

Who we are

We are a Southampton based Autism support service. We provide support, guidance and advocacy for families with children/young people (4-18) with suspected/a diagnosis of Autism. (Doesn't have to be suspected by professionals). We offer support at any stage of the diagnostic process as well as post diagnosis. We are volunteers with both personal and professional experience.

Our aim is:

"To empower our families to be heard and reduce isolation. To promote understanding around everything Autism"

"I feel that the support I'm getting is fantastic I'm a mum of 2 autistic boys. SASS helped me to understand things in a way that makes sense she helped me to talk to the right people in that situation I'm very lucky to have the support that I have"

"SASS are always welcoming to new members to the group's and to the Facebook page. They both have excellent knowledge of ASD and support you can get around the area. As a group they have relevant guest speakers and have knowledge of the CAMHS services. They are both approachable through messages and in person. If I have situations that I need help with they do not judge the situation but give advice and usually practical advice. They never make you feel silly for asking for help or support."



Website—<https://www.southamptonautismsupportservice.com/>

Facebook—Southampton Autism Support Service

Email—Southamptonautismservice@gmail.com

Phone—07306411022 or 07305584322

**Supporting parents
and carers of children
and young people with
Autism.**



Southampton Autism Support Service



Our 1-1 Service



- ◆ **Advice and guidance**— The diagnosis process, other support available, entitlements, emotional support, schooling, EHCP's etc.
- ◆ **Advocacy**—Support in understanding your rights and having your voice heard at meetings eg CAMHS, Police, Schools, Social Services, housing etc.
- ◆ **Signposting**—Informing families of relevant services within the area.
- ◆ **Support with form filling**—Benefits, applications, assessments etc
- ◆ **Support with understanding the process**—A non-judgmental space and a listening ear as well as advice.



We are currently offering the 1-1 service via phone, message, email, zoom or face to face.

How

- ◆ Contact us via our web chat on our website
- ◆ Refer via our website
- ◆ Join our closed Facebook group
- ◆ Like our Facebook page
- ◆ Phone or text us
- ◆ Send us an email

Why

Our volunteers have both personal and professional experience. We offer an inclusive and non-judgmental support service specifically for Autism. We empower families to have their voices heard. We understand that it can be overwhelming and isolating. We offer a number of services to help lessen the feeling of isolation.



Flutterbies

support group

This is an opportunity for parent/carers to get together with others in similar situations to share experiences and give/receive peer support and advice. This done via Zoom or face to face and all of our dates and times are on the website and our Facebook page and group. We often have professional speakers join us to give specific advice around Autism and support in Southampton. Helping strengthening knowledge around Autism.



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