

What is ASSIST?

ASSIST (Autism Support Signposting Information Services Team) is part of The National Autistic Society. ASSIST is commissioned by Ealing, Hammersmith and Fulham, Westminster, Kensington and Chelsea local authorities to provide free support for adults on the autism spectrum who live in these areas of London.

About the team

The ASSIST London team have a wide range of experience working with people on the autism spectrum. We are patient, friendly, and will try our best to provide you with the support and practical advice required.

What we offer

Appointments: Our one to one appointments provide an opportunity to talk about and find ways of managing a wide range of issues. For example these might include employment, education, housing, coping strategies, physical and mental wellbeing, domestic skills and welfare.

Groups: We hold weekly, monthly and bespoke groups for people to develop their social networks and friendship groups. These groups include social activities, information seminars museum trips, board games, gardening, music and more.

“ASSIST helps to keep me stable, it gives me something to look forward to and gives me routine and a goal.”

Who is eligible?

To receive support from ASSIST you need to:

- Have a diagnosis, or be seeking a diagnosis of Autism.
- Live in Ealing, Hammersmith & Fulham, Westminster, Kensington and Chelsea.
- Not be eligible to receive adult social care support.

When and where do the appointments take place?

Appointments can take place face-to-face, by phone, text or via Skype. Times are available Monday-Friday between 9am-5pm. The appointments can take place in a variety of locations such as our centre in Ladbroke Grove, a local library or coffee shop.

How do I make an appointment?

To make an appointment please complete and return our referral form. Once received, one of our team will be in contact to arrange a suitable day, time and location to meet.

What happens during the first appointment?

During the first appointment we will create a support plan with you. This plan outlines the areas of support and goals you would like help with. This provides a focus to work towards during the sessions.

Contact

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Phone: 020 8962 3015

