CAAS
Centre for ADHD & Autism Support

Impact Report

2026

Supporting neurodivergent individuals, their families and wider communities across North West London.

> **I feel like a weight has been lifted - I could cry - thank you so much. I have never had any support like this before - honestly thank you.**

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The Year at a Glance

This year, we supported more people than ever before, delivering a wide range of services for ADHD and autistic individuals, their families and the professionals who support them across North West London.

73
Services delivered

9,782
Clients supported

19,552
Attendances across services

74,193
Client contacts recorded

98
Groups and courses delivered

15
Schools engaged

115
Training sessions

4,097
Training attendances

Improved lives and stronger communities

Our services make a real and lasting difference. Based on feedback from the people we supported in 2025/26, here are some of our key outcomes:

99%
of families reported improved wellbeing following 1-2-1 support.

100%
of young people reported improved wellbeing following group support.

99%
of adults reported improved overall wellbeing following group support.

Who We Are

The Centre for ADHD & Autism Support (CAAS) is a specialist charity supporting ADHD and autistic individuals, their families and communities across North West London.

Established in 1996, we have grown into a trusted source of information, guidance and practical support for children, young people and adults, as well as the families, professionals and communities around them.



CAAS Wellbeing Day 2026

Our services are shaped by lived experience and a deep understanding of the challenges neurodivergent people can face. Through individual support, groups, courses, workshops and training, we help people better understand themselves, build confidence, develop practical strategies and connect with others who share similar experiences.

We believe that everyone deserves access to understanding and support, regardless of whether they have a formal diagnosis. That's why we welcome people at every stage of their journey, from those beginning to explore ADHD or autism to those seeking ongoing support.

Our Mission

To support, educate, and empower ADHD and autistic individuals, their families, and the professionals and communities around them. Through raising awareness we change perceptions and break down barriers.

Support

We provide support in a safe and non-judgemental environment.

Educate

We share trusted knowledge and build understanding.

Empower

We help people develop confidence, independence and a sense of belonging.

Why We Are Needed

Autistic and ADHD individuals, and those who support them, often face significant barriers to understanding, support and inclusion.

Nearly
3 in 4

autistic pupils experience at least one form of lost learning in mainstream education.

*Ambitious about Autism (2025)

Only
36%

of autistic adults are in paid employment, and 50% of employers say they would feel uncomfortable hiring a neurodivergent person.

*Department for Work and Pensions (2025); Institute of Leadership & Management (2020).

Around
25%

of adults in UK prisons have ADHD, compared to 4% of the general population.

*Young et al, *Psychological Medicine,* (2015).

74%

of parents say schools don't meet their child's needs. ADHD children and young people are 6 times greater risk of being permanently excluded from school.

National Autistic Society (2021); Department for Education (2026).

Many people come to CAAS feeling uncertain, exhausted, or let down. They may have reached out for help elsewhere, only to find that ADHD and autism weren't truly understood. With statutory services under pressure, many feel their needs are overlooked, and they don't know where to turn.

We're here to change that.

> *I want to let you know that I used CAAS services many years ago and you changed my life, without CAAS I wouldn't be where I am today and now I support other parents like me through the Parent Carer Forum group. I want to thank you so much.*
>
> **- Former service user**

Our Strategy 2025-2030

Our 2025–2030 Strategy sets out our vision for the future and how we will continue to support autistic and ADHD individuals, their families and wider communities to thrive.

Developed through consultation with our clients, staff, Trustees and partners, the strategy focuses on four key objectives that will guide our work and help us maximise our impact over the next five years.



Client-Led

We place the experiences, voices and needs of our clients at the heart of everything we do, ensuring our services are responsive, relevant and make a real difference.



Comprehensive & Inclusive

We offer a broad range of services for children, young people, adults, families and professionals, welcoming everyone - whether they are self-identifying, on the diagnostic pathway, or have a formal diagnosis.



Committed to Quality

We are committed to evidence-informed practice, continuous learning and listening to feedback, so that our services are effective, safe and deliver positive outcomes.



Creating Change

We work with individuals, communities, schools, organisations and policymakers to challenge stereotypes, reduce barriers and create a more inclusive society.

A more inclusive future

Through these four strategic pillars, we will continue to expand access to support, strengthen our partnerships, and create lasting change for ADHD and autistic individuals, their families and the wider community.

Our Programmes

Our services are designed to meet people wherever they are on their journey, whether they are exploring a possible diagnosis, waiting for an assessment, newly diagnosed or seeking ongoing support.

Our Four Service Areas

Adult Services

Supporting autistic adults and adults with ADHD to develop confidence, build independence, improve wellbeing and connect with others.

Family Services

Providing parents, carers and families with specialist guidance, practical strategies and opportunities to connect, helping them better understand and support their children.

Youth Services

Creating safe, welcoming spaces where autistic and ADHD children and young people can build confidence, develop friendships, strengthen their skills and navigate education and everyday life.

Training & Outreach

Providing training and outreach to professionals, schools and communities, alongside corporate training for businesses of all sizes to increase understanding of ADHD and autism and promote inclusion.

How We Provide Support

Across our four service areas, we deliver a wide range of specialist services, including:

- Individualised support (1-2-1 and small group)
- Specialist courses and workshops
- Social and peer support groups
- Drop-in support sessions
- Webinars and information sessions
- School-based support and transition programmes
- Professional training and consultancy
- Community outreach and awareness-raising activities

Adult Services

Our Adult Services support autistic and ADHD adults to improve their wellbeing, build confidence, develop greater independence and feel more connected to their communities.

Through personalised support, educational programmes and opportunities for social connection, we help individuals better understand their needs, navigate everyday challenges and work towards their personal goals.

Our reach in 2025/26

1,829 Adults supported

663 1-2-1 Support

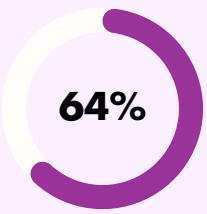
475 Adult Groups

145 Adult Courses

860 Professionals Trained

One to One Outcomes

Individual support helps adults to understand their options, develop practical strategies and build confidence in navigating everyday life.



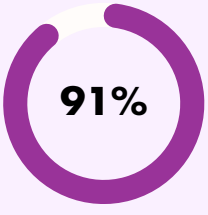
Increased confidence



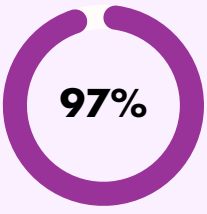
Better understanding



Practical strategies



Improved overall wellbeing



Recommend CAAS

90% of adults who accessed 1-2-1 support provided an evaluation.

Group Outcomes

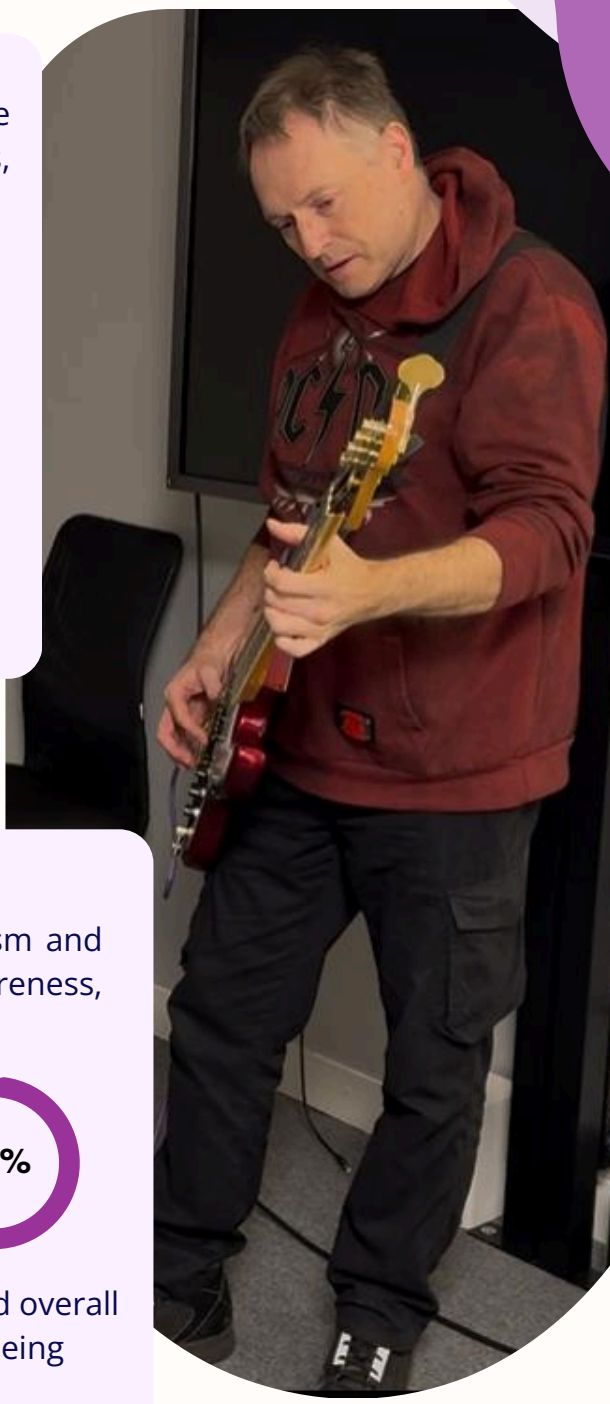
Our social, creative and peer-led groups provide welcoming spaces where adults can share experiences, develop friendships and feel part of a community.

72% Increased confidence

77% Reduced isolation

99% Improved overall wellbeing

97% of adults who accessed groups provided an evaluation.



Paul sharing his passion at our Showcasing Group.

Course Outcomes

Our courses, including Exploring Autism, Embracing Autism and Embracing ADHD, help adults to develop greater self-awareness, understanding and practical approaches to everyday life.

78% Increased Confidence

66% Better understanding

86% Coping strategies

91% Improved overall wellbeing

96% of adults who accessed groups provided an evaluation.

"The support I receive from your service has made a huge difference to me. One of the biggest challenges I face is dealing with other services, such as council tax or housing. I often struggle to understand what's being explained, and I can feel rushed or like people are just trying to complete the process rather than making sure I understand. It can be really overwhelming.

"Having someone who takes the time to explain things clearly, listens without judgement, and understands how I process information has been invaluable. I wish more public services had an autism-friendly approach, as it would make everyday life much more manageable".

- Adult service user

Family Services

Our Family Services support parents, carers and families of autistic and ADHD children and young people, helping them build confidence, improve wellbeing and develop the knowledge and practical strategies needed to support their children.

Through personalised guidance, specialist workshops, courses and peer support, we help families better understand their children's needs, navigate education and healthcare systems, and connect with others who share similar experiences.

Our reach in 2025/26

2,971 Families supported

595 1-2-1 Support

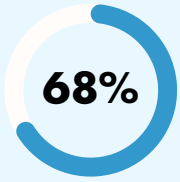
94 Family workshops

114 Family Courses

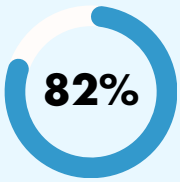
50 Family Groups

One to One Outcomes

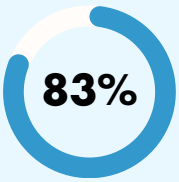
Our individual support helps parents and carers better understand their children's needs, build confidence and develop practical strategies to improve family wellbeing.



Increased Confidence



Better understanding



Coping strategies



Overall wellbeing

83% of parents/carers who accessed one to one sessions provided an evaluation.

Key services at a glance

443 Family drop-ins

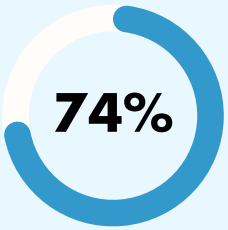
134 Family webinars

1,040 Family training

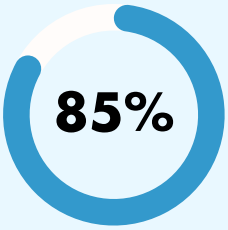
501 Family professionals

Drop-In Outcomes

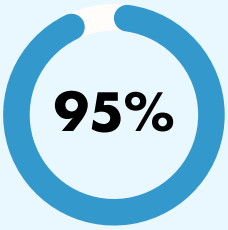
Our informal drop-ins offer parents and carers a welcoming space to access advice, share experiences and connect with others, helping reduce isolation and understand what support is available to them.



Reduced isolation



Coping strategies

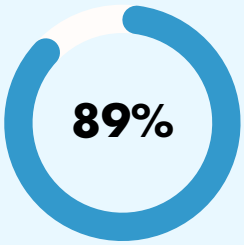


Feel supported

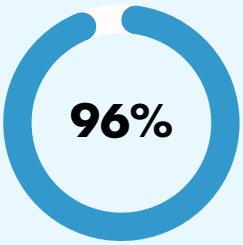
75% of parents/carers who accessed drop-ins provided an evaluation.

Group Outcomes

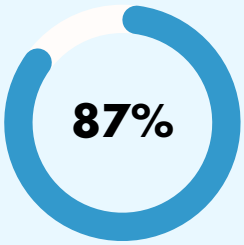
Our groups help parents and carers deepen their understanding of ADHD and autism, share experiences and build the confidence and skills to better support their children.



Increased confidence



Better understanding



Coping strategies

81% of parents/carers who accessed groups provided an evaluation.

"I feel like a weight has been lifted - I could cry - thank you so much. I have never had any support like this before - honestly thank you. I have felt like a bad parent all this time and felt so judged I avoided going out, family parties and even going in my own garden".

- Family service user

Youth Services

Our Youth Services support autistic and ADHD children and young people to build confidence, develop independence, strengthen their wellbeing and feel a greater sense of belonging.

Through personalised mentoring, specialist courses, social groups and school-based support, we help young people better understand themselves, recognise their strengths and develop practical skills to navigate education, relationships and everyday life. By placing each young person's needs and experiences at the heart of our approach, we create opportunities for them to grow in confidence, overcome barriers and work towards their individual goals.

Our reach in 2025/26

1,538 Young people supported

223 1-2-1 Support

332 Schools 1-2-1 support

52 Schools groups

422 Schools training

83 Schools Transition 1-2-1 support

257 Schools Transition workshops

113 Youth groups

152 Youth courses

20 Youth training workshops

One to One Outcomes

Our individual sessions help young people better understand their ADHD or autism, recognise their strengths and develop practical strategies to navigate everyday challenges, build confidence and improve their wellbeing.



Increased confidence



Better understanding



Coping strategies



Improved overall wellbeing



Recommend CAAS

84% of young people who accessed one to one sessions provided an evaluation.

Course Outcomes

Our specialist courses help young people explore their neurodivergence, recognise their strengths and develop practical skills, while building confidence and connections with others.

- **84%** Increased confidence
- **91%** Better understanding
- **87%** Coping strategies
- **90%** Reduced isolation
- **100%** Improved overall wellbeing

97% of young people who accessed courses provided an evaluation.

Transition Outcomes

Our School Transition Project supports young people moving to secondary school, helping them prepare for new environments, build confidence and develop strategies to manage change.

- **94%** Increased confidence
- **98%** Better understanding
- **77%** Coping strategies
- **96%** Improved overall wellbeing

85% of young people who accessed transition sessions provided an evaluation.

Group Outcomes

Our youth groups offer welcoming spaces to build friendships, share experiences and develop independence, helping young people feel more connected, confident and supported.

- **91%** Increased confidence
- **79%** Greater independence
- **61%** Coping strategies
- **94%** Reduced isolation
- **100%** Improved overall wellbeing

97% of young people who accessed groups provided an evaluation.

"There was a point I thought we would never see this day. And here we are with mostly 7s and 6s. I just want to thank you for your support, understanding and advocacy which has made such a huge difference. I'm not sure we would be where we are now without your support.

In a school system that does not fit well with neurodivergent kids, its people like you who make it manageable. We will be forever grateful. Thank you so much. Bring on year 12! Thank you again for all you do. I will try to get to drop-in soon."

- Youth service user

Training, Outreach and Awareness Services

Our Training & Outreach programme works with professionals, schools, businesses, local authorities, not-for-profit organisations and community groups of all types and sizes to increase understanding of ADHD and autism, challenge misconceptions, and create more inclusive environments.

Through training, consultancy, and awareness-raising, including tailored corporate training, we share lived experience and practical strategies to help organisations better support ADHD and autistic individuals.

Our reach in 2025/26

3,862
Engaged through training & outreach

115
Training sessions delivered

4,097
Training attendances

1,800
People reached through commercial training

884
Reached through community outreach

1,178
Reached through community awareness

15
Schools engaged

Who we work with

We deliver training and consultancy to a wide range of organisations, including:

Schools and educational settings

Healthcare professionals

Employers and workplaces

Community organisations

High quality training with real impact

Our training is highly valued by professionals and organisations, helping them to develop their knowledge, challenge misconceptions, and create more inclusive practices and environments.

Average training rating:

4.74 out of 5



Therese Glynn
Head of Client Programmes

What our training helps achieve

Our training and consultancy help organisations to:

- Increase understanding of ADHD and autism
- Challenge misconceptions and stereotypes
- Develop more inclusive policies and practices
- Build confidence in supporting ADHD & autistic individuals

Thank you for such a thought-provoking and informative session. We have received some wonderful feedback, and staff have been sharing how much they valued the training.

You, and your colleagues made the session incredibly engaging, insightful, and relatable. The lived experience contributions were particularly powerful and generated a great deal of reflection and discussion amongst attendees.

- Corporate Training Service User



Case Study

Brian's Story

Background

Brian was referred to the Centre for ADHD and Autism (CAAS) in November 2025 following family changes. Previously academically able, viewed as the "perfect student" and an accomplished martial artist, Brian had reached a point where he could no longer access school consistently.

Brian's parents had separated, and exposure to his older sister's mental health difficulties and self-harm was also a concern. Mum was concerned he increasingly relied on online gaming to escape challenges at home.

Mum also spoke passionately about Brian's strengths. He is articulate, knowledgeable about space and science, and highly logical. He has an autism diagnosis, and Mum felt ADHD may explain some experiences. Brian had not lost ability or potential; the question was what had changed in his access to school.

What We Did

CAAS brought together Brian, Mum and professionals to develop shared understanding. Using a non-demanding, low-arousal approach, sessions gave Brian space to understand himself rather than being told how to think, behave or feel. We explored intrusive thoughts, masking, time blindness, anxiety and self-expectations. Brian had autonomy over what was shared, with interests creating connection.

Ongoing Support

CAAS created a bridge within school, suggesting without pressure a connection with a neurodivergent staff member. This became powerful. Shared learning translated neurodivergent understanding into adjustments: verbal instructions or calling Brian's name were not always effective, while written communication provided clarity. This increased professional understanding.

*Client name changed for privacy.

Engagement Work

Brian attended every session and reflected openly. Questions encouraged self-discovery rather than prescribed solutions. Online sessions later provided another accessible route to engagement.

Outcomes and Impact

Confidence and self-understanding: Brian developed language for masking, time blindness, anxiety and intrusive thoughts. Exploring these labels helped him recognise their pressure and that he does not have to be perfect.

Coping strategies: Preparing for situations, scripting responses and understanding how his brain processes information reduced uncertainty. Over summer, Brian enjoyed his holidays rather than feeling compelled to complete additional schoolwork, giving himself more leeway and an opportunity to approach the next school year rested.

Autonomy and independence: Brian increasingly leads decisions about support, what is shared and how sessions develop. He increasingly recognises what feels manageable.

Strengths: Brian's precision, logic, curiosity and communication have become central.

Impact on family: Mum has reported greater reassurance as support pathways developed, with CAAS providing continuity as needs evolved.

Impact on school and wider community: Small, individualised adjustments and one consistent relationship removed barriers that appeared much larger. Staff increasingly recognised different explanations for behaviours.

Brian is now accessing education more successfully. It demonstrates that neuro-affirming practice is reciprocal: understanding a young person means they need not change who they are to be understood.

Value of individualised work

1-2-1 work is vital. As Brian was invited to our Dungeons, Dragons and Diversity Course, he recognised that returning to school was his priority and a course felt like an additional demand. He questioned whether everyone must access a course, reinforcing that choice matters. Courses are valuable, but not everyone benefits from the same provision. For Brian, individual sessions provide space to explore, build confidence and develop at his own pace.

Our Impact Journey

From support to lasting change

Our impact journey shows how our services, training and outreach create meaningful outcomes for autistic an their families, and the professionals and communities around them.

1 What we provide

Support, education, and practical tools tailored to individual needs.

- 1-2-1 support
- Group sessions and courses
- School-based support
- Training for professionals
- Information and resources
- Community outreach

2 What people gain

Knowledge, skills, and confidence to navigate everyday life.

- Practical strategies
- Greater understanding
- Increased confidence
- A sense of belonging
- Support to navigate education, work, and everyday life

3 What changes

Improved wellbeing, independence, and opportunities.

- Reduced isolation
- Better mental health and wellbeing
- Greater confidence and self-advocacy
- Better access to education, employment, and opportunities
- More inclusive environments

4 Lasting difference

More inclusive communities, now and in the future.

- Individuals and families feel empowered
- Neurodivergent people can access the support they need
- Professionals and organisations are better equipped to make meaningful change
- Communities are more understanding and inclusive

> *"Really supportive, non-judgmental service that validates your experiences. Offering practical support, tools, recommendations and resources. It is easy to engage and build a rapport with the support staff as they bring their own lived experiences, so support feels relatable."*
>
> **Family service user**

Our Partners

We are incredibly grateful to the organisations that invest in our work, helping us provide life-changing support for ADHD and autistic individuals, families and communities across North West London.



Runners and supporters at the Kilhan Charity Run 2025.

Corporate Partners

We work with businesses that share our commitment to inclusion, wellbeing and neurodiversity in the workplace and wider community.

KILHAN CONSTRUCTION

NatWest

Takeda

Trusts & Foundations

The generous support of charitable trusts and foundations allows us to develop innovative projects and reach more people who need our services.

John Lyon's Charity

Garfield Weston Foundation

Foyle Foundation

Jaspar Foundation

Community Fund

City Bridge Foundation

The Pixel Fund

co-op

Promoting Positive Mental Health CAPE

Local Authorities & Public Bodies

These organisations commission and fund services that enable us to deliver specialist support across our local communities.

London Borough of Harrow

Hillingdon London

London Borough of Ealing

NHS North West London Integrated Care Board

We also work in partnership with a growing number of schools and Local Authorities across North West London to build neuro-affirming environments, provide specialist training and resources delivering improved outcomes for autistic and ADHD pupils, their families and school professionals.

Contact Us

We'd love to hear from you. Whether you're interested in partnering with us, supporting our work, or finding out more about our services, our team is here to help.



Partner With Us

Explore corporate partnerships, training and other ways to collaborate.

Support Our Work

From fundraising to volunteering, there are lots of ways to make a difference.

Access Our Services

Find out about the support we offer for our neurodivergent communities in North West London.

Make An Enquiry

Get in touch with the right team for your question or opportunity.

0300 102 1392

enquiries@adhdandautism.org

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Let's make a difference together

With your support, we can continue to create a more inclusive, understanding and neurodiversity-affirming society.