

Winter Wellness

Get involved with our

5 Weeks of Wellbeing

30/01/23 to 05/03/23



Autism
Hampshire

Contents

01

What is wellbeing?

Mental health & wellbeing.
Autism & Mental Health.

02

About the campaign

Find out about our Winter Wellness Campaign.

03

How to get involved

Find out about the 5 ways to wellbeing. One page for each of the 5 ways to wellbeing.
Wellbeing in the workplace.

04

About Autism Hampshire

What we do

05

How you make a difference

Find out about the impact of your fundraising and support

06

Fundraising info

A guide to how you can fundraise

07

Meet the team

Who we are and how to get in touch

08

Sources

Mental Health & Wellbeing



When we talk about mental health and wellbeing, we're generally referring to how we feel, how well we're coping with daily life, and what feels possible in that moment.

A variety of factors contribute to a person's sense of well-being, but research suggests that what we do and the way we think can have the biggest influence.

Autism & Mental Health

Autism is not a mental health condition. Like anyone else, autistic people can have good and bad mental health; however, considerably high numbers of autistic people experience mental health issues in their lifetime. Anxiety and depression are among the most common mental health problems experienced by autistic people.

76%

of autistic adults

report reaching out for mental health support in the preceding five years

(National Autistic Society, 2019)

About the campaign

This campaign aims to promote and support positive wellbeing built on the '5 Ways to Wellbeing', which was developed by The New Economics Foundation. This incorporates five actions:

1. BE ACTIVE

2. TAKE NOTICE

3. LEARN

4. GIVE

5. CONNECT



How to get involved

In this pack, you will find a variety of activities and opportunities that you could do and/or get involved with.

We will be focusing on and exploring a different action each week during the time that the campaign will be running.

We would love to hear about what you get up to throughout this campaign so make sure you tag us on social media! Alternatively, you can email us at: fundraising@autismhampshire.org.uk

www.autismhampshire.org.uk

Be active

Being active is not only great for your physical health and fitness, it is also associated with a greater sense of wellbeing, as well as lower rates of depression and anxiety across all age groups.

Remember: being active doesn't always mean spending hours in the gym! Consider your personal ability, what you are comfortable with and, most importantly, finding activities that you enjoy.

Here are some ideas that you could try to introduce into your routine:

- Take the stairs instead of the lift
- Go for a walk
- Walk or cycle instead of driving or using public transport
- Get off the bus one stop earlier than usual and walk the final part of your journey to where you need to get to
- Take part in a sporting activity - you could organise an activity for friends and/or colleagues, or find activities in your local area
- Stretch in the morning and/or at night

FUNDRAISING ACTIVITIES YOU COULD TRY:

- Cycle the Isle of Wight
- 'Take a dip a day' (cold water challenge)
- Run, walk or wheel a number of minutes or a distance a day
- Host a dance-a-thon
- Sign up to run the 2023 Great South Run

A photograph showing two cyclists from behind, riding on a paved path through a lush green park. The cyclist in the foreground is wearing a light blue t-shirt and a black helmet. The cyclist in the background is wearing a dark blue t-shirt and a grey helmet. The path is lined with trees and purple flowers.

www.autismhampshire.org.uk

Take notice

It can be easy to rush through life without stopping to notice your own thoughts and feelings, and what is happening in the world around you.

Becoming more aware of the present moment and reflecting on your experiences can help you enjoy life more, and understand yourself, your priorities in life and what matters to you. This can empower you to make decisions that are in line with your personal goals and values.

Here are a few ways you can give yourself some time to take notice:

- While being active, try focusing on the feeling of your body moving. If you go for a walk outside, you might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells around you.
- Try mindfulness colouring books / activities
- Meditation - focus on your breathing, thoughts, sensations in your body or things you can sense around you. Try to bring your attention back to the present if your mind starts to wander.
- Try yoga - you could find a local yoga class, or watch videos on YouTube if you would prefer to do yoga in your own space

FUNDRAISING ACTIVITIES YOU COULD TRY

- Organise a nature scavenger hunt
- Get sponsored to do a yoga challenge e.g. a pose a day
- Host a 'guess the costume' fancy dress party where people guess what everyone is dressed up as!
- Do a sponsored escape room
- Sign up to abseil the Spinnaker Tower with Autism Hampshire

www.autismhampshire.org.uk



Keep learning

The continuation of learning throughout life can boost self-esteem, help build connections with others, and motivate individuals to lead more active lifestyles; positive benefits on wellbeing, ratings of life satisfaction, optimism, and productivity have all been linked.

Whether it is setting yourself a challenge, or rediscovering an interest, there are lots of different ways to bring learning into your life, for example:

- Learning how others may communicate, e.g. Makaton, British Sign Language, or a foreign language
- Trying out a new cooking recipe
- Working on a DIY project

Don't feel pressured into doing something new that's completely out of your comfort zone - instead try to find activities you enjoy and make them a part of your life

FUNDRAISING ACTIVITIES YOU COULD TRY

- Get sponsored to learn 10 new foreign language words a week
- Get sponsored to learn 10 Makaton signs
- Host a 'Mastermind' quiz night around your special interest and help others learn

hello

Ciao!

hola

bonjour!

HEJ!

Guten Tag!

www.autismhampshire.org.uk

Give

Acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, as well as helping you to connect with other people.

It could be doing something nice for a friend or stranger, or something bigger like volunteering in the local community – we challenge you to perform an act of kindness once a week for the next six weeks.

Don't forget to reflect on how your happiness and generosity links to the wider community!

WAYS YOU CAN SUPPORT AUTISM HAMPSHIRE

- Do a spring clean and donate to our charity shop in Fareham
- Volunteer at an Autism Hampshire event or at a Serendipity Community group
- Donate your time to spruce up the garden of any of our supported living houses
- Consider becoming a volunteer for our Autism & Health project



www.autismhampshire.org.uk

Connect

Feeling close to, and valued by, other people can be important in ensuring a positive sense of wellbeing and good mental health.

It is true that many people enjoy spending time alone and it can be important for some people's wellbeing; however, this should not be confused with feeling lonely as this is different and can have a negative impact on wellbeing.

The more lonely a person reports to be, the more likely they are to experience mental health issues, such as anxiety and depression.

Feeling lonely can come from not having the opportunities to socialise, or finding this difficult. You might have friends/colleagues but feel misunderstood, or like you cannot be yourself around them.

Many autistic people describe feeling lonely even when they are in company. In a survey conducted by The National Autistic Society, eight times as many autistic people reported feeling often or always lonely when compared to the general population.

It is important to consider ways you can connect with others without putting yourself in an overwhelming or uncomfortable situation.

Here are our suggestions of ways you can connect:

- If you're comfortable to, try talking to someone in-person, rather than via email or text / social media
- Use your interests to build connections – you could join a group or club, in-person or online (unless you prefer to pursue your hobbies alone)
- Shared experiences can help when connecting with others – our Serendipity Community groups are a great way for **autistic adults** to meet in a supportive and non-judgmental setting
- Consider peer support from a befriender service
- Spend time with animals – city farms are a great way to connect with nature!
- Share what you've been up to so far during this campaign with others

FUNDRAISING ACTIVITIES YOU COULD TRY

- Host a coffee morning
- Host a safari supper
- Offer to walk or look after dogs and ask people to sponsor you

www.autismhampshire.org.uk

Wellbeing in the Workplace

Since many people spend a great deal of their adult life at work, it is not surprising that what happens in the workplace, can influence our overall wellbeing.

3 out of 5

people have experienced mental health issues due to work

(Samaritans, 2021)

61%

of employees cite poor mental health as their reason for leaving.

(MHFA England, 2022)

Promoting positive wellbeing can help prevent stress and create positive working environments where individuals and organisations can thrive.

Higher levels of wellbeing are associated with:

- higher workplace productivity and financial performance
- improved retention of staff
- reduced sickness absence
- greater staff satisfaction
- more inclusive workplaces

Reclaim your lunch break

Take time to wind down

Ask for help

Here are some top tips you could try to boost your wellbeing at work!

Set clear boundaries between work and life

Can you link them to the '5 Ways to Wellbeing'?

Write a To Do list

Organise a group activity

Check in with colleagues

About Autism Hampshire

WHAT DO WE DO?

Through our understanding of autism, we work with people to help them develop skills and strategies to gain greater control over their lives.

It is our **VISION** to create a better future with autistic people.

It is our **MISSION** to create opportunities, challenge perceptions, enhance choices and provide high quality services to meet the diverse needs of autistic people.



Our Information, Advice, & Guidance Team responds to

12,000

requests for help each year

AUTISM-FOCUSED TRAINING

**INFORMATION, ADVICE,
& GUIDANCE**

**SPECIALIST MENTORING
SERVICES**

SUPPORTED LIVING SERVICES

**COMMUNITY GROUPS
FOR AUTISTIC ADULTS**

**SUPPORTING ACCESS TO
HEALTH SERVICES**

**AUTISM ALERT CARD &
ASSISTANCE APP**

www.autismhampshire.org.uk

How your support makes a difference



£10

Could pay for transport for someone we support to access an activity

Could buy craft / art supplies for a community group or supported living

£25



£50

Could buy items for our 'try before you buy' library which includes noise-cancelling headphones and weighted blankets

Could pay for 3 hours of autism training for schools, companies, and community settings

£300

£500

Could buy garden furniture, tools, and plants & seeds for supported living houses



Could cover the costs of running (at least) one Serendipity group for a year

£1000

www.autismhampshire.org.uk

Keeping it Safe and Legal

Health and safety

Make sure you follow the professional advice of equipment manufacturers and staff supervising any facilities. Autism Hampshire cannot accept liability for any loss, damage or injury suffered by you or anyone else as a result of taking part in a fundraising event. For useful information, please visit hse.gov.uk.

Food hygiene and licences

Please take great care when handling food and work to the basic rules for safe preparation, storage, display and cooking. For more information, please visit food.gov.uk and eatwell.gov.uk/keepingfoodsaf.

Data protection

Make sure any paper or electronic record of anyone involved in a fundraising event complies with the data protection act. Never share information or data about someone without their permission and discard the data when you no longer need it.

Insurance

Autism Hampshire appreciates your support but cannot accept liability for any fundraising activity or event you undertake in. If you need insurance, you will need to take this out yourself.

Collections

If you would like to collect money in the street or any other public place then you will require a licence from your local council. We can help you access this. Always make sure children are supervised and only collect donations from people you know and trust.

Raffles

You may wish to hold a raffle as part of your fundraising activity. This can be done but it must be drawn and announced on the same day as the tickets are sold. Please contact our team, who can offer advice on running a raffle, including registering with your local authority.

Raising Sponsorships

In Person

We ask that you use the Autism Hampshire sponsorship forms to get cash sponsorships, which are available upon request.

GivePenny

Create your very own fundraising page at
<https://givepenny.com/charity/autism-hampshire>

1. Click 'Start Fundraising'
2. Then, login or click 'Sign up' to create an account!
3. Once registered and logged in, click 'Start Fundraising Now'.
4. Make sure you have selected 'Autism Hampshire' to fundraise for us!
5. Simply select the campaign you want to take part in, or 'Use no campaign to do your own thing.'

Share your page on social media and email to all your friends and family, they can follow the link and sponsor you directly online, making it quick and easy without the need for you to collect cash / cheques.

Gift Aid

For every £1 you raise, we can claim an extra 25p back from the government on taxpayer's donations. Please don't forget to tick the gift aid box on your sponsor form or online to make sure the Gift Aid is added. This will need to be completed on all forms of sponsorship including sponsorship forms and online donations.



www.autismhampshire.org.uk



Sponsorship and Gift Aid Declaration Form

Please sponsor me (name of participant):

To / In (name of event):

In aid of Autism Hampshire.

GIFT AID! If you are a UK taxpayer, we can claim an extra 25p for every £1 you donate!

If I have ticked the box headed 'Gift Aid ✓', I confirm that I am a UK Income or Capital Gains taxpayer.

I have read this statement and want Autism Hampshire to reclaim tax on the donation detailed below, given on the date shown.

I understand that if I pay less Income Tax / Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand that the charity will reclaim 25p of tax for every £1 that I have given.

Remember: You must provide your full name, home address, postcode & '✓' Gift Aid for Autism Hampshire to claim tax back on your donation.

We would love to stay in touch!

If you would like to hear from Autism Hampshire via email about news and events updates, please tick this box.

To update your preferences, contact fundraising@autismhampshire.org.uk

To read our full privacy statement, head to:
<https://www.autismhampshire.org.uk/privacy-statement>

Title	Sponsor's name (Full name in capitals)	Home address (Only needed if Gift Aiding your donation)	Postcode	Donation amount	Date paid (dd/mm/yy)	Gift Aid ✓	Email address	Newsletter sign-up ✓
Total donations received				£				
Total Gift Aid donations received				£				
Date donations given to Autism Hampshire (dd/mm/yy)								

Please return this sponsorship form with sponsor money as soon as possible after the event to Autism Hampshire

Please make cheques payable to: AUTISM HAMPSHIRE

Fundraising, Autism Hampshire, 1648 Parkway, Solent Business Park, Whiteley, Fareham, PO15 7AH

Tel: (01489) 880881

Email: fundraising@autismhampshire.org.uk



Thanking and Banking

Don't forget to thank those who have helped make your fundraiser successful. You could do this by phone, email or letter. Our team can offer advice on how to draft letters and emails, and can also provide certificates of achievement / acknowledgment.

Paying in the money you've raised couldn't be simpler and can be done in four ways:

- By Post
- Over the phone
- By bank transfer
- Bring us the cash

For more details, check out 'Our Guide to Fundraising':

<https://www.autismhampshire.org.uk/events/fundraising-pack>

Meet the fundraising team



Cheryl Claxton

Fundraising and Community Manager



Lizzie Nash

Community and Events Fundraiser

We would love to hear about what you get up to throughout this campaign so make sure you tag us on social media!

Alternatively, you can email us at:
fundraising@autismhampshire.org.uk

 AutismHampshire

 autism_hampshire

 HampshireAutism

 Autism Hampshire

www.autismhampshire.org.uk

Sources

New Economics Foundation (2008, 2011)

<https://neweconomics.org/2008/10/five-ways-to-wellbeing>

<https://neweconomics.org/2011/07/five-ways-well-new-applications-new-ways-thinking>

https://neweconomics.org/uploads/files/d80eba95560c09605d_uzm6b1n6a.pdf

National Autistic Society (2021)

<https://s2.chorus-mk.thirdlight.com/file/24/asDKIN9as.klK7easFdsalAzTC/NAS-Good-Practice-Guide-A4.pdf>

Mind (2013, 2023)

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/tips-for-employees/>

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

https://www.mind.org.uk/media-a/4662/resource3_howtopromotewellbeingfinal.pdf

Samaritans (2021)

https://media.samaritans.org/documents/Wellbeing_in_the_Workplace_brochure_2021_WEB.pdf

Deloitte. (2022)

<https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-report-2022.pdf>