

**Supporting autistic Ex-Forces men and women,
to help reduce social isolation, and improve
independence, wellbeing, and quality of life**



**Valuing neurodiversity, promoting equality and inclusion
within Greater Manchester and Cheshire**

Disability Stockport, 23 High Street, Stockport, SK1 1EG

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**

**Get in touch with Gav Jones if you'd like to know more,
want information or advice, or need support.**

Contact Gav Jones (Veteran Services Manager) on:

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Working alongside and Supported by

