

AUTISM GM



NEWSLETTER



www.autismgm.co.uk

Autumn Edition 2022



Welcome to the Autumn edition of AutismGM. Another season has swiftly sped by. We hope that you are all doing ok. The project has been getting a high volume of calls and emails lately which makes us feel that many of you are having a hard time at the moment. We think that Covid and the after effects of the pressure on services maybe something to do with this, but please remember that if you get in touch you will always get a warm welcome and a listening ear. We always aim to return or acknowledge calls within 3 working days and if you are calling us, don't forget that this is a virtual phoneline so you need to leave a voicemail and we will then get an email immediately.

Thanks to Dan and Nick for their contributions this time. If anyone else would like to share anything via the newsletter especially creative contributions we would love to hear from you.

Mari and the GMAC team

AUTISMGM Newsletter

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Greater Manchester Autism Consortium Project

<https://twitter.com/GMAutismC>

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

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

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Draft Mental Health Bill - easy read survey

Published on 13 October 2022

Draft Mental Health Bill - easy read survey



Easy Read Survey on the Government's draft Mental Health Bill

In June 2022 the Government published its [draft Mental Health Bill](#) to change mental health laws in England and Wales, with the aim of reducing the number of people that are detained in mental health hospitals. An Easy Read version of the bill can be accessed [here](#).

Since the draft Bill was published, a Joint Committee has been created by the House of Lords and the House of Commons to review the bill. This process is known as 'Pre-legislative Scrutiny' and happens before some bills are made into a law.

The Joint Committee is now asking people for their opinions to help them to decide whether any changes need to be made to the Bill. To help the Joint Committee hear from more people an Easy Read survey on the draft Mental Health Bill has now been released. It is [here](#) and can be filled out before the 30th October.

What does the Bill mean for autistic people?

Some of the changes in the draft Mental Health Bill could make a big difference to autistic people. For example:

- Changing the definition of "mental disorder" in the Mental Health Act so that autistic people who do not have a mental health condition do not end up stuck in mental health hospitals.
- Introducing a duty for councils, NHS England and local health decision makers to provide community services to prevent autistic people reaching crisis point, and having to stay in an institution because there is nowhere else to go.

There are also parts of the bill that we think could do more to improve autistic people's experiences of mental health services, for example we would like to see:

- The rules for providing community mental health services made stronger.
- A commitment to reduce the number of autistic people detained through the criminal justice system.
- A stronger duty for professionals to listen to and follow recommendations about autistic people's treatment. You can read our initial thoughts on the bill [here](#).

Draft Mental Health Bill - easy read survey– Continued

Answering the Survey

As well as the Easy Read version of the draft Mental Health Bill, there is also an Easy Read guide to answering the survey [here](#). You may want to read this before sharing your thoughts through the survey.

- You do not need to answer every question in the survey. There might be some that you feel more strongly about than others.

If you would prefer to share your opinions on the bill through a longer piece of writing instead of the survey, you can email jcmentalhealth@parliament.uk for instructions on how to do this.

- Your response may be shared or published anonymously.

The survey questions include a list of statements with tick boxes to show how much you agree with the statement. There is also a text box at the end of the survey, where you can share more information or explanations for your answers.

You might want to use this space to share:

- The most important things that professionals should know about autism
- Your own personal experiences of mental health services
- What changes to mental health services could make them better for autistic people
- What kinds of community support could help autistic people to avoid mental health crisis
- Anything else you think the committee needs to consider or that the bill should include

The Joint Committee will look at the evidence from this survey as well as their conversations with other people and groups. They will report back to Parliament on the 16th December 2022.

Further information

Read [Alexis' story](#) about being “locked inside” various mental health hospitals for three years.

Read our news story on the number of [autistic people in inpatient mental health hospitals](#).

Find out about our [Autism Inpatient Mental Health Casework Service](#), which provides confidential advice and support for autistic people at risk of going into inpatient units, those stuck in them – or their families

Creative insights by autistic adults

The below poem has been written by autistic adult "Dan-TheArtisticAutistic"

Dann has over come some huge obstacles and is consciously working through life challenges and embracing his autistic identity after a late diagnosis. Dann is creative and has lots to offer and poetry is just one of his many talents. Please see his poem below.

True self

Don't judge what you see, because that's not truly me,
It's only a temporary state, as I'm needing to incubate,
Re-lay my foundations, start new conversations,
After a severe complete loss of identity, I'm learning now who I was first meant to be,
Discovering my true self, improving my physical health,
Unshackling my autistic mind, so then I can truly find,
My heart felt reason for being, unmask and clearly start seeing,
Beyond what society projects, plus the mind warping conforming it expects,
Instead I'll start love living life outside the comfort zone,
and finally accept autistically living as...
my forever home.

-The-Autistic-

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/autism-seminars-for-families>

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

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.

Book review: "The Autism-Friendly Guide To Self-Employment", by Robyn Steward (Jessica Kingsley Publishers)

This book review was written by Nick Rosenthal



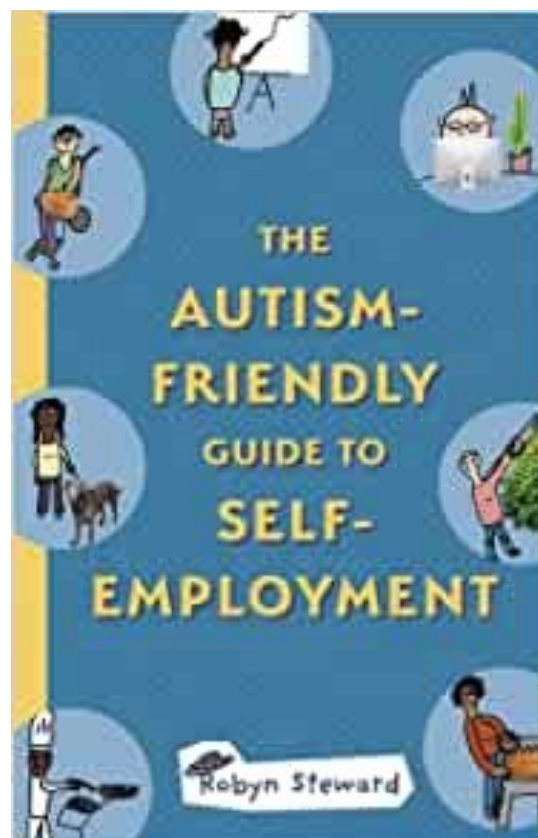
Book review: "The Autism-Friendly Guide To Self-Employment", by Robyn Steward (Jessica Kingsley Publishers)

Employment patterns have changed a lot over the past 20 years, and self-employment is much more common now than it used to be. For autistic people, running your own business can offer a flexible means of employment that allows us to work to our strengths. Autistic people run a huge range of businesses, from gardening rounds to professional services through to high-tech startups.

This book gives a sound introduction to many of the issues that anyone wanting to start their own business will need to think about. It covers all the functions of running a business, such as marketing, sales, bookkeeping, and legal implications. In that respect, it is certainly a useful guide for any autistic person thinking of working for themselves.

But I would like to have seen more about some of the specific challenges that autistic people face in running a business. There is a chapter on "Networking", for example - but little mention of how challenging the network and customer relationship side of the business can be for many autistic people. I did find the chapter about "maintaining your health and well-being" interesting, though, and there are a handful of case studies at the end of the book that describe the experiences of autistic people running their own businesses.

The same publisher has just released a book called "Autism Working: A Seven-Stage Plan to Thriving at Work", and I would be interested to see if that offers more in the way of autism-specific guidance.



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

You ask a question, Samera and Hayley will find the answer!



If you are new to autism and parenting, then listen to our '[Quirky and Autistic Parenting](#)' podcast series, it's just for you. I'm Samera mum to an autistic young person who was diagnosed aged 3, I have had a very different parenting journey to my co-host. Hayley, is speech and language therapist and also mum to an autistic teen who was diagnosed 5 years ago, aged 11.

The first series' overarching theme is the 'shape of family' where we answer fundamental questions about a child's identity, diagnosis, family dynamics and a parent's need for supportive allies and professionals. Our psychologist contributors will also provide insights into what is behind a child's behaviour and the importance of parental wellbeing. We are delighted to be joined by Vicki Ellen, a blogger and autism speaker to discuss puberty. The series will also include a two part bumper edition on education. Signposting links will be included in each episode's transcript and an accompanying blog post, where we dig a little deeper into an aspect of the episode.

And in this series of 10 perfectly formed episodes, we're going to share quirky stories about how we all get through it, with a little help from your emails, grab a cuppa and join us for half an hour or so of chat. You may even hear a famous voice or two dropping in- click link below!

<https://sites.libsyn.com/437067> launching Wednesday November 2nd please like and subscribe!

We're going to answer your questions frankly, on parenting and autism, from our different perspectives so email QandA@FrankCommunications.org.uk Tell your friends and those curious about autism, about Quirky and Autistic Parenting.

Quirky and Autistic parenting, does exactly what it says on the pod.



@QuirkynAutistic



@quirkyandautistic

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](mailto:info@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.