



**Centre for ADHD  
& Autism Support**

Registered charity Number 1193799

**Services**  
**April 2021- March 2022**

Services are subject to change based on current  
Government Guidelines.

Television House  
269 Field End Road  
Eastcote  
HA4 9XA

Phone: 020 8429 1552

Web: [www.adhdandautism.org](http://www.adhdandautism.org)

# Centre for ADHD & Autism Support Key Personnel

## Trustee Board

Vacant	Chairperson
Kay D'Cruz	Acting Secretary
Ashwin Kara	Treasurer
Jane McLeod	Trustee
Gabriella Eberhardt	HR Trustee
Alison Futerman	Trustee

## Key Staff

Name	Role	Email
<b>Therese Glynn</b>	Managing Director (ADHD)	adhd@adhdandautism.org
<b>Lynne Laverty</b>	Managing Director (Autism)	autism@adhdandautism.org
<b>Rebecca Murphy</b>	Financial Controller	finance@adhdandautism.org
<b>Blaise McDonald</b>	Youth Services Manager	blaise@adhdandautism.org
<b>Helen Fleetwood</b>	Autistic Adult Service Manager	helen@adhdandautism.org
<b>Karen Crocker</b>	Family Services Manager	karen@adhdandautism.org
<b>Rachel Walker</b>	Family Support Worker	rachel@adhdandautism.org
<b>Ciaran Feighan</b>	Youth & Family Worker	ciaran@adhdandautism.org
<b>Zeena Bishop</b>	Family Support Worker	zeena@adhdandautism.org
<b>Leigh Andrews</b>	Family Support Worker	leigh@adhdandautism.org
<b>Sarah Haynes</b>	Family Support Worker	sarah@adhdandautism.org
<b>Sophia Tourabi</b>	Youth and Family Worker	sophia@adhdandautism.org
<b>Tasneem Choucair</b>	Fundraiser	fundraising@adhdandautism.org
<b>Anna Atack</b>	Administrator	admin@adhdandautism.org
<b>Hayley De Freitas</b>	Creche Worker	
<b>Vicky Egan</b>	Creche Worker	

## Using Online or Digital Services

CAAS will be providing a range of services using different technologies during this time.

Support will be provided via:

**Email:** New enquiries should be made via our [enquiries@adhdandautism.org](mailto:enquiries@adhdandautism.org) email. Staff e-mails for existing users are listed at the start of the services, and above each service listing.

**Phone:** Please get in touch via 020 8429 1552 and leave a message.

**Webchat, Online Groups, Webinars:** via Zoom or Microsoft Teams.

### Emergency Support

Whilst CAAS are able to offer support we are not able to respond quickly enough to crisis and emergency situations. If you have **immediate concerns** about the health, wellbeing and/or safety of any member of your household please refer to the contact details below:

- NSPCC - <https://www.nspcc.org.uk/> - have a lot of tips, advice and support around the current Coronavirus pandemic including online safety and supporting your child's anxiety
- Childline - <https://www.childline.org.uk/> or 0800 1111 – offering advice and support for young people along with online games and distraction tools
- Papyrus is a UK Charity for the prevention of young suicide, which a phone line for young people and parents/carers on 0800 068 4141. For more information, visit: [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Samaritans is a charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide and provide support 24/7 on 116 123. For more information visit: [www.samaritans.org/](http://www.samaritans.org/)
- Kooth is a service for children and young people in the borough of Hillingdon which offering free counselling and support service. For more information, visit: [www.kooth.com](http://www.kooth.com)
- WISH Harrow support young people who are self-harming and attend a school in the borough of Harrow by providing support through our Safe2speak counselling service. For more information visit: <https://thewishcentre.org.uk/harrow/>
- The National Suicide Prevention Alliance is an alliance in England who take individual and collective action to reduce suicide. For more information, visit: [www.nspa.org.uk/home/our-work](http://www.nspa.org.uk/home/our-work)
- Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. The number is 85258. For more information visit: [www.giveusashout.org/](http://www.giveusashout.org/)
- The Stay Alive app is a suicide prevention resource for parents/carers and young people, packed full of useful information and tools to help you stay safe in crisis. <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

**If there is immediate risk call 999**

## Services for Families

### Parent/Carer Support Group: Blended online and face to face service

<b>When:</b>	<b>Wednesdays</b> Weekly Term Time	<b>Fridays</b> Weekly Term Time	<b>Evening Group</b> Third Monday of the Month
<b>Where:</b>	<b>At CAAS</b>	<b>Via Zoom</b>	<b>At CAAS</b>
<b>Time:</b>	10.30am till 12.30pm	10.30am till 12.30pm	7.00pm till 9.00pm
<b>Contact:</b>	<a href="mailto:enquiries@adhdandautism.org">enquiries@adhdandautism.org</a>		

The support sessions are a great introduction to our services where you can meet the Family Support Team, find out about the help we can provide for you and your family, as well as being able to connect with other parents/carers in a similar situation.

We are returning to a blended service.

The Wednesday morning and Monday evening sessions will be in person at CAAS.

#### **The Zoom link for Friday is:**

Join Zoom Meeting

<https://zoom.us/j/93622284550?pwd=WWZHM20vaWRnaG1lU1JvOG9RMGo0Zz09>

Meeting ID: 936 2228 4550

Passcode: 526663

### Closed Facebook Group

The link to join is: <https://www.facebook.com/groups/adhdandautismsupport>

- Please read group rules before posting.
- The group is designed to give you the opportunity to share and gain support from other members.

## One to One Appointments: Blended online and face to face service

When: By appointment only  
Contact: [enquiries@adhdandautism.org](mailto:enquiries@adhdandautism.org)

One to one appointments can be booked for specific parenting / care advice, understanding letters forms, preparing for appointments etc.

- Support is available via email, phone, text or webchat.

## Sleep Support: Phone or Zoom

When: By appointment only  
Contact: [enquiries@adhdandautism.org](mailto:enquiries@adhdandautism.org)

CAAS will be offering specialist support to enable parents to gain a greater understanding of how to support children with sleep issues. Support will generally be offered via email or phone.

## Parenting Courses: Blended online and face to face service

CAAS offer three specialist parenting courses.

### Living with ADHD & Autism

When: Five courses per year. Alternate daytime and evening  
Childcare: Crèche available for daytime courses by arrangement only  
Cost: £45 per person (£75 per couple)  
Contact: Anna on [admin@adhdandautism.org](mailto:admin@adhdandautism.org) for information or to book

- A supportive 10-week course designed to help parents deal with the different behaviours that can occur with a diagnosis of ADHD, autism or other co-morbid conditions.
- The course focuses on issues such as:
  - building self-esteem and effective communication with your children, as well as dealing with feelings (theirs and yours).
  - Problems with labelling.
  - Consequences.
  - Setting limits and boundaries.
  - Anger management.
- Both conditions are explained in-depth, and parents/carers are provided an opportunity to work on difficult issues in a safe and supportive environment.

## Understanding Autism

When: Five times per year. Alternate daytime, evening, and Saturdays  
Childcare: Crèche available by arrangement only  
Cost: £35 per person (£60 per couple)  
Contact: Anna on [anna@adhdandautism.org](mailto:anna@adhdandautism.org) for information or to book.

- Understanding Autism is an 8-session course that focuses on understanding our autistic children and looking at how we can best support them.
- The course covers:
  - Introductory Session
  - Understanding Autism – an overview and an opportunity to learn from autistic adults.
  - Understanding Communication
  - Understanding Sensory Issues
  - Understanding Behaviour
  - Understanding and Managing Behaviour
  - Autism and the Family
  - Emotion Coaching and Self Care
- The course is best suited to those who have a new diagnosis or who are going through assessment for their child but is open to other parents/carers who want to gain a better understanding.

## 1-2-3 Magic – Managing Difficult Behaviour

(a 4-week behaviour management course)

When: Two times per year. May be daytime or evening depending on demand  
Criteria: Parents with children aged 3 – 10 years (most suitable for ADHD)  
Childcare: Crèche available by arrangement only  
Cost: £20.00  
Contact: Anna on [admin@adhdandautism.org](mailto:admin@adhdandautism.org) for information or to book.

- A four-session programme designed to give effective and well-researched ways to better support children to manage their behaviour.
- Helps to increase knowledge about what works and what doesn't, and to lessen feelings of frustration, resulting in better outcomes with less effort and stress.
- Based on 1-2-3 Magic by Dr Thomas Phelan.

## Specialist Workshops – Blended online and face to face service

- Specialist workshops are held throughout the year. These will be offered via webinar for now and are accessible to parents / carers / professionals and ADHD/autistic individuals.
- Details are sent via email to members and are published on our website and social media.

# Services for Children and Young People

## Individual Support and Mentoring: Blended online and face to face service

When: Ongoing  
Criteria: Young people aged 11 (and in High School) - 25  
Contact: youth@adhdandautism.org

- The project aims to support young people with a diagnosis of ADHD and/or autism at difficult times in their life.
- Support will be available via email, phone, text and webchat or in person.

## Drama Therapy - at CAAS

**(Please note this is NOT open to external referrals)**

Criteria: Internal CAAS Referrals Only  
Cost: £5.00 per session  
Contact: Therese Glynn on [adhd@adhdandautism.org](mailto:adhd@adhdandautism.org)

- Drama therapy is offered to children who may be struggling with their emotions, with anxiety, or with social interaction and offers them a safe space to explore those feelings.
- Our therapists use the Sesame method, which is child led and supports them in understanding their own needs.
- Our therapists are fully qualified and HCPC Registered.
- Families MUST be engaging with services at the centre before a referral will be made.

## WhyTry Programme (10 weeks) – Will resume once restrictions ease

When: Twice Annually  
Criteria: Young people aged 12+  
Contact: youth@adhdandautism.org

- WhyTry is a lively 10-week CBT based course designed to support young people in all areas of their lives. This is done through visual analogues, music and team activities.
- The course explores issues such as:
  - Peer pressure.
  - Decisions and consequences – making the right choices.
  - Building self-esteem and worth.
- The programme is taught in a way that is accessible to most learning styles and is very interactive making it popular with young people with ADHD.

## CALMS Programme (6 weeks) – at CAAS

When: Twice Annually  
Criteria: Young people aged 12+  
Contact: [youth@adhdandautism.org](mailto:youth@adhdandautism.org)

CALMS is a 6-week programme designed to help young people explore their differences and to learn to see the positives in having a diagnosis of ADHD or autism.

## Young Persons Film Group – at CAAS

	<b>Group 1 (age 18-24)</b>	<b>Group 2 (age 14-18)</b>
When:	Monthly on a Friday	Monthly on a Friday
Criteria:	Age 18-24	Age 14-18
Cost:	£5 for takeaway / £15 Outings	£5 for takeaway / £15 Outings
Contact:	Therese Glynn / Karen Crocker	Ciaran Feighan

- The Film Group provides the opportunity to combine socialising and meeting new people, whilst learning social skills. Films are chosen to facilitate discussion around what they have seen. This is done in a relaxed environment whilst enjoying a takeaway.
- The group also go on several outings each year to the cinema, or to other relevant places such as the Film Museum or the Harry Potter Tour.

## Girls Group – at CAAS

When: **2<sup>nd</sup> and 4<sup>th</sup>** Tuesday of each month from 6.30-8.00pm  
Criteria: Young women aged 11 (and in high school) – 16 years diagnosed with ADHD or autism  
Costs: Free  
Contact: Karen Crocker on [karen@adhdandautism.org](mailto:karen@adhdandautism.org)

The 'Girls Group' is a creative and nurturing space for young women. The group will aim to help the girls understand their diagnosis and learn strategies to help them manage. The format will be a mix of both discussion groups, where a topic is picked each month and the group focus is on that topic, and creative activities so there will be an opportunity to learn new skills, and to be in a social environment that feels more natural and less forced.



## Therapeutic Siblings Group – at CAAS

When: First Saturday of the month 12.00pm-1.00pm  
Criteria: Siblings age 7-9 (10.30-11.30)  
Siblings age 10-12 (12.00-1.00)  
Costs: Free but places MUST be booked  
Contact: Ciaran Feighan on [ciaran@adhdandautism.org](mailto:ciaran@adhdandautism.org)

The monthly siblings' group will be designed to support siblings of children or young people with a diagnosis of ADHD and/or autism. The group, led by a therapist and facilitator, will give siblings an opportunity to gain understanding of the conditions so that they can better understand their brother or sister fostering better relationships. The group will involve a mix of talking and activities.

## Lego® Therapy – Will resume once restrictions ease

When: Variable Dates – Members will receive emails  
Criteria:  
Costs: Free  
Contact: Blaise McDonald / Karen Crocker

Lego®-based therapy is a social development programme for young autistic people or those with related social communication difficulties. Young people work together to build Lego® models and through this have the opportunity to develop social skills such as turn taking, collaboration and social communication.

## Creative Club – at CAAS

When: First Saturday of the month 1.30pm till 3.00pm  
Criteria: Young People aged 8-12 diagnosed with ADHD or autism  
Costs: Free but places MUST be booked.  
Contact: Ciaran Feighan on [ciaran@adhdandautism.org](mailto:ciaran@adhdandautism.org)

The monthly Creative Club with a therapeutic basis will feature creative activities such as music or art. The groups will enable those who face isolation a place to meet like-minded individuals in a place that feels safe, secure and accepting of difference. You may be asked to create something in advance to discuss and share during the session.



Where: **Blended online and face to face service**  
Criteria: Young people aged 11-25 in Harrow.  
Costs: Free  
Contact: [youth@adhdandautism.org](mailto:youth@adhdandautism.org)

**HeadsUp** is a specialist young people's mental health service provided by five local organisations: Mind in Harrow, the Mosaic LGBT Youth Centre, The Wish Centre, Paiwand and Centre for ADHD & Autism Support.

Each individual service has their own digital offer. Please see the HeadsUp website <http://www.headsupharrow.uk>.

**CAAS** will provide a mix of in person or virtual one-to-one mentoring session and small groups to help young people with a diagnosis of ADHD and/or autism build their resilience and learn mental health coping strategies.

CAAS will also be running a series of workshops for parents/carers and will be offering free training within Harrow schools. Please contact [autism@adhdandautism.org](mailto:autism@adhdandautism.org) for information.

# Services for Autistic Adults

## One to One Appointments

- When: By appointment only.
- Criteria: Autistic Adults aged 25+ resident in Harrow. Limited sessions for Hillingdon residents.
- Contact: Helen Fleetwood on [helen@adhdandautism.org](mailto:helen@adhdandautism.org)

A service designed to offer support with practical issues, such as:

- assisting to make phone calls to council/health/social care/education /housing/benefits/banks/utilities etc.
- filling in the forms and applying for benefits, including Access to work, Universal Credit, PIP, Health Cost Cards etc.
- help understanding letters or forms and responding to them.
- Create a plan of action and next steps to take.
- Creating a CV.
- Finding out what other services and organisations may be able to help you..

Clients will typically access 6 support sessions

## Book Group for autistic adults: Online until July

Organised and facilitated by Janet Gothelf - [janet.gothelf@clearer-perspectives.com](mailto:janet.gothelf@clearer-perspectives.com)

- When: Every 4-6 weeks on a Wednesday afternoon
- Criteria: Autistic Adults (Diagnosed or seeking) and resident in Harrow or Hillingdon
- Contact: Janet Gothelf – contact prior to attending

- In the virtual book group, we discuss a book chosen by one of the group. The resulting conversations are wide-ranging and stimulating.
- Books are provided at cost or can be download or audio if you prefer.

## “Write what you want” Group for autistic adults: Online until July

Organised and facilitated by Janet Gothelf - [janet.gothelf@clearer-perspectives.com](mailto:janet.gothelf@clearer-perspectives.com)

- When: Every 4-6 weeks
- Criteria: Autistic Adults (Diagnosed or seeking) and resident in Harrow or Hillingdon
- Contact: Janet Gothelf – contact prior to attending

- Creative writing is a safe space to explore writing in a non-judgmental and supportive setting.
- For some it is the first time they have tried putting down ideas in story, prose or poetry. Others have enjoyed creative writing for a long time.

## **Women's Forum: Online until August then will alternate monthly**

Facilitated by Karen Crocker or Janet Gothelf

When: On the 1<sup>st</sup> Tuesday of each month from 7.00pm till 9.00pm  
Criteria: Autistic Adult women (Diagnosed or seeking) and resident in Harrow or Hillingdon  
Contact: Helen Fleetwood on [helen@adhdandautism.org](mailto:helen@adhdandautism.org)

- The group is an open group for women who are autistic or who think they might be on the autism spectrum.
- The aim of the group is to provide a safe, non-judgemental forum for women to share their thoughts, experiences and ideas. You may participate actively or passively: you can involve yourself in group discussion or simply listen to what other women have to say.
- One topic is selected for discussion each month and advance notice of can be provided to those who wish to know.

## **Therapeutic / Discussion Group – Online until August then back at CAAS.**

Facilitated by Janet Gothelf

### **Age 18+**

When: 3<sup>rd</sup> Tuesday of the month  
Criteria: Autistic Adults (Diagnosed or seeking) and resident in Harrow or Hillingdon  
Contact: Helen Fleetwood on [helen@adhdandautism.org](mailto:helen@adhdandautism.org)

- The group will meet monthly for a virtual therapeutic discussion group that will take place from 7.00pm till 9.00pm. This will allow a space where individuals can discuss any issues in their lives, their worries and anxieties in a safe, non-judgmental environment. Discussions will be based on issues that impact on life on a daily basis as well as celebrating the successes.

## **Gaming Group – Online until August then back at CAAS**

Facilitated by Helen Fleetwood

### **Ages 18+**

When:

Criteria: Autistic Adults (Diagnosed or seeking) and resident in Harrow or Hillingdon

Contact: Helen Fleetwood on [helen@adhdandautism.org](mailto:helen@adhdandautism.org)

- The group will meet monthly and develop a gaming community driven by the members.
- The group will ideally build a social and gaming community through developing and building a Gaming Group Brand, creating video content for YouTube reviews of games we are currently playing and interested in, also creating, and developing a group Twitch channel which to generate an income for the Gaming Group, these funds will go towards developing the group and outings related to the gaming community such as Comic Con/Gaming Café's.
- We will create a Discord Server for our Gaming Group and will look to eventually develop a Gaming for Parents Course to educate parents on the benefits of gaming for the autistic community – this is in response to the concerns that parents and care-givers have of the impact of gaming.

## **Partners, Parents & Supporters of Autistic/ADHD Adults Drop-in Group: Online**

When: On the 1<sup>st</sup> Monday of each month from 7.00pm till 9.00pm (excl Bank Holidays)

Criteria: Parents and Partners of Adults with a diagnosis or ADHD or autism, resident in Harrow, Hillingdon or neighbouring boroughs.

Contact: Helen Fleetwood – [helen@adhdandautism.org](mailto:helen@adhdandautism.org)

- The drop-in sessions are a great introduction to our services where you can meet the Adult Support Team and find out about the support we can provide for you and your family.
- Open to parents, carers and partners of autistic adults and offers the opportunity to meet other parents and partners in a similar situation.
- Members of the team will be online to facilitate the group. The opportunity to have a private chat with staff will be available for short periods of time during the session.
- Email [helen@adhdandautism.org](mailto:helen@adhdandautism.org) for the meeting links and group rules.

## Adult ADHD Services

### One to one support - Blended online and face to face service

- When: Ongoing – appointments can be online / phone / in person  
Criteria: Adults with a diagnosis of ADHD or who suspect they have ADHD and are resident in Harrow  
Contact: Darcy Willison on [darcy@adhdandautism.org](mailto:darcy@adhdandautism.org)

The adult ADHD Service provides specialist mentoring for adults with diagnosis of ADHD.

### Adult ADHD Evening Group – Online until July then back at CAAS

- When: Held on the second Monday of each month from 7pm till 9pm  
Criteria: Adults with a diagnosis of ADHD or who suspect they have ADHD and are resident in Harrow  
Contact: Darcy Willison on [darcy@adhdandautism.org](mailto:darcy@adhdandautism.org)

The adult ADHD group provides a safe and non-judgemental environment for adults to come and explore what it means to have a diagnosis of ADHD, and to get help and support with issues arising in their everyday lives.

### Adult ADHD Daytime Group – Online until July then back at CAAS

- When: Held on the fourth Tuesday of each month from 3.00pm till 5.00pm  
Criteria: Adults with a diagnosis of ADHD or who suspect they have ADHD and are resident in Harrow  
Contact: Darcy Willison on [darcy@adhdandautism.org](mailto:darcy@adhdandautism.org)

The adult ADHD group provides a safe and non-judgemental environment for adults to come and explore what it means to have a diagnosis of ADHD, and to get help and support with issues arising in their everyday lives.

## Our Funders

CAAS would like to acknowledge all of our funders for their on-going support allowing us to continue to provide much needed services to our clients. Without your support it would not be possible to continue to fund our experienced staff team and provide the diverse range of services that we do. **Thanks, in 2020/21 go to:**

BBC Children in Need

City Bridge Trust

The Clothworkers Foundation

Comic Relief

Frustrated Communications

Harrow CCG

Harrow Council

Harrow Giving

Hillingdon Council

London Community Foundation (Covid Response Fund)

The National Lottery Community Fund: Reaching Communities

NW London CCG

Young Harrow Foundation

