

# The Autism Hub



## About us

**The Autism Hub is a safe and welcoming place for people with autism to get support.**

Run by a specialist team, it offers people the chance to try different things and meet new people in an environment that's especially designed to be quiet, calm and free of sensory-triggers.

## Our credentials

We blend a healthy dose of local knowledge and understanding with the high-level support you'd expect from being part of a national charity. United Response has over 45 years of experience helping people with disabilities and mental health needs live the lives they want.

## Our support

What we do has clear benefits for people who:

- Prefer predictable routines
- Have low self-esteem
- Want to improve their social skills
- Need help with self-care and living skills
- Want to get fit and healthy
- Struggle to communicate

## Our service is ideal for people with:

- A Learning Disability Assessment and a diagnosis of Autism

## Some of the activities we offer include:

- Arts and crafts
- Woodwork and upcycling
- Indoor sports, such as table tennis, skittles and basketball
- Music sessions
- Gardening
- Cooking and baking
- Social stories and group discussions

## How does it work?

When we meet someone for the first time, we set to work finding out everything we need to know to make what we do work for them:

- What makes them happy?
- What don't they like?
- Do they have any special interests?
- What do they struggle with?

With the information we gather, we guide each person towards the activities and sessions we think they'll find the most rewarding. Nothing we do is set in stone and sessions can be tailored to cater for people's particular hobbies or interests, where possible.

## An autism-friendly environment

Everything about the Autism Hub has been designed to make people feel relaxed, safe and in control. We limit visitors to no more than ten per day, so noise levels and crowds don't become overwhelming, and our decor is all in autism-friendly pastel colours.

Everyone who comes to the Autism Hub is given a personalised timetable in whichever format works for them, so there are no unexpected surprises.

## How much does it cost?

Customers are charged per day attended. The Autism Hub is open from 9am-4pm and people can attend for the whole day or in smaller blocks of time.

The cost will be assessed by social services depending on your income.



## Where can I find out more?

More information is available about the Autism Hub from your Care Manager or Social Worker. All referrals go through City of York Council learning disability team.

### To find out more or to arrange a visit please contact:

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