

AUTISM GM



NEWSLETTER



www.autismgm.co.uk

Summer Edition 2022



Welcome to the summer edition of the AutismGM newsletter, it feels like a long time since our last newsletter and it has been a while, but please don't forget we also do produce our additional newsletter Autism Editions on single subjects. Recently we produced one on communities experiencing racial inequalities and we also did one on women last year. Those editions will be added to the website at some point but in the meanwhile please email abigail.gibson@nas.org.uk if you want a copy of those editions.

It's been a strange few months with the world trying to return to whatever our new "normal" is and we are aware its been a tough time for autistic people and their families to adapt to this and to navigate the challenges of the health and care services under even more pressure than usual. Please don't forget we are here to try and support you and offer a listening ear.

Mari and the GMAC team

[Click to View Strategy](#)



AUTISMGM Newsletter

is produced 3 x a year by the

Greater Manchester Autism Consortium Project

<https://twitter.com/GMAutismC>

<https://www.facebook.com/GMAutismConsortium>

<https://www.autismgm.org.uk/>

Greater Manchester Autism Consortium

and National Autistic Society,

Empress Business Centre

380, Chester Road, Suite 4.4

Old Trafford

Manchester M16 9EA

New GM All age autism strategy launched

On the 19th May 2022- The new version of the GM Autism Strategy, Making Greater Manchester Autism Friendly- The Greater Manchester All Age Autism Strategy 2022- 2025 was launched at Manchester Mechanics Institute. Around 100 people attended the launch including autistic adults, family members, professionals from health, social care and education, staff from VCSE organisations and the NAS team in London. We were delighted to see so many people we had not seen since pre- pandemic and to meet new people as well.

Mark Warren (pictured), introduced the event at what was his last time as chair of the Greater Manchester Autism Consortium as he moved from his role as Director of social care and managing director of Oldham council to a new job in Blackburn with Darwen shortly after.

Other speakers included Peter Baimbridge (chair of the GMAC Autistic adult advisory group), Julie Porter (Chair of the GMAC family member advisory group), Joe Charlan, commissioning manager for learning disabilities and autism from Oldham Council and Councillor Louis Hamblett from Oldham Council who also chairs of the Oldham Autism partnership board. We are grateful to all are speakers. Andy Burnham, Mayor of GM also sent us a message of support and encouragement.

We have now developed a year 1 implementation plan and started work on all the new priorities. For more details please see <https://www.autismgm.org.uk/>. Remember we are always looking for new people who wish to join the GMAC Advisory groups and then all the strategic group. If you like to know more please email mari.saeki@nas.org.uk



If you would like to access the strategy, please do so via this link: https://www.autismgm.org.uk/_files/ugd/8f09d3_c67ec124920d49b799f0f41abe1822a8.pdf

Greater Manchester Autism Consortium

Free resources for parents of autistic children and young people



The Greater Manchester Autism Consortium (GMAC) offer resources on understanding autism, sensory needs and managing anger which you can access at:

<https://www.autismgm.org.uk/>

If you would like GMAC to come to your organised meetings, we offer online Zoom webinars and face to face sessions from 2022.

GMAC offer one and a half hour interactive webinars over Zoom for parents to discuss the video resources. If you think that this would be useful for a group you know or if the group would like members of GMAC's parent facilitator team to run a drop in where people can ask general questions about autism, then please contact:

samera.haynes@nas.org.uk

We especially want to reach diverse communities within Greater Manchester, including communities who experience racial inequality.

The long-awaited [Government SEND Review proposals for England](#) is finally out.

The SEND Review recognises many of the biggest issues that autistic children and their families currently face and proposes solutions. This is a start but it does not go far enough.

Over the next days and weeks, we will be examining the proposals in more detail, alongside the [Schools White Paper](#), which was published yesterday, to properly understand how the Government intends to implement them. We will also be responding to the Government's consultation on their plans and will encourage our supporters to do so too. It's vital that the voices of autistic people, families and carers are heard.

In the meantime, here are our first thoughts on the proposals:

Our [School Report 2021](#) showed that the education system simply is not working for autistic children. The Government's ambition is to improve the provisions for children and young people with SEND, including autistic children. There is a pledge to end the postcode lottery for support and to improve and standardise processes for EHCPs. In our [School Report](#), we urged the Government to tackle delays in getting support, as well as improving the support on offer. We found that just over a quarter of parents had to wait over three years to receive support for their child. This is unacceptable.

The Government says it is committed to making mainstream education more inclusive. We are, however, disappointed that it has stopped short of pledging full mandatory autism training. This would make a real difference to the lives of many autistic children. From our own research, seven in ten autistic children and young people said school would be better if more teachers understood autism.

The Green Paper has many proposals, which we will be reading through carefully so we can challenge any areas we feel they haven't got right or haven't gone far enough...

Here are five important proposals in the Green Paper:

1. Improving and standardising the EHC Plan processes

Introduce a standardised and digitised EHCP process and template. This would mean that every area's process looked similar and wouldn't vary so much. It also proposes to work with parents, carers and children when it is preparing these templates. It will be important for this process to properly identify autistic children's needs and not make getting support any more difficult.

- Provide a list of settings or support that could meet a child's needs during the EHC process. While this might work for some children, we are concerned that there aren't enough of the right types of support in each area of the country at the moment. It's important that choices about types of support are based on children's needs, not what's available.
- Standardise the annual review process for reviewing EHCPs.
- Consult shortly on a proposal for a timescale that will enable a quality EHCP to be produced. We know that statutory deadlines are often missed now and it is most important to tackle the causes of the delays, not extend the deadlines.

2. More inclusive teacher training, qualifications and development opportunities

- Improve mainstream provision, building on the Schools White Paper, through teacher training and development. This is a good step, but it doesn't go as far as saying that all teachers must have autism training, which is vital. In fact, we think that there should be a "whole school" approach to autism understanding.
- Establish an Institute of Teaching which will become England's flagship teacher development provider.
- Introduce a new qualification for SEN Co-ordinators in schools.

3. Improving accountability within the SEND system

- Make the roles of people involved in the SEND process clearer, so people know their responsibilities.

Create 'local inclusion dashboards' which would collect and monitor local data about SEND provision and give parents more information about what is happening in their area. This could be important, but it is not yet clear what information will be collected.

4. Clear national standards and the introduction of mandatory mediation

- Set standards for how complaints related to the SEND processes and provision should be dealt with and who is responsible for resolving concerns.

Require mediation before a complaint can go to appeal. We are concerned about how this would work, as many parents have to go to Tribunal just to get their children's basic entitlements.

5. Improving standards for transitions

- Invest £18 million over the next three years to build capacity in the Supported Internships Programme.
- Improve transitions at further education by introducing Common Transfer Files. These would collect together important information about a young person that school and college could share to make sure they can provide support from the start.

Pilot the roll out of reasonable adjustment passports to ensure young people with SEND are prepared for Higher Education and employment.

What's happening next

As this is a Green Paper, the Government is running a consultation to get people's views about the proposals. We will have more information about ways that you can share your thoughts with the Government in the coming weeks. It will be incredibly important that autistic children and their parents' voices are heard.

Further information

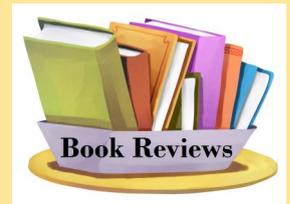
Read the [SEND Review proposals for England](#) on the Government website.
Read [our report](#) about the education system in England.

For information and guidance about getting support in school, visit [our website](#).

If you're looking for advice about education rights, tribunals or exclusions, contact our [specialist helplines](#).

Book review: "Helping You to Identify and Understand The Truth behind the mask".

This book has been reviewed by Abigail Gibson.



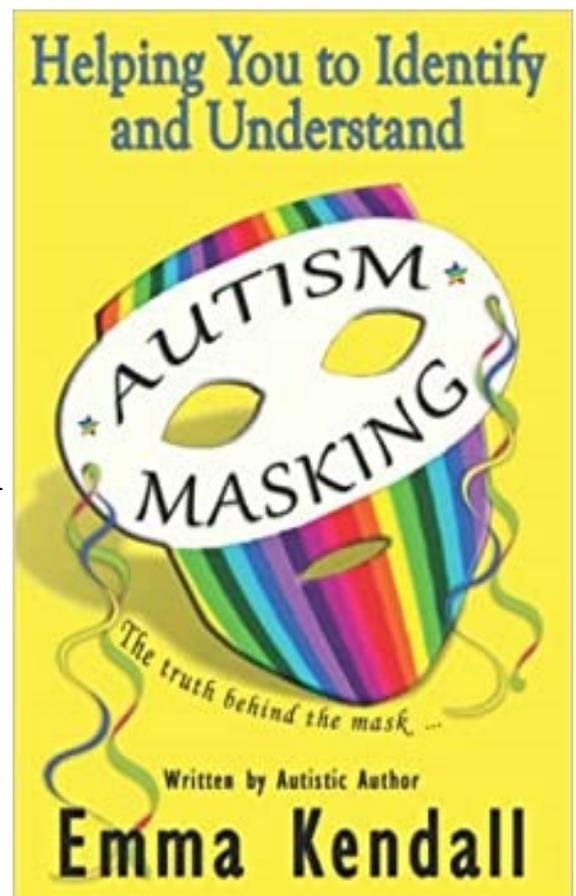
This book is informative and insightful. It really brings home the point that more people need to understand autistic masking, especially the medical community and what to look for. Masking is a convoluted internal process and is something very difficult to understand externally observing someone. Most individuals won't have the understanding on masking unless they are autistic or experienced with autism and understand how masking presents within different individuals.

For many autistic children, masking becomes their norm. It's a way to control how others perceive them and also a way to hide their true self. We live in a society where conformity is often expected and this can be especially challenging for children and young adults as no one really wants to be singled out as being "different," "odd," or "weird". From personal experience, I would say the feeling of being misunderstood is always lurking in the background. In this way, masking becomes a way of being in order to be able to function and be accepted within society. Over time the ability to mask often becomes diminished as the impact masking has on an individual's nervous system and energy resources can't be maintained on a permanent basis. For many adults, this constant state of masking, can often lead to autistic burnout. This book highlights why females tend not to get diagnosed until later in life compared to males. The common factor in this is masking.

The book also highlights challenges that arise specifically within professional circles when an autistic adult or a child is masking and how this can impact support.

I read this book nodding throughout, I resonate with the authors experience and insights.

This book is a must read book for those who want to learn about autism from a place of knowing and a great read for anyone who is autistic, has autistic family members and also for anyone who works with autistic children.



If anyone has read any book as of late with an Autism theme then please do feel free to forward the details onto the GMAC team contact as we would love to have an insight into what individuals with Autism and parents/ carers are finding helpful or simply enjoying.

Email: abigail.gibson@nas.org.uk



Welcome to Open Doors Saturday 23 July 10-12pm

Open doors is a series of creative sessions especially for autistic children, their families and carers.

Next sessions: **Tuesday 9 August 10 - 12pm**
Tuesday 23 August 10 - 12 pm

When you arrive at the Gallery, enter through the main entrance on Mosley Street. Follow the arrows to Gallery 4 on the first floor.



This month we will be exploring the paintings in this gallery and historic vases in the cabinets, then creating our own collages and pots.

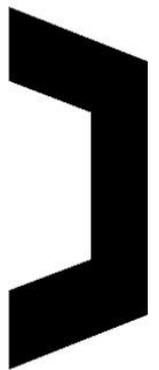


Come and explore our family gallery 'The Lion's Den' on the ground floor in Gallery 1 where we will continue creative activities and making.



A quiet space will be available if you need a moment out.
The gallery will be open to the general public today, feel free to explore if you wish.

Please feel free to contact Katy McCall
via email katy.mccall@manchester.gov.uk
If you have any questions or would like
to find out more.



Manchester Art Gallery

salfordautism

Salfordautism Groups: Back in the Saddle!

We've been a long time missing, thanks to Covid, but we are starting to get our regular group sessions up and running again.

We have lots planned, but our first established meeting are:

Event: First Friday of the Month

When: 12 - 5pm, Friday 1st July 2022 and monthly thereafter

Venue: Basement Games Room, Fanboy3, 25 Hilton Street, Manchester M1 1 EL

Where: Hilton St., Manchester, near junction with Newton St.

Round the corner from Manchester Police Museum

5 mins easy linear walk from Piccadilly and Shudehill bus/tram interchanges

Cost: FREE (extra £3 per person per day applies, if you want to play the shops board games)

Free tea / coffee / biccies (donations accepted to defray costs)

Free scintillating autistic company (no donation necessary)

ALL welcome! No diagnosis required!

Come and go as you please.

No formality. No obligations.

Just a cool social environment with people like you! :)

More info on: **0771 390 3224 / info@salfordautism.org.uk**

Event: Second Tuesday of the Month

When: 12 - 5pm, Tuesday 5th July 2022 and monthly thereafter

Venue: Community Room 2, Eccles Gateway, 28 Barton Ln, Eccles, Manchester M30 0TU

Where: c.200 yds / 5 mins direct easy walk due west of Eccles bus/tram interchange

Cost: FREE

Free tea / coffee / biccies (donations accepted to defray costs)

Free scintillating autistic company (no donation necessary)

ALL welcome! No diagnosis required!

Come and go as you please.

No formality. No obligations.

Just a cool social environment with people like you! :)

More info on: **0771 390 3224 / info@salfordautism.org.uk**

www.salfordautism.org.uk

<https://www.facebook.com/salfordautism>

GROW IN CONFIDENCE IN YOUR AUTISM

The **Greater Manchester Autism Consortium** is pleased to announce the launch of a new group, exclusively for autistic adults, to allow them to meet other people, discuss matters of general interest, and share their experiences and ideas.

The next three meetings will be held virtually on Zoom on:
Thursday 26th May 2022 from 6.30pm to 8.30pm
Thursday 16th June 2022 from 6:30pm to 8:30pm
Thursday 21st July 2022 from 6:30pm to 8:30pm

This meetings, will be used to discuss the topics, in order:
26th May: "What is Autism?"
16th June: "Reactions to our Diagnosis"
21st July: "Disclosure"

Numbers for each meeting will be limited to 20, and places can be booked on a first-come first-served basis on the **National Autistic Society's** Eventbrite listings. If you wish to attend but are unable to access Eventbrite, please contact either of the group administrators (details below) to reserve a place.

Going forward, the intention is that meetings will be held monthly on the third Thursday of each month from 6.30 to 8.30pm.

The group administrators are:
Emmy Clarke – emmy.clarke@nas.org.uk
Mark Simpson – mark.simpson@nas.org.uk

Mark can be contacted on 07876746403 if you do not have access to e-mail.

Eventbrite Link:
eventbrite.com/cc/grow-in-confidence-in-your-autism-342099



Greater Manchester
Autism Consortium





Parent/ Carer Forums in Greater Manchester

Parent carer forums are groups of parents and carers of disabled children who work with local authorities, education, health and other providers to make sure the services they plan and deliver, meet the needs of disabled children aged between 0-25 years and their families.

BOLTON

Bolton Parent Carers

<https://www.boltonparents.org.uk>

Telephone: 07715 201798

Email: info@boltonparents.org.uk

BURY

BURY2GETHER

<https://www.bury2gether.co.uk/>

Email: bury2gether@gmail.com

MANCHESTER

Manchester Parent Carer Forum

<http://manchesterparentcarerforum.org.uk/>

Email: info@manchesterparentcarerforum.org.uk

OLDHAM

Parent Carer Forum: Point

<https://www.point-send.co.uk/>

Telephone: 0161 503 1547

Email: admin@point-send.co.uk

ROCHDALE

Parent Carer Voice

<https://rochdaleparentcarersvoice.co.uk/>

Email: RochdalePCV@outlook.com

Telephone: 01706 358 326

SALFORD

Salford Parent Forum

Email: info@salfordpcf.com

STOCKPORT

Parents and Carers together (PACT)

<https://pactstockport.co.uk/>

Email: info@pactstockport.co.uk

TAMESIDE

Our Kids Eyes (OKE)

<https://www.ourkidseyes.org/>

Telephone: 0161 342 5550

TRAFFORD

<https://traffordparentsforum.org/>

Email: hello@traffordparentsforum.org

WIGAN

<https://www.wiganpcf.org.uk/>

Email: admin@wiganpcf.org.uk

Telephone: 07719 330602

ASD Parent Support groups and services

BOLTON

Breaking Barriers

Tel: 07717434840

Email: breakbarriers3@gmail.com

Bolton Adult Autism Support (BAAS)

Tel: 07772547158

Email: enquiries@BoltonAdultAutismSupport.org.uk

Kidz2gether

Tel: 01204 669821

Email: info@kidz2gether.org.uk

BURY

Bury Autism Parent Society (BAPS)

Tel: 0161 761 0132

Email: bapsonline@yahoo.co.uk

www.baps-online.com

MANCHESTER

Chinese Carers of Autistic Children Group

Contact: Helen Chow Tel: 0161 228 0138

Grange School Parents Group

Tel: 0161 231 2590

Email: s.evans01@grange@manchester.sch.uk

MANCHESTER SOUTH

Carers Manchester South

Supports carers of autistic adults

Via online Zoom meetings:

cmsouth@manchestercarersforum.org.uk

OLDHAM

OSCA

Tel: 07365 772 711

Email: ocsaoldham@gmail.com

ROCHDALE

Rochdale Homestart Parent Support Group & Sam's SIBS Sibling Group

Tel: 01706 629 651 and 01706 436 143

Email: sam.hsrb@gmail.com

www.homestartrochdale.org.uk

The Recovery Republic Well-Being Centre/ Autism and Asperger's Parents Group

Contact: Carina Jackson Tel: 01706 622 722
OR 07771523775

Email: carina.jackson@icloud.com in-
fo@recoveryrepublic.co.uk

www.recoveryrepublic.co.uk

SALFORD

Salford Autism

Tel: 0771 390 3224

Email: support@salfordautism.org.uk

<http://www.salfordautism.org.uk/>

Salford Action for Autism

Email: kayjones000@googlemail.com or
lou26@live.co.uk

[http://salfordactionforautism.simpl.com/
index.html](http://salfordactionforautism.simpl.com/index.html)

STOCKPORT

Autisk

<https://www.autisk.co.uk/>

Email: enquiry@autisk.co.uk

Telephone: 07376 341092

TAMESIDE

TASCA

[https://www.facebook.com/
TascaTameside](https://www.facebook.com/TascaTameside)

Telephone: 07754 873480

Tameside autism community group

[https://www.tameside-autism-
community.org.uk/](https://www.tameside-autism-community.org.uk/)

Autism support for Tameside and Glossop

[https://
autismtameside.wordpress.com/](https://autismtameside.wordpress.com/)

Telephone: 0161 366 2050

TRAFFORD

Autism Trafford

<http://www.autismtrafford.co.uk/>

(Online contact page)

WIGAN

Embrace Wigan and Leigh

[https://
www.embracewiganandleigh.org.uk
/](https://www.embracewiganandleigh.org.uk/)

Email: in-

fo@embracewiganandleigh.org.uk

Telephone: (01942)233323

Autistic Adult Support Groups and services

The below contacts are a mixture of support groups, support services and advocacy specifically in relation to autistic adults. Please be aware that services differ greatly depending on the GM location.

BOLTON

Autism Spectrum Conditions Support Team

(Those who are diagnosed with Autism/Asperger's are offered a package of short-term support, depending on need.)

Telephone: 01204 483000

<https://www.gmmh.nhs.uk/autism-spectrum-conditions-support-team/>

BURY

United Response

<https://www.unitedresponse.org.uk/support-area/greater-manchester-bury/>

MANCHESTER

I AM AUTISM

<https://i-am-autism.org.uk/>

Email: enquiries@i-am-autism.org.uk

Telephone: 0161 866 8483

OLDHAM

Advocacy and support for people with autism and or Learning Disability.

<https://www.actiontogether.org.uk/community-activities/community-activity-directory/107754>

ROCHDALE

I AM AUTISM

<https://i-am-autism.org.uk/>

Email: enquiries@i-am-autism.org.uk

Telephone: 0161 866 8483

SALFORD

Salford Autism

<http://www.salfordautism.org.uk/>

Tel: 0771 390 3224

Email: support@salfordautism.org.uk

STOCKPORT

Stockport Advocacy: Group 48

<http://www.stockportadvocacy.org.uk/group-48/>

Email: info@stockportadvocacy.co.uk

Telephone: 0161 480 8979

TAMESIDE

Autism Tameside ad Glossop social group

<https://autismtameside.wordpress.com/people-with-autism/>

Email: peersupport@togmind.org

Telephone: 0161 330 9223

TRAFFORD

Autism Trafford runs a social group with various activities for autistic adults.

Tel: 0161 357 1210

Email: jane.forrest1@nhs.net

WIGAN

Embrace Wigan and Leigh

<https://www.embracewiganandleigh.org.uk/care-act-advocacy/>

Email: info@embracewiganandleigh.org.uk

Telephone: (01942)233323

Support services that cover the Greater Manchester area (autistic adults, autistic children and parents/ carers)



I AM AUTISM have various support services available. They are a UK registered charity working with and supporting a wide range of people, aged 10 years and upwards, who have a diagnosis of Autistic Spectrum Condition (which can also be called Asperger Syndrome, High Functioning Autism or Autistic Spectrum Disorder) as well as their families, guardians and carers in Greater Manchester.

Website: <https://i-am-autism.org.uk/>

Email: enquiries@i-am-autism.org.uk

Telephone: 0161 866 8483



Respect For All offer counselling for autistic people, for people with learning disabilities, and for their families, throughout the whole of Greater Manchester.

Website: <https://www.respectforall.org.uk/counselling/>

Contact number: 0161 532 4075



GMAC aims to be a point of contact for anyone in Greater Manchester needing information about autism and related issues. We are managed by the UK's leading charity for autistic people and their families [The National Autistic Society](#). To find out more visit our [About us](#) page.

Since 1993 we have been providing information and advice to autistic people and their families, delivering training and developing resources. In 2019 we launched Greater Manchester's first [Autism Strategy](#) to help create a region that works better for autistic people.

Website: <https://www.autismgm.org.uk/>

With the nature of support groups and services, they change often so please let us know if you are aware of anything that is not listed and we will add these to our contacts.