

ALL AGE AUTISM NEWSLETTER

A quarterly publication by Landau Limited

Welcome

Welcome to the Spring 2024 Issue!

We're thrilled to bring you the latest edition of our quarterly All Age Autism Newsletter. This issue celebrates the incredible achievements of our AAA Grant Holders – local voluntary sector organisations who have made a significant impact on the lives of autistic people and their families in Birmingham and Solihull. Over the past two years, these organisations have provided crucial support to over 2,800 participants. Through innovative approaches, they've enhanced the community services available. This includes exciting new offerings like parent support groups, sleep workshops, employability programmes, and information & guidance resources. As the initial AAA pilot programme draws to a close, we're excited to announce plans for the future of the AAA Support Service. We're also committed to developing the AAA Service Directory, creating a single, convenient access point for all your autism support needs. Stay tuned for further updates in the coming months!

AAASS Future

The future of the project is on a new course, focusing on a service directory resource for all ages, and all user types, Phil Taylor, Landau's COO, voices his excitement for the project's future direction.

"The past two years have laid a fantastic foundation for our all-age autism service. We've built strong relationships with the NHS, local authorities, businesses, and most importantly, the organisations that provide vital support. Now, we're thrilled to keep improving! We'll be refining our user-friendly service directory, making it an essential tool for clinicians and an indispensable resource for autistic individuals and families of all ages."

FEATURES

PAGE 2 - PARTNER FOCUS

PAGE 3 - AAA Supporting Parents

PAGE 4 - Staff & Directory Update

aaa@landau.co.uk



**News: Birmingham Open
Media launch a new
Hidden Kingdoms Travel
App**



BOM, the Birmingham-based leader in immersive technology, has launched Hidden Kingdoms a travel companion app to help people conquer travel anxiety. The app provides check-ins, soundscapes and meditations, ensuring users arrive at their destinations feeling relaxed and collected.

- **Animal Guides:** Designed by Coventry artist Edie Jo Murray, these adorable companions provide a sense of comfort and security throughout the journey.
- **Calming Meditations:** Written by Pasannamati Neal, these guided meditations help users manage stress and anxiety during travel.
- **Beautiful Soundscapes:** Created by sound artist Joe Wright, these immersive soundscapes create a peaceful and tranquil atmosphere.

Hidden Kingdoms aims to alleviate stress and support users to arrive at their destination in a state of calm.



<https://bit.ly/4bsCV1O>

If you are interested in finding out more about BOM and other Assisted Travel Services visit our travel section on our website:

www.aadirectory.co.uk

SCAN ME



Rethinking support for Parents and Carers



Hi my name is Mona I'm apart of road map because I have two challenging kids 1 with autism and 1 with behaviour problems road map helps me to connect with other mothers who are on the same path as me road



Picture: Free play session at Seven Up Chance to Play club



With a surge in demand for autism assessments and school support, three AAA Grant recipients are stepping up to empower parents. These organisations are tackling challenges in education, childcare, and social connection for families with autistic children.

Bridging the Gap:

- **Flourish:** The West Birmingham Community Health Collaborative launched the "Road Map" project. This initiative connects families, schools, and healthcare providers in primary school hubs. Weekly sessions offer peer support, professional guidance, and opportunities for parents to share their experiences. The program has expanded to include after-school and holiday clubs, one-on-one support, and a resource guide for wider dissemination.

Addressing Childcare Needs:

- **Seven Up** Charity recognised the limited availability of specialized childcare for autistic children. Their "Chance To Play" project offers play opportunities at Hamilton School while supporting parents in work, education, and personal well-being. Inclusive Play specialists create safe and stimulating environments for self-directed play. This program provides essential respite for families and allows parents to maintain financial stability.

Building Confidence and Connection:

- **Birmingham Pathfinders** prioritises building partnerships with schools and families facing challenges. Their "Autism Friends" project empowers parents to design and manage events and day trips. This network combats isolation and anxiety, allowing children to practice social skills and venture out confidently. Parents who participated shared: "We were there for each other... We're all in the same situation..." The project is a springboard for future initiatives, with plans for new programs and potentially a community hub.

These AAA Grant projects demonstrate the power of collaboration in supporting families with autistic children. By addressing education, childcare, and social connection needs, they empower parents and improve the overall well-being of families.



PARTNER FOCUS

Onwards and upwards for autism friendship group

The Onwards Friendship Group is a beacon of hope for socially isolated young people in Sutton Coldfield. This fantastic group provides a welcoming space for weekly gatherings at the Streetly Community Centre, offering a chance to connect, have fun, and explore various interests. Through their AAA Grant, Onwards has gone above and beyond.



They've hosted exciting themed nights, keeping things fresh and engaging. Additionally, they've invested in new equipment, expanding their offerings to include gaming stations, arts and crafts materials, and even specialized sensory equipment to cater to diverse needs. This commitment to providing a stimulating and inclusive environment makes Onwards Friendship Group a valuable asset to the community.

The group now supports 50 young people who regularly attend with family members. Going forward this thriving neurodivergent community aims to secure funding for a permanent base with volunteers and expanded programme of activities.

“Onwards has impacted my son’s life massively. He now has a group of close friends and is able to socialise with them not only at Onwards but outside too. I don’t know where we would be without it.”

Discover Onwards on our Service Directory here:

 <https://bit.ly/4bsCV10>

Hunrosa’s success supporting tired families

Hunrosa's "Sleep Wise" project tackled sleep issues in autistic youth. Their six-month program offered online sessions for parents, 1-on-1 support for severe cases, and workshops for professionals across Birmingham and Solihull. Feedback confirms its success in improving sleep and empowering professionals.

- **75% of participants achieved their sleep goals and noticed improvements in their families quality of life.**
- **90% of Professionals attending workshops now understand the impact of lack of sleep**



Discover Hunrosa on our Service Directory here:

 <https://bit.ly/43xfZt3>

Experts by Experience provide stepping stones into employment

Experience by Experience Solihull (EbE), a user-led organization, boasts extensive experience in helping autistic individuals overcome obstacles to employment, further education, and training. Their AAA-funded "College and Employment Support" Project has been instrumental in forging strong connections with local colleges and employers, yielding impressive results.

EbE prioritizes a holistic approach, offering personalized support tailored to each participant's needs. This includes flexible scheduling with evening and weekend options, along with one-on-one mentoring and group learning opportunities. This highly customized program has empowered individuals to make significant strides forward. Success stories include enrolling in and staying on track at college or university, securing employment or volunteer positions, and collaborating with employers to ensure continued success in the workplace.

Discover EbE on our Service Directory here:

 <https://bit.ly/3rKs8xx>

All Age Autism Engagement Event at Midlands Arts Centre

The Birmingham Community Healthcare Charity (BCHC) recently held a successful all-age autism event at the Midlands Arts Centre on Wednesday, March 27th. The event was a collaborative effort between BCHC, the AAA Support Service Team, and SOS Education.

The event attracted a large number of families seeking information about Birmingham's autism services. Attendees enjoyed free arts, crafts, sports, and sensory play activities for all ages. NHS services, autism organizations, and charities were also present, offering valuable advice and connecting families with relevant resources.

This event marked the successful conclusion of the "Information, Prescription and Autism Carers' Network" project, funded through the AAA Grant program.



Picture: Nick Drew, RFA, Pip Long & Jamey Osborne, 1st Team Captain



AAA Support Service changes



 AAA@landau.co.uk

Philippa Long continues her work in Autism over in Shropshire

Quote:

I have really enjoyed the hard work involved with the AAASS Team in building new processes, relationships across the voluntary & statutory sector and exploring opportunities to support autistic people & their families in Birmingham & Solihull where the voluntary sector are doing amazing & life-changing work."

Genni and Sharon are here to ensure the continued growth of All Age Autism support in Birmingham and Solihull.

AAA Directory Re-development plans

Big News! We're Revamping the Autism Service Directory!

We're thrilled to announce a major refresh for the autism service directory! Our goal is to create a whole new experience that's not only user-friendly, but also specifically designed to be autism-friendly.

Putting Users First:

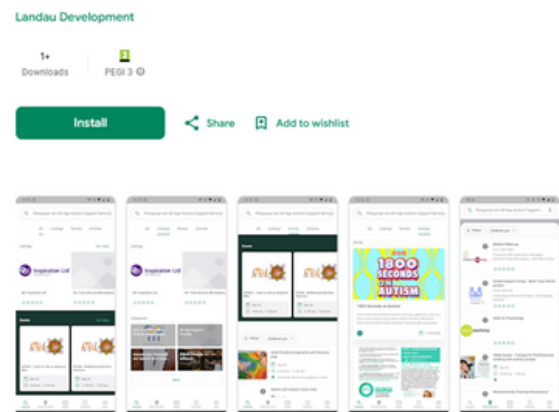
Your voice matters most! To ensure we get this right, we'll be hosting user group sessions. We'll be relying heavily on the feedback of the autistic community, the very people this directory is designed to serve.

Collaboration is Key:

We'll be working hand-in-hand with relevant organisations to make sure the information provided is not just accurate, but also the most useful and relevant for your needs.

Stay tuned for updates on user group participation and the exciting launch of the revamped directory!

All Age Autism Support Service



If you would like to take part in one of our Service Directory focus groups, please visit our website www.aadirectory.co.uk or email us on: aaa@landau.co.uk