child's life. Our programmes develop the child's core foundation skills which helps with functional skills from dressing, feeding to organisation.

Our sensory work encompasses more focus on the child's behaviour, self-regulation and attention.

Parents and carers are also educated on techniques and strategies to assist with the management of child using sensory/behavioural approach, which can also be transferred into the school setting.

Contact: Dawn Dunn
Telephone: 01325 304411
Email: hello@treetopsoccupationaltherapy.co.uk
Website: www.treetopsoccupationaltherapy.co.uk



The 15 Priority Challenges are:

The right to play an equal part in my community

- 1. I want to be accepted as who I am within my local community. I want people and organisations in my community to have opportunities to raise their awareness and acceptance of Autism.**
- 2. I want my views and aspirations to be taken into account when decisions are made in my local area. I want to know whether my local area is doing as well as others.**
- 3. I want to know how to connect with other people. I want to be able to find local autism peer groups, family groups and low level support.**
- 4. I want the everyday services that I come into contact with to know how to make reasonable adjustments to include me and accept me as I am. I want the staff who work in them to be aware and accepting of Autism.**
- 5. I want to be safe in my community and free from the risk of discrimination, hate crime and abuse.**
- 6. I want to be seen as me and for my gender, sexual orientation and race to be taken into account.**

The right support at the right time throughout life

- 7. I want a timely diagnosis from a trained professional. I want relevant information and support throughout the diagnostic process**
- 8. I want Autism to be included in local strategic needs assessments so that person-centred local health, care and support services, based on good information about local needs, is available for people with Autism.**
- 9. I want staff in health and social care services to understand that I have Autism and how this affects me.**
- 10. I want to know that my family can get help and support when they need it.**
- 11. I want services and commissioners to understand how my Autism affects me differently through my life. I want to be supported through big life changes such as transition from school, getting older or when a person close to me dies.**
- 12. I want people to recognise my Autism and adapt the support they give me if I have additional needs such as a mental health problem, a learning disability or if I sometimes communicate through behaviours which others may find challenging.**

Real Life Options

Offers flexible specialist care and support so that people with learning disabilities, complex support needs and autism can have choice and freedom to find a constructive way forward. For people who:

- Require enabling support; from a few hours per week up to 24 hours per day
- Exhibit behaviours that challenge or have complex behavioural issues
- Have autistic spectrum disorders
- Are experiencing enduring mental ill health
- Have offended or have the propensity to offend
- Have profound multiple disabilities and have significant care needs
- Require specialist short term support to achieve specific outcomes
- Require palliative care

Creative, dynamic and person-centred services allow for individualised support packages.

These include:

Individual tenancies, Specialist care homes, Short breaks services , Shared supported living, Adapted flats for 1/2 people in multiple occupancy buildings, Adapted bungalows in a serviced site, Support for people living within the family home



Contact: Bernice Holohan

Telephone: 07908 256535

Email: Bernice.Holohan@reallifeoptions.org

Website: www.reallifeoptions.org

Redmat

Is a Specialist Occupational Therapy Service in County Durham. We work with Children and Young People from 0 to 19 years old.

Our aims are to:

- Help children to develop their functional and social skills.
- Help parents, carers, teachers to understand the challenges faced by their children
- Help children and parents, carers, teachers to develop self their own self-esteem and confidence in each other



Contact: Steph Snowball
Telephone: 0191 308 2288
Email: steph.snowball@rosetree.org.uk
Website: www.redmat.org.uk

Developing skills and independence and working to the best of my ability

- 13. If I break the law, I want the criminal justice system to think about Autism and to know how to work well with other services.**
- 14. I want the same opportunities as everyone else to enhance my skills, to be empowered by services and to be as independent as possible.**
- 15. I want support to get a job and support from my employer to help me keep it.**

If you want to have a say on the Autism Plan for Darlington please contact:

**Mark Humble – mark.humble@darlington.gov.uk
Town Hall,
Darlington
DL1 5QT**

Tel: 01325 - 366656



The Providers who attended were:

The Avalon Group

A charity which committed to supporting people with diverse care and support needs across the North of England.

We work with people with: Autism, sensory loss, dementia, mental health support needs, learning and physical disabilities, complex needs, challenging behaviour, older adults, acquired brain injury. Our primary services are:

- **Supported Living** provides care and practical support to people in their own homes, including physical care, support with everyday living and encouragement to fully participate in community activities.
- **Shared Lives** enables people with care needs to be cared for by trained carers within a supportive family environment.

We also offer accommodation and care through supported Housing Scheme and advice and support to help people to retain their tenancies.

Customers and their carers are supported through local authority, NHS and privately funded services. We employ a Complex Needs Lead and Positive Behaviour Support Officer who delivers training and mentoring to staff on complex needs and challenging behaviour.

Contact: Ian Davison
Telephone: 01423 856581
Email: iandavison@avalongroup.org.uk
Website: www.avalongroup.org.uk



PULSE Community Healthcare

Provides safe, effective social care and health support services to people in their own environment. Whatever the individual circumstances, we develop a tailored service which responds to personal needs and offers the right level of support, social care and nursing.

We develop personalized packages of care around these services. Our workers are thoroughly competent in supporting people with Autism and provide enabling care.

No two individuals with Autism will be the same and so each client will require greatly different levels of support to manage day-to-day living. Where it is needed, we can also offer support workers with qualifications and experience in handling challenging behaviours.

Contact: Katherine Bunker
Telephone: 01992 305711
Email: katherine.bunker@pulsejobs.com
Website: www.pulsejobs.com

Pathways to Independence

(A part of Springfield Healthcare Group), provide support for adults with a range of disabilities including autism, behavioural distress, and mental health issues. We are committed to providing a service that is directed by the individual, to ensure that true fulfilment is achieved.

Pathways to Independence provide an enthusiastic and experienced staffing team as well as a modern drop-in centre. Our services include:

- Short breaks
- Carers support
- Trained support staff
- Crisis support
- Support in the home
- Help and support
- 24 hour support
- Ages 8+
- Experienced social support



We have also recently launched a new service, providing supported living accommodation for individuals with learning disabilities and Autism, and have commenced work with the National Autism Society to gain accreditation with them.

Contact: Theresa Comstive
Telephone: 01325 353997
Email: TheresaC@springfieldhealthcaregroup.com
Website: www.springfieldhealthcaregroup.com

Barnardo's Disability and Inclusion Support Service

provides services across the North East for children and young people 0-25 including those with Autism.

Some of our services are commissioned by Local Authorities and all of our services can be bought by individuals using personal budgets etc.

Services across the Tees area:

- Short break services such as community outreach and support in the home.
- Crisis intervention services.

Services in Redcar and Cleveland:

- An after school group for children with autism 4-12 years

Services in Darlington:

- A holiday scheme for young people 13-25years
- A Befriending/mentoring/independence skills work.
- A social skills groups



Contact: Kathryn Clayton
Telephone: 0191 293 1483
Email: Kathryn.clayton@barnardos.org.uk
Website: www.barnardos.org.uk

Darlington Association on Disability (DAD)

DAD is a Centre for Independent Living (CIL), We provide information and advice and have expertise in advocacy, accessibility, self-help and peer support We carry a range of activities that enable disabled people and carers to maintain and increase their independence.

Specifically, our services for people with Autism and those with an unpaid caring role include:

The Independent Living Hub

- Children and Young People's Service
- Carers Support Service
- Direct Payments Support Service
- Information and Advice Service

DAD staff have knowledge and experience working with and supporting individuals with Autism and parents and carers of individuals with Autism.

Staff have undertaken training in communication and behaviour management and are confident when working with individuals with complex communication needs. We have developed a range of communication 'toolkits' which can be tailored to meet individual communication needs and / or provide specific information or advice.

Contact: Darlington Association on Disability,
20-22 Horsemarket, Darlington, DL1 5PT
Telephone: 01325 489999
Email: mail@darlingtondisability.org
Website: www.darlingtondisability.org



NEAS

NEAS will challenge how services are delivered to ensure services are provided in a flexible way that meets the requirements of commissioners, the service user and their representatives. NEAS has extensive experience in operating residential care homes and supporting people in their own tenancies.

Each of our five children's homes is registered with Ofsted and provides services to 23 children. providing high quality flexible services. NEAS children's residential homes provide a service for a number of Local Authorities within the North East.

We also have an adult residential care service and provide support for 48 individuals. we have engaged with Local Authorities by providing quality services whilst reducing the overall cost of the service by supporting individuals to move from residential care service into their own tenancies. We currently provide support for twenty individuals to enable them to live in their own home.

We have experience of providing family support services, these include a programme of support to meet the needs of the individuals and their families from a few hours a week to extended short breaks. We currently provide this service within Sunderland, Durham, North Tyneside, Northumberland, Gateshead and South Tyneside.

Contact: Brian Stoker
Telephone: 0191 410 9974
Email: Brian.Stoker@ne-as.org.uk
Website: www.ne-as.org.uk

north east
autism society

The National Autistic Society (NAS)

Quality, personalised support services for people with Autism and their families and carers. Locally offering:

- **Residential services** - for adults with Autism / Aspergers syndrome.
- **Outreach services** - for adults with Autism to take part in activities increasing independence in their life.
- **Supported living** - works flexibly in settings to help people with autism live fulfilled lives.
- **Support centres** - offering groups, classes and activities, for people to follow their interests and develop their life skills and knowledge in a meaningful way.
- **Student support** - in further and higher education, and transition from school or college to life at university. Working closely with academic/ non-academic staff, to help the meet individual student's needs.
- **Short breaks and respite services** - for parents/ carers of adults, children and young people with Autism (including Asperger syndrome).
- **Family Support advice** - for parents/carers of children with autism, including information about living with Autism / accessing services to meet family's needs.

Contact: Jane Read
Telephone: 07442 508990
Email: JaneRead@nas.org.uk
Website: www.autism.org.uk

Daisy Chain

Autism not only affects the child with the condition but also parents, carers and siblings, so we provide services to meet the needs of the whole family

For Families, services are run at weekends and during the school holidays and weekends for families of young people with Autism Spectrum Condition.

For Parents/Carers, Daisy Chain Links Group - which enables the parents and carers to meet other people in similar situations to share their experiences, information and provide mutual support.

For Young People with Autism, we provide opportunities for them to get together and develop their social skills.

For Siblings, we are proud to host Sibz, a youth group for 8-16 year old siblings of children with an Autism Spectrum Condition.

For Toddlers, our toddler group for the under 5's brings families in similar situations together to allow them to share experiences and interact whilst the children have fun in the sensory play area and ball pool.

Contact: Daisy Chain
Tel: 01642 531248
E mail: info@daisychainproject.co.uk
Website: www.daisychainproject.co.uk



Darlington Citizens Advice Bureau

Aims to ensure equality and diversity to support people through challenging times to understand their rights and obligations.

The Bureau provides Generalist Advice Services in all categories of Law and Specialist Services in respect of Debt, Housing and Welfare Benefits.

We deliver face to face advice at Darlington CAB and various outreaches throughout Darlington as well as offering telephone advice and home visits. Darlington CAB also offer a money advice service to assist with financial capability as well as an online budgeting tool 'Your Money Smart' which can be accessed at www.darlingtoncab.co.uk/YMS



Contact: Bennet House, 14 Horsemarket, Darlington,
DL1 5PT
Telephone: 01325 256999
Email: admin.desk@darlingtoncab.co.uk
Website: www.darlingtoncab.co.uk

Mencap

Provides a range of services to support people with autistic spectrum disorders, their families and carers. We use a person-centred approach to provide outcome-focussed support. Our staff are experienced and have received specialist autism training.

Our support is designed to meet individuals' needs in a way that accommodates their preferred routines and supports them to develop new routines where needed, a key aspect in supporting people with autism, and includes:

- **Community Support** to help people live in their own homes and enjoy community activities, including providing respite for carers
- **Supported living**, assisting people to maintain their home and tenancy, pursue a healthy lifestyle, access education, volunteering and work opportunities, and enjoy community life
- **Complex Services** providing 24/7 support for individuals needing high levels of support, working closely with multi-disciplinary agencies including mental health services.



Contact: Fiona Kelly
Telephone: 01325 741480
Email: Fiona.kelly@mencap.org.uk
Website: www.mencap.org.uk

MAIN

Provides support & services to people on the Autism Spectrum and their families. Offers support to both adults and children in Local Authority areas surrounding Darlington. The head office is in Teesside with further offices in County Durham, a transition into Darlington would be possible.

Some of the services currently offered are:

- Social Groups (adults and children)
- Inbetweeners group (transitional support)
- Specialist Personal Assistant Support (1:1 or 2:1) which can be provided any time of day.
- Post Diagnostic Support Services
- Training
- Conferences
- Advice and Guidance
- Welfare and housing support
- Advocacy
- Employment opportunities
- Facilitated holidays

Children's specific services:

- After school clubs
- Weekend clubs
- Holiday groups
- Various specialist out of school clubs tailored to young people's interests.

Contact: Kelly Bainbridge

Telephone: 0191 300 8556

Email: kbainbridge@iammain.org.uk

Website: www.iammain.org.uk

ESPA Domiciliary Services

Provides individuals with high quality personal care and support that is Autism specific, person centred, flexible and responsive. We aim to enable and empower people to live as independently as possible within their home and to fulfil their rights as citizens in their community.

We provide support into the persons family home, tenancy or a house they share with friends, and to access a diverse range of community activities. Each person will receive a package of care and support to meet their assessed needs, wishes and expectations and to enable them to achieve a lifestyle of their choice. We will support people to learn to live with their Autism and develop the necessary skills and strategies to overcome the barriers and difficulties they may experience.

ESPA Domiciliary Services employs a highly experienced workforce. Staff have an extensive knowledge of the needs of people with Autism Spectrum Disorder and deliver high quality specialist support. We promote consultation and respond positively and proactively to the views and comments made by the person and those who know the person well, to ensure that the support remains individualised and person centred.

Contact: Lesley Lane

Telephone: 0191 5165080

Email: Ann.Price@ESPA.org.uk

Website: www.espa.org.uk

Healthwatch Darlington

Helps you and your family get the best out of Health and Social Care services in Darlington. No matter who you are, where you live, or how old you are, you have a voice and you have the right for that voice to be heard.

Healthwatch Darlington can help you to find the right services you need through our information and signposting service. We can provide information about the health and social care services that are available to you – helping you to make the right choices.

We are independent and powerful, we make health and social care providers answerable to you, the people who use their services. We gather the views and experience of local people and see what is good and what is not. We tell providers what you think about their services. We tell the people who pay for your services what you think about them and what your experiences were.

We pass on your findings to the Care Quality Commission and Healthwatch England. We have the power to Enter and View – to go and see for ourselves.



Telephone: 01325 380145

Website: www.healthwatchdarlington.co.uk

KeyRing

Has 23 years of experience of Supported Living, delivering community based supported living networks to people with learning difficulties and vulnerable adults. Currently we support 925 adults living independently in their own homes, delivering services in 42 local authorities across England and Wales.

Our services in Darlington were re-modelled in the summer of 2014 to reflect the changing needs of the community served, and now feature a cost-effective three-tier support system, depending on the level of support required by the individual. A Community Hub has also been established, accessible to all service users, where social interaction, skills, experience and knowledge can be shared.



Contact: Steve Wood

Telephone: 02073 240750

Email: Steve.wood@keyring.org

Website: www.keyring.org