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**Stockport’s Local Guide for Neurodivergent Adults Aged 16+**

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As part of Stockport’s first all-age **Autism Strategy**, we have created this document to outline the support available for local autistic/ neurodivergent individuals who are 16 years old and above. [**Click here**](https://www.stockport.gov.uk/topic/our-autism-strategy) to view our all-age Autism Strategy.

**What can I access locally?**

* We have created a **neurodevelopmental support Padlet**, which is a live online platform to list local training, support and activities for neurodivergent adults and their families/carers living in Stockport. [**Click here**](https://padlet.com/autismprogrammestockport/stockport-neurodevelopmental-support-for-adults-16-cykgmdez3qyid2ol) to access the Neurodevelopmental support Padlet. We update this platform regularly but please let us know if you know of any additional resources to share by emailing us at **ndpadlets@stockport.gov.uk**
* If you would like to receive our newsletter or become involved with any of the Autism Strategy working groups or engagement sessions, please **click here** to be added to our **mailing list**.
* We have created webpages on our council website to outline autism specific information regarding **employment support and criminal justice support.** Click the links below to access our webpages:
* [**Employment support for autistic people - Stockport Council**](https://www.stockport.gov.uk/employment-support-for-autistic-people)
* [**Criminal justice support for autistic people - Stockport Council**](https://www.stockport.gov.uk/criminal-justice-support-for-autistic-people)
* We are introducing face-to-face **neurodevelopmental drop-in sessions** in Stockport town centre during the daytime where neurodivergent people, aged 16 and above and/or their families to be signposted to local support/resources. Please email **autism.programme@stockport.gov.uk** to request a bookable session, you can also request an evening slot if you prefer. The team will then send you further information such as a visual guide, meeting invite or any further information that you may require.

**Community Support Services**

* **Stockport Support Hub** are proud to be delivering the support services across Stockport which have been commissioned by Stockport Borough Council. If you are not sure what support is right for you, they can guide you in the right direction. They can help you with information, advice or connect you to other organisations and useful resources. They can also refer you directly to any of the services within Stockport Support Hub. [**Visit their website for more information.**](https://stockportsupport.com/)
* **Disability Stockport** is a local charity which has been improving the lives of people with disabilities (and their carers) for over 30 years. They support many autistic and neurodivergent people. No diagnosis of autism is required to access their services. [**Visit their website for more information.**](https://disabilitystockport.org.uk/#:~:text=Disability%20Stockport%20is%20a%20registered%20charity%20which%20prides%20itself%20on)
* **Stockport Advocacy** deliver advocacy and information services, helping you to express your views and wishes and stand up for your rights. [**Visit their website for more information.**](https://stockportadvocacy.co.uk/)
* **Healthwatch Stockport** are an independent health care service, helping you and your family get the best out of your local health & social care to create better services for all of us. [**Visit their website for more information.**](https://www.healthwatchstockport.co.uk/what-we-do)
* **Great Minds Together** provide specialist services for Neurodivergent individuals with complex mental health and their families. [**Visit their website for more information.**](https://greatmindstogether.co.uk/)
* **Scope** is a disability equality charity in England and Wales. They provide practical information and emotional support when it’s needed and campaign relentlessly to create a fairer society. [**Visit their website for more information.**](https://www.scope.org.uk/)

**Social Activities**

* Our **Neurodevelopmental Support Padlet** lists a range of activities that are available locally. [**Click here**](https://padlet.com/autismprogrammestockport/stockport-neurodevelopmental-support-for-adults-16-cykgmdez3qyid2ol) to visit our Padlet.
* **Group 48** is a social group for people over the age of 18 who have Autism and live in the Stockport area. They meet at Stockport Advocacy every fourth Thursday each month (not December), from 4.00pm – 6.00pm. £2 per person per session (to cover costs inc refreshments) There are two floors and two different spaces for people to meet with different activities. For more information call 0161 480 7248
* **Autism Social Group (18+) –** Monthly Monday Drop-in at DisabilityStockport. A relaxed friendly group of usually between 10-25 people

There is often a guest speaker, or a film, plus games and refreshments. We run occasional trips throughout the year. If you would like to attend, please get in touch on 0161 480 7248

* **Grow in Confidence with your Autism** monthly online support group for autistic adults run by Greater Manchester Autism Consortium (GMAC). [**Click here**](https://www.eventbrite.co.uk/e/grow-confidence-in-your-autism-tickets-772320610737) to book.
* **I am Autism** offer support and host social groups and activities for people aged 10-18 and 18+. [**Visit their website for more information.**](https://i-am-autism.org.uk/about-us/aspirations/)
* **Autisk** is a 0-25 service that offers social activities for young people with Autism or communication difficulties. They run art workshops, teenage social groups, gaming activities and more. [**Visit their website for more information**](https://www.autisk.co.uk/)**.**
* Relaxed autism-friendly film screeningsat **The Light Cinema**. To book tickets, please [**click here**](https://stockport.thelight.co.uk/autism-friendly) and follow the instructions on the light cinema website.

**Mental Health and Emotional Wellbeing**

* Stockport Council offer an **‘Emotional Wellbeing’ and ‘SEND’ hub** for parents/carers to contact if they require additional support due to their child’s needs or concerns around their wellbeing. You can access this service until your young person is 25. Please call **0161 217 6028** (choose option 2) to be transferred to someone who can help you.
* **Stockport Local Offer** helps children and young people with SEND up to the age of 25 and their parents/carers understand what services and support they can expect in Stockport. [**Visit the Local Offer for more information.**](https://www.stockport.gov.uk/landing/send-local-offer)
* **Stockport SEND Directory** provides details of statutory services, local and national organisations and community groups in Stockport who support children and young people with SEND. [**Visit the Directory for more information.**](https://www.stockport.gov.uk/directories/send)
* **Respect for All** is an autism specific counselling service that can offer free counselling to allages (providing they have a diagnosis of Autism). [**Visit their website for more information**](https://www.respectforall.org.uk/)**.**
* **Kooth** offers free online counselling and emotional wellbeing support to all children and young people aged 11-18 in Greater Manchester. [**Visit their website for more information.**](https://www.kooth.com/)
* **Shout** – is a 24/7 crisis text service for when people need immediate support. Text 'SHOUT'to**85258** and you will be put in contact with a trained Crisis Volunteer. [**Visit their website for more information.**](https://giveusashout.org/)
* **SilverCloud** offers free online therapy for all Greater Manchester residents to help with stress, anxiety, low mood and depression. [**Visit their website for more information.**](https://www.silvercloudhealth.com/uk)
* **Stockport Access Team** is the single point of access for any referrals for adult mental health services for people 16 years and over. [**Visit their website for more information.**](https://www.penninecare.nhs.uk/stockportaccessteam)
* If you would like an adult Autism or ADHD assessment, you can contact your GP. Visit the [**Visit the NHS Autism/ ADHD Assessment Service website**](https://www.penninecare.nhs.uk/stockportasd) for more information.
* **Seashell Trust** offer a range of courses for sleep support for children and young people with SEND between the ages of 2 and 25. [**Visit their website for more information.**](https://www.seashelltrust.org.uk/sleep-support-for-children-and-young-people-with-send/)
* **The Child and Adolescent Mental Health Service (CAMHS)** offer specialist services to children and young people who are experiencing moderate to severe mental health and emotional wellbeing difficulties up to the age of 18. They also provide support to families. Some of the things they can help with include Anxiety, depression, psychosis, self-harm, managing emotions, Autism, ADHD, and more complex psychological difficulties. [**Visit their website for more information.**](https://www.penninecare.nhs.uk/stockportcamhs)
* **Beacon Counselling** work to empower people towards positive mental health. They build strong connections with the people they support and empower them to continue benefiting from the help they provide in the long term. [**Visit their website for more information.**](https://beacon-counselling.org.uk/)
* Visit our [**Mental Health and Wellbeing Support for Children and Young People Padlet**](https://padlet.com/CYPMentalHealthStockport/mental-health-and-wellbeing-support-for-children-and-young-p-o941fuc4mdkk2mht) to find information for children and young people living in Stockport who want help to support their emotional health and wellbeing.

**Education**

* Visit our [**Post 16 education options**](https://www.stockport.gov.uk/post-16-education-options#:~:text=Recruitment,%20training%20and%20apprentices.%20Post-16%20pupils%20with%20special) webpage for information about further education options.
* **Preparing for Adulthood Local Offer** provides information about careers, training, volunteering and local services for young people preparing for adulthood.[**Click here for more information.**](https://www.stockport.gov.uk/topic/young-people)
* **Growing up in Stockport** is a free booklet you can download to support and prepare your young person for transition into Adulthood. [**Click here**](https://search3.openobjects.com/mediamanager/stockport/fsd/files/growing_up_in_stockport_-_final_version.pdf) to access the booklet.
* **Preparing for Adulthood transitions guide** for parents/carers with young people on SEN support plans or EHCPs. [**Click here**](https://search3.openobjects.com/mediamanager/stockport/fsd/files/transition_guide_for_parents_and_carers_-_pips_-_may_2018.pdf) to access the guide.

**Social Care**

* **The Early Adulthood Team,** which is part of Adult Social Care, work with young people who are approaching adulthood and who may need support from Adult Social Care when they turn 18. Some young people may have had support from services as a child, but others may not have done. [**Click here**](https://www.stockport.gov.uk/moving-from-childrens-to-adult-social-care) for more information.
* Visit our **Adult Social Care** webpage by [**clicking here**](https://www.stockport.gov.uk/topic/adult-social-care) for information about the range of social care services available for adults in Stockport, including the Learning Disabilities Team and Adult Autism Team.
* **Stockport Local Appointments** are held at Disability Stockport offering early support, signposting and advice. The sessions are led by an Early Help Adult Neurodevelopmental Worker and a Community Support Worker. Please note, these appointments are only available to people that have been referred to the Adult Autism Social Care Team via the contact centre (**0161 217 6029**).

**Parent and Carer Support**

* **Parents and Carers Together Stockport (PACTS)** are Stockport's official local parent carer forum which is ran by parents, for parents, carers, grandparents and family members who have a child/young person between the ages of 0 – 25 years with special educational needs and disabilities, including additional needs. [**Visit their website for more information.**](https://pactstockport.co.uk/about/)
* **S.P.A.C.E ADHD Group** is a support group for parents and carers of children and young people in the Stockport area with ADHD and associated conditions. They hold regular meet ups for an opportunity to talk to other parents/carers who face the same challenges in a relaxed and informal way. [**Visit their website for more information.**](https://www.spacestockport.org/)
* **I am Autism** offer monthly parent support groups at their centre in Stretford. [**Visit their website for more information.**](https://i-am-autism.org.uk/about-us/parents-and-carers-group/)
* **Stockport Carers for Adults Autistic Spectrum (SCAAS)** is a self-help group supporting carers of autistic adults, sharing information and experiences. They hold monthly meet ups with guest speakers and local professionals outlining the local offer. [**Click here**](https://stockportadvocacy.co.uk/scaas-stockport-carers-for-adults-on-the-autistic-spectrum/) for more information.