

About Us

Assert (B&H) was founded in 2002 and became a registered charity in 2003. We are a growing local charity in Brighton and Hove that supports both people with AS/HFA and their parents, partners and carers.

We are a member led organisation. People with lived experience of autistic spectrum conditions, and their natural networks of support, are at the heart of what we do and involved in every aspect of our work. We are passionate about the work we do and pride ourselves on being inclusive, compassionate and empowering. We value the input of the clients and carers we support to help us develop our services, and our board of trustees is exclusively run by people with autistic spectrum conditions and their parents, partners and carers.

Donations to Assert are vital in keeping the charity operational and free at point of service. We are grateful for any donations received. You can donate in various ways online using the following address:

www.everyclick.com/assertbh/info

Or make donations in cash, via cheque or bank transfer. Please contact us for more information.



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

To contact Assert for further information please email or telephone:

**assert.bh@assertbh.org.uk
01273 234 850 or 01273 234 853**

Or visit our website:

www.assertbh.org.uk

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Assert
Brighton and Hove

**Supporting adults in
Brighton and Hove with
Asperger Syndrome or
High Functioning Autism**

Charity number: 1099257
Patron: Lady Astor of Hever

Autism & Asperger Syndrome

Asperger Syndrome (AS) and High Functioning Autism (HFA) are forms of Autism (now commonly referred to as Autism Spectrum Condition in line with current diagnostic criteria), a lifelong condition that affects how a person makes sense of the world, processes information and relates to and communicates with others.

AS and HFA are hidden conditions, which means you can't tell that someone has them from their outward appearance. People with AS and HFA often have above average intelligence, but may perceive the world slightly differently to people without the condition.

Autism is known as a 'spectrum condition' as it affects people in different ways and to varying degrees. Many individuals with the condition reach adulthood without a diagnosis or their needs being met, since AS and HFA do not fit neatly into any category of Statutory Service Provision.

People with AS/HFA may have difficulties in these areas to varying levels:

- Social Communication
- Social Interaction
- Social Imagination

Other traits and characteristics may include executive functioning difficulties, a need for routine, sensory issues and special interests.

There are many more traits and characteristics associated with AS/HFA, including many positives and strengths. See Assert's 'What is AS/HFA?' leaflet for fuller explanations.

Assert Main Services:

Casework - Advice, guidance, advocacy and signposting around AS/HFA; help with specific needs/issues; AS/HFA related emotional and practical support.

Benefits - Benefits advice and guidance, which can include advice on benefit entitlement, form filling, help to attend face to face assessments and help to appeal a benefits decision.

Courses - A range of courses for clients with AS/HFA who live in Brighton and Hove.

Mentoring - Mentoring and befriending service, where voluntary mentors can be trained and matched with our clients as someone they can contact/meet up with a little more regularly.

Training - Providing training around AS/HFA to groups or organisations.

Assert Social Activities:

Drop-in - A friendly and relaxed social get together for our clients with AS/HFA.

Walking Group - A social group for our clients with AS/HFA where each month we go on a different walk and grab a coffee.

Peer Discussion Group - This is a group for our clients with AS/HFA. It is a structured discussion around a different topic relating to autism each month.

Monthly Activity - A different social activity each month for our clients with AS/HFA.

Parents, Partners and Carers Group - A social get together for parents, partners and carers of adults with AS/HFA.

All groups and activities are monthly. To attend, or for more information, please contact Assert.

Assert aims to support adults with Asperger Syndrome or High Functioning Autism and their parents, partners or carers by providing advice, information, resources, education, social inclusion, volunteering opportunities and support to improve wellbeing and reduce isolation. We also seek to raise awareness of the condition, including the many positive aspects.

How to Access

Our services are open to anyone who has been diagnosed with, or who suspects or self-identifies as having AS/HFA. It is also open to parents, partners and carers of adults with AS/HFA and any people or groups that may need advice around AS/HFA.

We work on a self-referral basis, which means that people wishing to access our services should get in contact with us directly. If someone qualifies for support from Assert, they will first be offered an initial meeting with our caseworker to introduce them to the service, get some details from them and fill in our registration forms.

We provide support on a short-term case-by-case basis, rather than an ongoing one. There may be a wait of a few weeks to access our services, and waiting times occasionally become longer when the service is particularly busy.