

# Assert



## The Queen's Award for Voluntary Service

*The MBE for volunteer groups*

## SUPPORTING AUTISTIC ADULTS IN BRIGHTON AND HOVE

### ABOUT ASSERT

Founded in 2002, Assert (B&H) became a registered charity in 2003. We are a growing local charity that supports autistic adults, their parents, partners and carers in Brighton and Hove.

Being a member-led organisation, lived experience of people with 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.

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.

### FOR MORE INFORMATION REGARDING SERVICES, ACTIVITIES OR DONATIONS, CONTACT US VIA

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## UNDERSTANDING AUTISM

### What is autism?

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.

### Why is autism called a 'spectrum 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.

### Is this condition visible?

No, you cannot tell someone is autistic from their outward appearance.

### What are the traits of this condition?

People with AS/HFA have difficulties in social communication, social interaction and social imagination to varying levels. Other traits include executive functioning difficulties, a need for routine, sensory issues and special interests.

### Are there only negative traits of autism?

Absolutely not. Autistic people have many strengths such as having expertise in special interests, good memory, honesty and creativity, among many others.

## 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 all clients.

**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 tailored training around AS/HFA to groups, organisations, other professionals and businesses

## ASSERT SOCIAL ACTIVITIES

**Drop in:** A friendly and relaxed social get together for clients

**Walking group:** A social group for clients where each month we go on a different walk and grab a coffee

**Peer Discussion Group:** A structured monthly discussion group for clients around a different topic relating to autism

**Monthly activity:** A different social activity each month for our clients

**Parents, partners and carers group:** A social get together for parents, partners and carers of adults with AS/HFA

**Clubs:** Fortnightly Coffee Club and monthly Active Club

## HOW TO ACCESS OUR SERVICES

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 this subject.

We work on a self-referral basis, which means that people wishing to access our organisation 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.



### DONATE TO ASSERT

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 to us through PayPal or the 'donate' button on our Facebook page. You could also make donations in cash, via cheque or bank transfer, host your own fundraiser or use the link below:

<https://www.paypal.com/uk/fundraiser/charity/2333838>