

## Support in Oxfordshire after Adult Autism Diagnosis

### ASPIration

[www.oaadss.org.uk/](http://www.oaadss.org.uk/)

Support service for adults (18+) with autism without a learning disability living in Oxfordshire. It is provided by OAADSS, Autism at Kingwood and offers information, workshops, groups and limited short term support.

Tel: 01235 359388

Email: [aspiration@kingwood.org.uk](mailto:aspiration@kingwood.org.uk) <https://www.facebook.com/KingwoodAspiration2/>

### Autism Champions

[www.autismchampions.co.uk](http://www.autismchampions.co.uk)

Support group for parents with children/young people/adults with autism

Tel: 07810205646

Email: [info@autismchampions.co.uk](mailto:info@autismchampions.co.uk)

### Autism Family Support

[www.afso.org.uk](http://www.afso.org.uk)

Community Outreach Worker supports 14-25 year olds on the autism spectrum, and their families.

Tel: 01844 338696

Email: [info@afso.org.uk](mailto:info@afso.org.uk)

### Autism Oxford UK

[www.autismoxford.org.uk](http://www.autismoxford.org.uk)

[www.autismlivettraining.com](http://www.autismlivettraining.com)

ASC training and consultancy organisation offering training and seminars for individuals, families, carers and professionals

Email: [office@autismlivettraining.com](mailto:office@autismlivettraining.com)

### BBMH

[www.oxfordshiremind.org.uk/what-we-do/benefits-advice/](http://www.oxfordshiremind.org.uk/what-we-do/benefits-advice/)

Benefits for Better Mental Health is run by Oxfordshire MIND. Their Benefits Advisors can advise on any aspect of Welfare Benefits.

Tel: 01865 247788

Email: [bbmh@oxfordshiremind.org.uk](mailto:bbmh@oxfordshiremind.org.uk)

### Banbury Aspies

[www.banburyaspies.yolasite.com/](http://www.banburyaspies.yolasite.com/)

Support for adults with Asperger's in the Banbury area

### Connection Support

[www.connectionsupport.org.uk/](http://www.connectionsupport.org.uk/)

Based in Cowley, Banbury and Witney and provides flexible and tailored support/ advice re housing, homelessness, isolation, money management, mental health and drug and alcohol abuse to a range of adults and families.

Tel: 01865 711267

### Care Act assessment

[www.oxfordshire.gov.uk/cms/content/requesting-assessment](http://www.oxfordshire.gov.uk/cms/content/requesting-assessment)

Support to meet eligible needs relating to Social Care and psychological wellbeing.

Contact Oxfordshire County Council's adult social care access team.

Tel: 0345 050 7666



### **Carers Oxfordshire**

[www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)

Information, advice and support for adults caring for adults in Oxfordshire. Support groups and guidance on carers' assessments

Tel: 0345 050 7666

Email: [carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk)

### **Citizens Advice**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Information, advice and guidance about benefits, debts and money, housing, immigration, the law and courts. Citizen's Advice has offices in Oxford, Abingdon, Bicester, Didcot, Henley, Thame, Wallingford, Witney.

### **Getting Heard**

[www.gettingheard.org](http://www.gettingheard.org)

Advocacy for adults in Oxfordshire. Support with mental capacity, care and support, mental health act assessments and NHS complaints.

Tel: 0300 343 5718

Email: [Advocacy@gettingheard.org](mailto:Advocacy@gettingheard.org)

### **Live Well Oxfordshire - Oxfordshire County Council**

<https://livewell.oxfordshire.gov.uk/>

Range of support services across Oxfordshire for adults (18+), families and carers.

## **Mental Health, Mental Well-being**

### **Adult Mental Health Teams**

NHS support, referral through your GP

[www.oxfordhealth.nhs.uk/service\\_description/adult-community-mental-health-teams/](http://www.oxfordhealth.nhs.uk/service_description/adult-community-mental-health-teams/)

### **ISIS Centre**

NHS psychotherapy service for adults registered with an Oxfordshire GP

Tel: 01865 904552

Email: [omh-tr.psychologicalservices@nhs.net](mailto:omh-tr.psychologicalservices@nhs.net)

### **Oxfordshire MIND**

Support, information and advice for better mental health

[www.oxfordshire-mind.org.uk](http://www.oxfordshire-mind.org.uk)

Tel: 01865 247788

### **Oxford Mindfulness Centre**

Offers a programme of mindfulness based stress reduction

[www.oxmindfulness.org](http://www.oxmindfulness.org)

Tel: 01865613157

### **Mind Infoline**

National mental health information service providing information and advice

[www.mind.org.uk](http://www.mind.org.uk)

Tel: 0300 123 3393

[info@mind.org.uk](mailto:info@mind.org.uk)

### **Talking Space Plus**

Free NHS talking therapy

[www.talkingspaceplus.org.uk](http://www.talkingspaceplus.org.uk)

Tel: 01865 901222



### **The Listening Centre**

Low cost counselling service  
[www.thelisteningcentre.org.uk](http://www.thelisteningcentre.org.uk)  
Tel: 01865 794794

### **National Autistic Society**

[www.autism.org.uk](http://www.autism.org.uk)  
National organisation providing information about autism and how it effects people, including some information about strategies and approaches.  
Tel: 020 7833 2299  
Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)

### **OASIS**

<http://oasisonline.org.uk/>  
Friendly charity run by parents for parents/carers who are raising children/young adults on the autism spectrum.

### **Oxfordshire Autism Alert card**

is for anyone with autism in Oxfordshire. Individuals can use the card to disclose easily and quickly that they have autism and might need extra time or help in situations.  
Adults with autism can receive their FREE Autism Alert card by sending their request along with a stamped addressed envelope to:  
OAADSS, Autism at Kingwood, Baptist House Office, 129 Broadway, Didcot OX11 8XD

### **Oxfordshire Employment Service, Oxford County Council - Autism Employment Support**

Offers personal development, coaching and guidance around employment  
Tel: 01865 815809  
Email: [Deborah.montgomery@oxfordshire.gov.uk](mailto:Deborah.montgomery@oxfordshire.gov.uk)

### **Oxfordshire Specialist Advice Service (OSAS)**

offers support around benefits, money advice, budgeting and other welfare issues.  
Tel: 01865 410660  
Email: [advice@oxfordshiresas.org.uk](mailto:advice@oxfordshiresas.org.uk)

### **Oxfordshire Welfare Rights**

[www.oxfordshirewelfarerights.btck.co.uk/](http://www.oxfordshirewelfarerights.btck.co.uk/)  
Provides specialist advice, casework and representation in welfare benefits  
Tel: 01865 744 165

### **[www.oxme.info](http://www.oxme.info)**

everything for young people in Oxfordshire.  
Advice, information and signposting around health, life, learning and employment for young people, aged 16-19 or up to 25 with difficulties or learning disabilities

### **Parents Talking Aspergers**

[www.parents-talking-aspergers.co.uk](http://www.parents-talking-aspergers.co.uk)  
Support group for parents of children with Asperger Syndrome or High Functioning Autism.  
Tel: 01295 269455 / 07503 752880

### **Thomley**

[www.thomley.org.uk](http://www.thomley.org.uk)  
Centre for all abilities and disabilities at Menmarsh Rd, Worminghall HP18 9JZ  
Tel: 01844 876689

