

Serendipity

Issue 2

Social

January 2021



Special thanks to those who contributed to this issue of Serendipity Social

To contribute or get involved please email: deborah.goatley-birch@autismhampshire.org.uk

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Letter from the CEO

Debra Harrison-Sales



Belated Happy New Year to those I am yet to speak to directly! I hope you had the best Christmas achievable at this difficult time! We now find ourselves in Lockdown again and I am pleased that the Serendipity groups are continuing to meet virtually at this difficult time. It is a credit to you all that this is happening and I know for some this is a life line of support. As always I would like to hear if you have ideas regarding how we can better support our groups, especially over this difficult time. Please do email me if we can help-debra.harriison-sales@autismhampshire.org.uk
It is also with pride that I report that all Autism Hampshire's services continue to function as follows:-

- Head Quarters remains open with a rotation of both the Senior Management Team and HQ staff to ensure support to you all. All managers are at the end of the phone or email.
- Our IAG service and student mentoring service continue to offer support via the phone and Microsoft Teams meetings.
- Our homes are running as normal but challenged with staffing cover. We are therefore running a recruitment campaign by placing banners in the local communities to hopefully attract new recruits.
- Parent and personal autism awareness courses continue to run across the county and beyond.
- The Charity shop however has had to close until further notice and the Archiving project has been halted during this time.

Praise and thanks therefore goes to each and every one of our staff and volunteers for their hard word, flexibility and ability to adapt to working in different ways during this difficult time.

There is brighter news in the roll out of the vaccine. Please note the following Important aspects regarding the vaccine:-

- Getting vaccinated means protecting yourself from the virus so you can keep safe and be there for your family, friends and people you care for.
- The COVID-19 vaccination has been approved by MHRA, the official UK regulator, like all other medicines and devices. It has undergone months of rigorous testing, with more than 40,000 people, and strict approval processes mean we can be sure that the vaccine is safe and effective.

I understand that for some the vaccine is causing concern and we would like to help with this if possible. Again do contact your group Lead, Deborah, Laura or myself to discuss further.

In the meantime, keep safe and please continue with the practise of HANDS, FACE, SPACE.
I look forward to attending your groups when invited in future at a time that we are able to meet face to face again!

With Kind Regards
Debra

How to join a Serendipity Group

The groups were started in response to requests for more social opportunities and the chance to meet other people on the autism spectrum. Most groups are free to attend, with a small charge for refreshments. What the groups do is determined by the interests of its members, for example some enjoy board games, cards, chess or scrabble, many enjoy quizzes, and some invite guest speakers while others prefer just to chat or nominate topics for discussion/debate. Some groups organise additional activities such as bowling, meals out or cinema trips. Autism Hampshire provides support and co-ordination for the groups, through our group co-ordinator.

The groups provide a variety of groups across the county and are a friendly environment to meet other adults who are on the autism spectrum. The groups meet in venues like pubs or cafes and are facilitated by volunteers many of whom are on the autism spectrum. Many people attend independently, but a friend, partner or carer is welcome. No formal diagnosis is necessary.

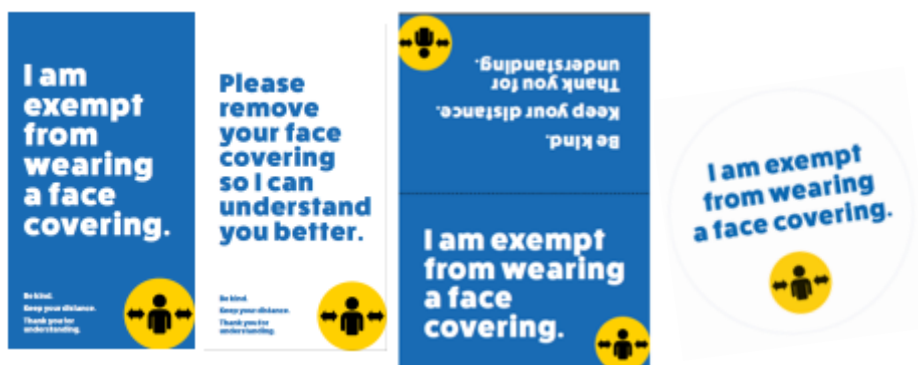
To find out more about joining one of Autism Hampshire's Serendipity groups please email serendipity@autismhampshire.org.uk or phone 01489 880 881.

Autism in lockdown



In this issue we explore how to get the help and support you may need during Lockdown and some tools that may help improve other's understanding of hidden disabilities. For more details see page 22.

Exemption cards or badges: Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign:



Facebook Serendipity Groups

We understand how important it is for Serendipity Group members to access peer support, so as the meetings cannot take place right now we have set up two Facebook groups for Serendipity Group members to keep in touch during these anxious times.

Autism Hampshire Serendipity Group

<https://www.facebook.com/groups/AutismHampshireSerendipityGroup/>

Please note this group is for our existing registered Serendipity Group members only. Everyone in this group already knows one another from attending the group before Covid.

Autism Hampshire New Members Serendipity Group

<https://www.facebook.com/groups/1589960594503873>

This group is for new members that would like to join one of our Serendipity groups when restrictions are lifted. We can register your details so that we can invite you to attend the groups when they do restart.

Many members are attending online weekly Facebook Groups run by our hardworking volunteers

New opportunities in the 'new normal'

Due to government guidelines on social distancing, all 'official' Autism Hampshire Serendipity group meet ups have been put on hold until further notice. No 'official' Serendipity groups are meeting up until safe to do so. We will let you know when groups can run safely again. Some Serendipity group members are organising their own meet-ups which you can read about in this issue. We still want to hear from you! If you are interested in / or know anyone who would be interested in joining one of our Serendipity groups please get in contact:

serendipity@autismhampshire.org.uk. We are finding new ways of staying connected!

Volunteer Opportunities

Serendipity Social Group Facilitator

Are you interested in Volunteering at one of our groups? Would you like to be involved in providing opportunities for autistic adults to meet up with each other? Apply to become a Serendipity social group facilitator.

Purpose of the role: To support the running of the Serendipity social groups. These groups are for adults (18+) who are on the autism spectrum and are looking to increase their social opportunities and meet other people who are on the autism spectrum.

Time Commitment: Groups used to run 1.5 to 2 hrs per session and meet weekly, fortnightly or monthly. They are not presently meeting due to Covid. Whilst we value regular commitment, you will be joining a team, so you do not need to be available for every session.

Tasks include:

- support the facilitation of a social group for adults who are on the autism spectrum
- welcome and support group members, to ensure the group is accessible for everyone
- understand and work within the ethos and objectives of the project
- provide feedback to, and liaise with the project team to develop the group
- attend whole project meetings and events

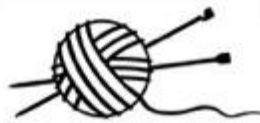
What's new?



ACE Serendipity activity groups

ACHIEVE

New skills through weekly activities.



CONNECT

With each other and the wider community through the sessions and different projects.

ENJOY

We hope that group members will enjoy the sessions and being part of the ACE project.

Have an ACE day!

Starting on ONLINE 10am- 11am 28th Jan 2021

Activities will run in groups for 4 weeks. The first activity will be knitting.
All materials and instructions will be supplied in advance.

To book a place then please contact Autism Hampshire IAG :



02380 766162



information.advice@autismhampshire.org.uk



ACE Serendipity activity groups

Have an ACE day!



“Hi, my name is Abbie and I work as a clinical psychologist. When I am not at work, I enjoy walking, cycling and swimming. I also love to read and I am currently trying to improve my French! I look forward to meeting you at the ACE group”.

ACE Serendipity activity groups

Have an ACE day!



“My name is Debbie, I am an artist and a PhD researcher at Solent University. In my spare time I like to play guitar and I am in a band with my husband. I am a long-time fan of the heavy metal band Iron Maiden and I enjoy building model airplanes”

Autism Awareness week 2021

Get Involved!



February fitness challenge:

- This is taking place over the month of February.
- People can choose their own distance and how they are going to travel, which could be walk, run or cycle.
- Then they can fundraise for this challenge.
- If they are interested, they can contact fundraising@autismhampshire.org.uk.

Southampton 10km, half-marathon and marathon.

- Taking place on Sunday 25th April
- £20.00 registration fee with a different fundraising target per event which is on the flyer.
- If you are interested, then please contact fundraising@autismhampshire.org.uk

Support Us



Fitness February Challenge

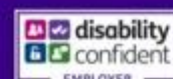
We challenge you to take on Autism Hampshire's fitness challenge this February! Walk, run or cycle any distance of your choice over the month of February and support thousands of people across Hampshire.

If you're ready for the challenge, please contact our fundraising team on fundraising@autismhampshire.org.uk, to sign up and help with setting up your fundraiser.

You can also find more information about this challenge on our website www.autismhampshire.org.uk/events.

Don't forget to tag us on social media   

Creating opportunities, challenging perceptions, enhance choices and providing high quality services to meet the diverse needs of those on the autism spectrum



Charity No: 288141
Reg. No. 01710300

Please support us to support thousands
of people across Hampshire



Southampton Marathon

Run the Southampton Marathon and support Autism Hampshire! 10km, Half-marathon and full marathon slots available.

Date: Sunday 25th April 2021

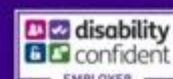
Distances: 10km, half-marathon and full marathon

Entry fee: £20

Minimum fundraising target: £75 for 10km, £100 for half-marathon and £200 for full marathon

To book your space and support us, please contact
fundraising@autismhampshire.org.uk.

Creating opportunities, challenging perceptions, enhance choices and providing high quality services to meet the diverse needs of those on the autism spectrum



Charity No: 288141
Reg. No. 01710300

Autism Awareness week 2021

Get Involved!



2021 Autism Awareness Week Art Exhibition 29 March - 4 April 2021

Open Call opportunity for Hampshire based creatives who are on the autism spectrum!



Exhibition Title: My hometown



Submission Deadline 1st March 2021



ASC Artist/Curator Deborah Goatley-Birch invites Hampshire artists of all ages who are on the autism spectrum to submit their creative contributions art, poems, photography, music and more to be part of a public exhibition.



Your creative response should be associated with any Hampshire city or town you consider to be your hometown.



The exhibition will be shown online and some work will be included in The Autism Hampshire Arts festival (later in the year)



You can apply as an individual, a group or with your Serendipity Social group. Email for more details:



If you would like to register to take part or have questions, then please email:

deborah.goatley-birch@autismhampshire.org.uk



Serendipity ONLINE



Serendipity Social Groups Virtual Meetings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 Jan	12	13	14	15
18	19	20	21	22
Aldershot 2-4pm LAURA Park Gate 7-9pm DEBORAH	St James Park 11-1pm PHIL	Winchester 1-2:30pm LAURA		Eastleigh 2-4pm DEBORAH
25	26	27	28	29
Portsmouth 5-7pm DEBORAH	Mayflower 11-12:30 LAURA			Fareham 10-11:30 DEBORAH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Feb	2	3	4	5
Aldershot 2-4pm PHIL Park Gate 7-9pm LAURA	St James Park 11-1pm LAURA	Winchester 1-2:30pm DEBORAH		Eastleigh 2-4pm DEBORAH
8	9	10	11	12
Portsmouth 5-7pm DEBORAH				Fareham 10-11:30 FAREHAM
15	16	17	18	19
Aldershot 2-4pm PHIL Park Gate 7-9pm DEBORAH	St James Park 11-1pm PHIL	Winchester 1-2:30pm DEBORAH		Eastleigh 2-4pm PHIL
22	23	24	25	26
Portsmouth 5-7pm LAURA	Mayflower 11-12:30 PHIL			Fareham 10-11:30 LAURA



Serendipity ONLINE



Autism Hampshire are setting up virtual group meetings on days and times when the physical groups would normally be meeting through the Microsoft Office platform TEAMS. We hope that as well as the fantastic activities some facilitators have been providing, this will enable more of you to join in with some activity.

Members old and new can join with these virtual meeting with or without video on. If you are interested, please contact

serendipity@autismhampshire.org.uk



Quick Quiz!



Name the DJ...?



• Name the DJ



Answers on last page



An article on Live aircraft tracking by Leigh Taylor



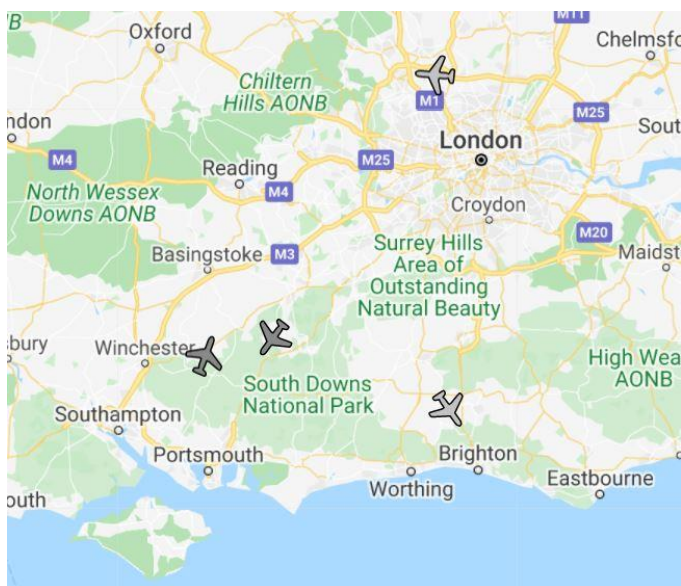
Live aircraft tracking and air accident analysis with ADS-B data

I am a consultant software engineer with a deep interest in air accident investigation.

Commercial aircraft transmit live flight information via a system called Automatic Dependent Surveillance - Broadcast (ADS-B). This includes call sign, position, altitude, ground speed and heading.

I set up a ground station using a Raspberry Pi 2 single board computer with a Freeview TV USB stick to receive these signals. The system tracks multiple aircraft up to a maximum range of 70 miles in real time. You can view my live information at

<http://barnabear.ddns.net/dump1090/gmap.html>



Aircraft (total): 5
(with positions): 4

Messages: 23.4/sec
History: 231 positions

ICAO	Flight	Squawk	Altitude	Speed	Track	Msgs	Age
43c767	RECON22	1177	700			367	53
346456	IBE31WK	5241	22575 ▲	409	216	1308	0
406c76	NPT023H	1240	29000	393	21	5207	0
3c4583	BOX450	2576	36000	496	274	791	2
495152	TAP1357	0517	36975 ▲	476	205	5256	6

Continued.. Live aircraft tracking by Leigh Taylor



It was quite common for the system to track 40+ aircraft simultaneously during the day, but with COVID-19 far fewer aircraft are in flight within range.

My system feeds live data 24x7 into [flightradar24.com](https://www.flightradar24.com) which collates crowdsourced data from around the world to present live flight information on a global map at <https://www.flightradar24.com>.

Sometimes when there is an air accident, I download the ADS-B data for the accident flight. I load that into a spreadsheet to give a basic profile of the flight data.

On 19th March 2016 Flydubai Flight 981, a Boeing 737, crashed at Rostov on Don, Russia. Looking at the flight data I could see that the aircraft had a very high rate of descent – several hundred miles an hour. This turned out to be the case, the aircraft was pulverised on impact with 50° nose down attitude because the pilot had become spatially disoriented in cloud and lowered the nose excessively. This is quite a common accident mode.

On 27th December 2019 Bek Air Flight 2100, a Fokker 100, crashed while taking off from Almaty International Airport, Kazakhstan. Looking at the flight data I could see that the aircraft barely got into the air before coming back to the ground. Although the vertical rate was near zero, on CCTV broadcast at the time it could be seen that the aircraft skidded across a snowy field and hit a building. It was the latter impact that caused the casualties. The aircraft had insufficient thrust for take-off and/or ice on the wings.

Two very different accidents but in both cases I was able to make some basic analysis at the time using crowdsourced flight data from enthusiasts like me around the world. <https://youtu.be/wj89g8MI3aA> explains how to set up your own ADS-B receiving station.

<https://www.youtube.com/user/blancolorio> commercial pilot Juan Browne analyses air accidents in the news and explains flight operational and safety protocols.



What have our groups been up to?



Eastleigh Serendipity Group

Eastleigh Serendipity group usually meets at the Wellbeing Centre in Eastleigh – corner of Leigh Road and Nutbeem Road. We usually meet every two weeks from 2 – 4 pm.

It is open to those people who want to chat or listen to others. The chatting time gives us a chance to talk about our interests, what we have done, what we would like to do and anything else that comes to mind. Topics of discussion range widely and have included music, news, astronomy, films, nature, and fancy lighting for rooms.

We have three 'hosts' – Marjory, Cameron and Jason. Since the Lockdown we have been meeting weekly on-line – Fridays from 4-6pm. This also includes a Quiz at 5pm.

Anyone is welcome to join in, to watch or take part.

Stubbington

Here are Volunteers Tina and Maria at their Baptist Church Stubbington meet up.



Has somebody been your Serendipity STAR?
Nominate a volunteer ...



Email:

deborah.goatley-birch@autismhampshire.org.uk

Mayflower Group, Southampton

**11am -12.30 On Tuesdays. Meeting
online during Lockdown 3**



Just for fun! We can showcase your designs in the next issue

Design a serendipity t-shirt



Print, draw, trace your design

Take a picture and email it to: deborah.goatley-birch@autismhampshire.org.uk



Dan Geddes

(Mayflower Serendipity Group volunteer)

Talks to

Phil Moody

(Community Fundraising Officer)

1. Dan asks: What made you do the role you are in? what is it that you do?

Phil's Response: In my previous jobs, I really enjoy working on events, which then also included fundraising, which is why when I saw this job, I was very interested. I am the community fundraising officer.

2. Dan asks: What do you enjoy about working at Hampshire Autism?

Phil's Response: I enjoy working at Autism Hampshire because, everyone that I have met within or through the charity are such lovely people and everyone is always happy to help.

3. Dan asks: Can you name one fun fact about you?

Phil's Response: Fun fact about me is I have had the opportunity to coach football in 13 different countries. Also, I have I can do 10 football keepy-ups with my shins.

4. Dan asks: What are you currently working on?

Phil's Response: I am currently working on numerous projects which include Autism awareness week, memorabilia auction and other events which include Tina and Sally's abseil down Spinnaker tower.

5. Dan asks: Is there anything we can all get involved in?

Phil's Response:

February fitness challenge:

- This is taking place over the month of February.
- contact fundraising@autismhampshire.org.uk.

Southampton 10km, half-marathon and marathon.

- Taking place on Sunday 25th April
- contact fundraising@autismhampshire.org.uk



Group member
feature...

The Antiques Roadshow Meets Gogglebox

An original cartoon drawn and
scripted by Dry Si





I'LL GO AND GET IT, OI! GIVE ME A HAND

NO MAN... ITS LIKE AN ORIGINAL

CAN YOU COME BACK
DOWN PLEASE?

AND STOP SLACKING,

SO THIS IS A COPY
OF WAR AND PEACE?

BACK AT THE HOUSEHOLD...

C'mon, ANYBODY would
THINK IT WAS HEAVY

WHY ARE YOU SWEATING
SO MUCH?

IT'S NOT YOUR JOBCENTRE
APPOINTMENT TODAY

HELLO!, WHAT IS THAT
YOU HAVE BROUGHT ALONG?

SCRRREEEE CH!!!
THUD!
OOFF!
PANT!

IT'S BEEN UP THERE
FOR YEARS...

IT'S GOT SOMETHING
WRITTEN ON IT...

PUFF!
PANT!

I'M SORRY MADAM, ITS
NOT WORTH ANYTHING

EH!?

WHAT D'YOU
MEAN?

EH!?

20 MINUTES LATER
AT FLEMING PARK...

WHAT'S THE NEXT ITEM
FIONA?

RELANE BINNET
RUMBLEY

I DON'T KNOW,
I FOUND IT UP IN
THE LOFT...

ITS ABSOLUTELY
COVERED IN DUST...

ITS BLOODY HEAVY,
WELL... WHAT DO YOU
THINK

ITS A WATER TANK

The End.

Employment Pathways



Improving employability to support autistic job seekers

Resources supporting autistic people find and maintain employment:

[Finding Employment](#) - NAS free online course for autistic jobseekers

UoP Autism Employment tool

kit: <https://sites.google.com/port.ac.uk/autismemploymenttoolkit/>

- To help you find employment, the website [Evenbreak](#) carries vacancies where the employer is *actively seeking* applications from disabled people.
- [Disability Rights UK](#) produce disability rights and benefits factsheets – [including one's on employment](#)

Resources for employers to become neurodiverse:

- [Employing autistic people - a guide for employers](#) - NAS employment guide for employers
- Employers can use organisations such as [Business Disability Forum](#) to assist them with making improvements to their recruitment methods.
- Supporting the recruitment of autistic employees: <https://network.autism.org.uk/good-practice/evidence-base/supporting-recruitment-and-retention-autistic-employees>



Helpful Links



Vaccine

<https://www.gov.uk/government/publications/covid-19-vaccination-easy-read-resources/information-on-covid-19-vaccination-easy-read-guide>

<https://www.mencap.org.uk/sites/default/files/2020-12/Vaccines%20ER%20Final%20Version%208-12-20%20%282%29.pdf>

<https://www.autistica.org.uk/downloads/files/Uncertainty-easy-read.pdf>

<https://www.mencap.org.uk/sites/default/files/2021-01/Vaccine%20Q%26A.pdf>

COVID 19 information

<https://www.mencap.org.uk/sites/default/files/2021-01/Jan%20lockdown%20SS%20-%20Final%20Version.pdf>

<https://www.autistica.org.uk/what-is-autism/coronavirus/tips-for-managing-mental-health-coronavirus>

Face covering

<https://www.mencap.org.uk/sites/default/files/2020-08/All%20about%20face%20coverings.pdf>



Wellbeing in lockdown



APPLE

ACKNOWLEDGE – Notice and acknowledge the uncertainty as it comes to mind.

PAUSE – Don't react as you normally do. Don't react at all. Just pause, and breathe.

PULL BACK – Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think! Thoughts are not statements of fact. What's the bigger picture?

LET GO – let go of the thought or feeling about needing certainty. They will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

EXPLORE – Explore the present moment, because right now, in this moment, all is well. Notice your breathing, and the sensations of breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you smell. Right now. Then, shift your focus of attention to something else – on what you need to do, on what you were doing before you noticed the worry, or do something else – mindfully, with your attention



Mental Wellbeing..

What Autism Hampshire do for you

Information, Advice & Guidance service

Autism Hampshire offers an information, advice, and guidance service for adults, young people and children on the autism spectrum, their parents, carers and professionals. The service is available free of charge for people in Hampshire including Southampton, Portsmouth and the Isle of Wight.

Please note that although we are still available by phone, there is no access to our offices at this time.

We are available on the telephone

(Monday to Thursday 9 am - 5 pm, Friday 9 am - 4:30 pm)

By email

Email: information.advice@autismhampshire.org.uk

General Enquiries Tel: 02380 766162

Information, Advice & Guidance Offices:

Autism Hampshire, 1646 Parkway, Whiteley, Fareham, PO15 7AH
Tel: 02380 766162

Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR,
Tel: 02392 814723

Mental Wellbeing..

What Autism Hampshire do for you

Spectra5 Autism Assistant App

Autism Hampshire's Autism Alert App has been upgraded and by following a few simple steps, you can enjoy the benefits of the new improved version, which is now called the Spectra5 Autism Assistant App.

Why use Spectra5?

The app is designed to help you when you need support from the police or emergency services. It can help you feel safer in situations that you find challenging and enable you to communicate more effectively.

Spectra5 can also be helpful in your daily life including work, education and leisure.

Spectra5 provides you with:

- An app which you can download onto your smartphone or tablet (android or iOS)
- The ability to edit all your information on your smartphone or tablet
- The ability to email selected information from your app
- Access to a personal web page to making it easier to change and update your own information

How can I apply to get the app?:

Visit: <https://autismhampshire.org.uk/how-we-can-help/spectra5-app>

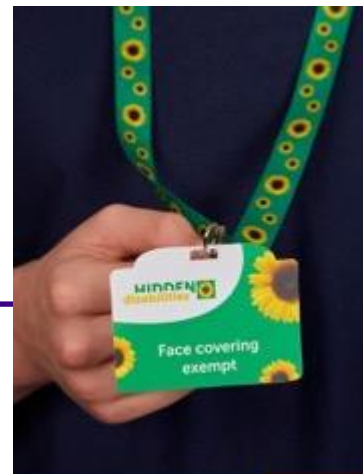
If you need a paper form or to request assistance please email:

information.advice@autismhampshire.org.uk

General Enquiries Tel: 02380 766162



Wellbeing in lockdown



Lockdown with autism – getting the support and understanding you need

Facemask Exemption cards

Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this, this includes exemption cards. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering. Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign. This is a personal choice and is not necessary in law. To download the templates visit [Access exemption card templates](#). Further details on Face mask exemptions are on the Gov.uk website – [Advice on when you do not need to wear a face covering](#).

The Hidden Disabilities Sunflower Card & Lanyard

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time. Since its launch in 2016, it has now been adopted globally by major airports and venues and in the UK, by many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and

Coronavirus and Your Wellbeing: You might be worried about coronavirus (COVID-19) and how it could affect your life. But there are lots of things you can try that could help your wellbeing

Mindfulness: It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

5 Steps to Mental Wellbeing: Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

Five Ways to Work Mindfully in the Era of Coronavirus: Perhaps coronavirus forced your hand, but there is no doubt that we are all in a time of significant evolution when it comes to the world of work.

Covid Wellbeing guide - [FACE COVID: How to respond effectively to the Corona crisis](#)

Autism Hampshire Services



Information, Advice & Guidance Helpline

02380 766162 / information.advice@autismhampshire.org.uk

Monday to Thursday 9 am - 5 pm, Friday 9 am - 4:30 pm

Autism Alert Card

Our Autism Alert programme supports people who are on the autism spectrum should they find themselves in any type of contact with the police or other emergency services. There is a wallet card and an autism assistant app; both are provided free for any Hampshire resident. For more information or to request a card please contact our Information and Advice team.

Autism Hampshire Face Exemption Card

Download the exemption card [here](#)



Service Directory



Emergency numbers – [which one to use?](#)

Mind – [Helpline](#) 0300 123 3393

Solent Mind – [Coronavirus Wellbeing Helpline](#) 023 8017 9049

iTalk – [Self-referral](#)

If you are experiencing a personal crisis, are unable to cope and need support, text Shout to 852558 or visit the Shout [website](#)

The National Autistic Society provides a [Hospital Passport - 'My Health Passport'](#) – which is a resource for autistic people who might need hospital treatment.

Citizens advice – provide [Money Advice Services](#) and [Debt and money](#) advice

Find a Food Bank – [Search Tool](#)

Southampton [Smartcities Bus Pass Form](#)

Employment Guide: [A Complete Guide for Employees](#)

Don't forget on the Autism Hampshire website you can use the 'Local Autism Directory'

www.autismhampshire.org.uk/local-autism-directory/

Quick Quiz Answers: Left to right:

Alice Lavine

Pete Tong

Tony Blackburn

Liz Kershaw

Chris Moyles

Chris Evans

Simon Bates

Alan 'Fluff' Freeman

Mark Radcliffe

