



Registered charity Number 1193799

Adult Services

Harrow, Hillingdon and NW London Wide
(please check access for each service)

April 2022 - March 2023

Television House
269 Field End Road
Eastcote
HA4 9XA

Email: adults@adhdandautism.org

Website: www.adhdandautism.org

Centre for ADHD & Autism Support Key Personnel

Trustee Board

Gabriella Eberhardt	Chairperson
Lynne Fearn	Secretary
Simon Taylor	Treasurer
Nick Moser	Trustee
Alison Futerman	Trustee
Zoe Campbell	Trustee

Key Staff

Name	Role	Email
Kay D'Cruz	Chief Executive Officer	kay@adhdandautism.org
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Helen Fleetwood	Adult Services Manager	helen@adhdandautism.org
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Laura Nettleford	Autism Advisor	laura@adhdandautism.org
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Farheen Dhalabhoy	Finance and Monitoring Assistant	farheen@adhdandautism.org
Anna Atack	Administrator	admin@adhdandautism.org
Gemma Doocey	Fundraiser	fundraising@adhdandautism.org

The adult team services are co-designed, created and delivered with, and by, neurodivergent people.

Services for Autistic Adults across NW London

One to One Appointments

Harrow

Ealing

Hounslow


Westminster

Brent

Hillingdon

Hammersmith & Fulham

Kensington & Chelsea

When:	Referral via QR code, and then by appointment	
Accessible to:	Autistic Adults without a co-occurring learning disability in NW London	
Contact:	adults@adhdandautism.org	
Funded by:	NW London CCG and Harrow Council	

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

- assistance 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, Health Cost Cards etc.
- help understanding letters or forms and responding to them.
- Create a plan of action and the next steps to take.
- Creating a CV.
- Finding out what other services and organisations may be able to help you.

Monthly Parents, Partners, Carers & Supporters Online Drop-In Support Group

Harrow

Ealing

Hounslow


Westminster

Brent

Hillingdon

Hammersmith & Fulham

Kensington & Chelsea

When:	Online on the 1 st Monday of each month from 7-9pm (excl Bank Holidays)	
Accessible to:	Parents, Carers, Partners and Supporters of autistic and ADHD adults in NW London	
Contact:	adults@adhdandautism.org	
Funded by:	CAAS	

- The online 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 and ADHD 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.

PIP Workshop

Harrow

Ealing

Hounslow


Westminster

Brent

Hillingdon

Hammersmith & Fulham

Kensington & Chelsea

When:	Online Video (watch at your leisure) with online and in-person Q&A group sessions twice a month.	
Accessible to:	Autistic adults and supporters of autistic adults in NW London (may be relevant for ADHD adults too)	
Contact:	adults@adhdandautism.org	
Funded by:	NW London CCG	

Personal Independence Payment (PIP) can help with extra living costs if you are autistic.

We have created a video that breaks down the questions in the PIP form and explain how to go about answering them, what evidence to use, which medical professionals can write evidence for you, how to format your responses so you get all the information needed in your response.

We also offer an optional Q&A group workshop twice a month to ask any questions you have about the form.

This workshop will be held online via ZOOM and at the Adult Hub (**Eastcote Met** & **Piccadilly** line).

Understanding My Autism - After Diagnosis

Harrow

Ealing

Hounslow


Westminster

Brent

Hillingdon

Hammersmith & Fulham

Kensington & Chelsea

When:	Monthly, Daytime session on the first Wednesday of the month, (hybrid online and in person at Eastcote)	
Accessible to:	Diagnosed autistic adults without a co-occurring Learning Disability	
Contact:	adults@adhdandautism.org	
Funded by:	NW London CCG	

A group for Autistic adults to learn more about their diagnosis, understand what it means to you, and meet other autistic people.

- Challenging myths and perceptions
- Empowerment through language and knowledge
- Sensory differences and reasonable adjustments.
- Autistic strengths

A space to explore with other autistic adults and in confidence, what your autism means to you. Sessions will explain what the latest research tells us about autism, what autistic people say about autism, what is out there to support you if needed, but mostly, the benefit of meeting other autistic people to learn and understand together what autism is for you.

This workshop will be held online via ZOOM and at the Adult Hub (**Eastcote Met** & **Piccadilly** line).

Autism Connect Sessions - Professionals

Harrow	Ealing	Hounslow	Westminster
Brent	Hillingdon	Hammersmith & Fulham	Kensington & Chelsea

When:	Variable Dates: Contact for Information
Accessible to:	Professionals across NW London
Contact:	adults@adhdandautism.org
Funded by:	NW London CCG and Harrow Council

An online monthly forum that allows professionals who work with the autistic adult community to connect, network, share knowledge and learning.

Autism Training - Professionals

Harrow	Ealing	Hounslow	Westminster
Brent	Hillingdon	Hammersmith & Fulham	Kensington & Chelsea


When:	Variable Dates: Contact for Information
Accessible to:	Professionals across NW London
Contact:	adults@adhdandautism.org
Funded by:	NW London CCG

Our amazing 'Empowering Project' is central to the philosophy of what we believe in at CAAS; supporting neurodivergent individuals to have their voices heard.

This high-quality autism training is delivered by experienced professionals, autistic adults, and (where appropriate) parents and carers. It truly empowers all those who participate to have their voices heard.

Thinking about Adulthood

Harrow	Ealing	Hounslow	Westminster
Brent	Hillingdon	Hammersmith & Fulham	Kensington & Chelsea

When:	Variable Dates: Contact for Information	
Accessible to:	Young autistic people aged 14-19y without a co-occurring learning disability resident in NW London	
Contact:	adults@adhdandautism.org	
Funded by:	NW London CCG	


A monthly online forum for young autistic people to explore what it means to become an adult. During the teen years there's a lot of talk about 'growing up', 'being an adult' without really discussing what that means.

These monthly sessions will provide a safe place to explore and ask those important questions, work through any worries about 'growing up' and what 'being an adult' means.

Services for Autistic Adults in Harrow and Hillingdon

One to One Appointments

Harrow

When:	Referral via QR code, and then by appointment	
Accessible to:	Autistic Adults without a co-occurring learning disability resident in Harrow	
Contact:	adults@adhdandautism.org	
Funded by:	Harrow Council and CAAS	

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, 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

Organised and facilitated by Janet Gothelf

Harrow

Hillingdon

When:	Every 4-6 weeks on a Wednesday Afternoon in Eastcote
Accessible to:	Autistic Adults without a co-occurring learning disability resident in Harrow or Hillingdon
Contact:	janet.gothelf@clearer-perspectives.com
Funded by:	Unfunded

- In the 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

Organised and facilitated by Janet Gothelf

Harrow

Hillingdon

When:	Every 4-6 weeks on a Wednesday Afternoon
Accessible to:	Autistic Adults without a co-occurring learning disability resident in Harrow or Hillingdon
Contact:	janet.gothelf@clearer-perspectives.com
Funded by:	Kilhan Construction

- 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: Alternating Monthly between CAAS premises and Online.

Facilitated by Karen Crocker or Janet Gothelf

Harrow

Hillingdon

When:	On the 1 st Tuesday of each month from 7.00pm till 9.00pm
Accessible to:	Autistic Adults without a co-occurring learning disability resident in Harrow or Hillingdon
Contact:	adults@adhdandautism.org
Funded by:	Kilhan Construction and CAAS

- The group is an open group for women who are autistic or who think they might be autistic.
- 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

Facilitated by Janet Gothelf

Harrow

Hillingdon

When:	3 rd Tuesday of the month from 7pm till 9pm
Accessible to:	Autistic Adults without a co-occurring learning disability resident in Harrow or Hillingdon
Contact:	adults@adhdandautism.org
Funded by:	Harrow Council and CAAS

- The group will meet monthly for a 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.
- From September we will go back to alternative months being a social event out in the community. This will continue to be monitored in conjunction with Government Guidelines.

Incompatible Cartridges (Gamers Group) – In person at Eastcote Centre

Harrow

Hillingdon

When:	Last Friday of the month from 7pm till 9pm
Accessible to:	Autistic Adults without a co-occurring learning disability resident in Harrow or Hillingdon
Contact:	adults@adhdandautism.org
Funded by:	Masonic Charitable Fund


- 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 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.

Services for adults with ADHD in Harrow and Hillingdon

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

Harrow

Hillingdon

When:	Referral via QR code, and then by appointment	
Accessible to:	ADHD Adults without a co-occurring learning disability resident in Harrow or Hillingdon	
Contact:	adults@adhdandautism.org	
Funded by:	Harrow CCG, Funding from Hillingdon Mayors Charity of the year	

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.

Evening Adult ADHD Evening Group

Facilitated by Karen Crocker and Therese Glynn

Harrow

Hillingdon

When:	Second Monday of each month from 7pm till 9pm
Accessible to:	ADHD Adults without a co-occurring learning disability resident in Harrow or Hillingdon
Contact:	adults@adhdandautism.org
Funded by:	Harrow CCG, Funding from Hillingdon Mayors Charity of the year

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.

Daytime Adult ADHD Group

Facilitated by Karen Crocker and Therese Glynn

Harrow

Hillingdon


When:	Fourth Tuesday of each month from 3pm til 5pm
Accessible to:	ADHD Adults without a co-occurring learning disability resident in Harrow or Hillingdon
Contact:	adults@adhdandautism.org
Funded by:	Harrow CCG, Funding from Hillingdon Mayors Charity of the year

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.

Monthly Parents, Partners, Carers & Supporters Online Drop-In Support Group

Harrow

Hillingdon

When:	Online on the 1 st Monday of each month from 7-9pm (excl Bank Holidays)	
Accessible to:	Parents, Carers, Partners and Supporters of autistic and ADHD adults in NW London	
Contact:	adults@adhdandautism.org	
Funded by:	CAAS	

- The online 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 and ADHD 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.

Services for Autistic and ADHD adults in Harrow

Harrow daytime social Drop-in

Harrow

When:	First and Third Monday of the month, 1.30-2.30 pm
Accessible to:	Autistic and ADHD Adults without a co-occurring learning disability resident in Harrow
Contact:	adults@adhdandautism.org
Funded by:	Harrow CCG

A twice-monthly social drop-in for Autistic and ADHD Harrow residents to come and meet the team, enjoy a tea or coffee and biscuits, and socialise with other autistic and ADHD adults that live in Harrow in a quiet setting.

Our Adult Service Funders

CAAS would like to acknowledge all of our funders for their ongoing 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 2022/23 go to:

