

We support Ex-Forces men and women struggling due to autism, to help them reduce their social isolation, and help improve wellbeing, and quality of life



Understanding neurodiversity, promoting equality and inclusion within Greater Manchester and Cheshire

Some difficulties caused by autism are similar to those caused by PTSD

Do you have...

- **Social communication difficulties**
- **Social interaction challenges**
- **Struggles with changes in routine**
- **Anxiety**
- **Over- or under-sensitivity to light, sound, taste or touch**
- **Experience meltdowns & shutdowns**
- **Autism within the family**

We can help.

Please get in touch with Gav Jones if you want advice or need support

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text/Whatsapp: 07458 306246

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

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