

What is Autism?

Autism is a lifelong condition affecting social communication. It can involve a strong need for routine and predictability. Most autistic people have sensory processing difficulties, for example coping with flickering fluorescent lighting, strong smells or background noise. Understanding facial expressions and body language is more difficult, and eye contact can be painful to endure. Autism often also has strengths, including accuracy, honesty and dedication.

Autism is a spectrum condition. This means that its impact ranges from moderate to severe. It affects people with and without learning difficulties. People with autism do not look disabled. Autistic social communication is often misunderstood, and many experience anger from others, with loneliness and anxiety as a result. Between 8,500 and 20,000 people living in Berkshire are directly affected by autism.

We are a self-funded charity relying on donations, grants, sponsorship and other fundraising activities to support our work.



Autism Berkshire – the working name for Berkshire Autistic Society

Registered office:

Unit 7 Richfield Place, 12 Richfield Avenue, Reading, RG1 8EQ

Charity no: 1076217, Company number: 3750656

Facebook: AutismBerkshire Twitter: @autismberkshire

www.autismberkshire.org.uk

Helping & supporting anyone living with Autism & Asperger Syndrome



Talking sense about autism.

 Helpline: **01189 594 594**  www.autismberkshire.org.uk



About Us

Autism Berkshire was set up in 1990 by a group of parents. Today, we are the leading autism charity in Berkshire.

Autism Berkshire is an independent charity supporting anyone living with autism. When children and adults are diagnosed, they are signposted to the charity by the NHS.

Our mission is to help and support anyone living with autism. We aim to enhance current provision and support with the purpose of improving the quality of life for people affected by autism within Berkshire.

Autism Berkshire Services

Daily Helpline: **01189 594 594**

- Pre-assessment Support service
- Post-Diagnosis Support Service
- Berkshire Autism Alert Card
- Library & Sensory Toy Loan Service
- Regular email updates
- Family parties at Thames Valley Adventure Playground
- A network of six support groups meeting monthly across Berkshire
- Conferences and workshops
- Social and leisure activities for children and young people including autism-friendly sport activities and clubs
- Social and leisure activities and events for adults with autism including evening social clubs, quiz nights etc.



Benefits Service

Help with completing benefit claims, from a trained adviser for autistic adults, and parents/carers of children with autism.

Autism Berkshire Training & Support

Autism Berkshire has a range of training courses and workshops for parent, carers, professionals and autistic adults.

For Professionals

- Autism awareness
- Advanced autism awareness and communications
- Bespoke training to meet your organisation's needs

For Parents/Carers

- Confidence building
- Communicating with Professionals
- Strategies for parents of teenagers with autism

For Autistic Adults

- Managing your money
- Socialeyes course on social skills and social understanding developed by the National Autistic Society
- Independent Living

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