

Autism advice and community support



Autism affects the way a person communicates and how they experience the world around them. Many autistic people are able to live independent lives but others may face additional challenges.

If you are experiencing difficulty in any area of your life, a range of people and services across Bradford District and Craven can offer you advice and support.

This leaflet provides information on how to get in touch with the following support services in your local community:

- **wellbeing hubs**
- **social prescribers**
- **mental health support via Healthy Minds**
- **council services for adult social care and young people**



Wellbeing Hubs

There are six Wellbeing Hubs in our area. They provide specialist support with emotional and wellbeing needs such as mental health, domestic abuse, addiction, welfare benefits, physical health and carer support.

No matter which hub you go to you'll find a warm welcome and friendly staff to help get you on the path to better wellbeing.

The hubs are located in:

Bradford centre: Daisy House Farm, 44 Smith Lane, Bradford, BD9 6DA

Tong: The Sutton Community Centre, 51 Kyffin Place, Bradford, BD4 8NB

Manningham: Manningham Mills Community Centre, Lilycroft Road, Bradford, BD9 5BD

Shipley: 1 Westgate, Shipley, BD18 3QX

Keighley: 15-17 Devonshire Street, Keighley, BD21 2BH

Thornbury: The Thornbury Centre, 79 Leeds Old Road, Bradford, BD3 8JX



Find out more and make an appointment online:

www.healthyminds.services

Social prescribers

What are social prescribers?

Social prescribers are trained professionals who can refer you to a range of local, non-medical community services, groups and activities to support your health, wellbeing and social welfare needs.

For example, social prescribers can help with the following:

- **housing and benefits**
- **unemployment/employment**
- **domestic violence and abuse**
- **debt**
- **social isolation**
- **community groups**
- **bereavement**



Social prescribers will build a close relationship with you to offer advice and access to personalised support. This will help you take better control of your health and wellbeing.



Find out more about social prescribing online:

**[www.england.nhs.uk/personalisedcare/
social-prescribing](http://www.england.nhs.uk/personalisedcare/social-prescribing)**

How do I get in contact with a social prescriber?

You can ask your GP practice to refer you to a social prescriber.

Mental health support via Healthy Minds

Healthy Minds provides mental health and wellbeing services across Bradford District and Craven.

On the Healthy Minds website you can find out about mental health support for things like depression, anxiety, abuse and insomnia. There are also links to people who will listen and help.



Find out more online:

www.healthyminds.services

Local Offer for children and young people

A Local Offer is for children and young people aged 0 to 25 years who have special educational needs

and disabilities (SEND). It is a free service to help people find the most suitable support services on offer.



Find out more online:

Bradford District:

www.localoffer.bradford.gov.uk

Craven:

www.northyorks.gov.uk/children-and-families/send-local-offer/about-north-yorkshire-send-local-offer

Council services for adults

Adult social care supports adults of all ages, disabilities and backgrounds, through support in the community or in your own home. This includes specialist autism services.

If you live in the Bradford District

You can find out about adult social care support from an Independence Advice Hub.

Contact an independence advisor to talk about support to help you stay independent.



To contact an Independence Advice Hub:

- **telephone: 01274 435400**
- **visit: www.bradford.gov.uk/adult-social-care/i-want-an-assessment/i-want-an-assessment**

If you live in Craven

If you need help with daily living, you can get an assessment to give you advice and guidance about your care and support needs.



Find out more:

- **telephone: 0300 131 2 131**
- **visit: www.northyorks.gov.uk/adult-care/social-care-adults/adult-eligibility-social-care-services/request-involvement-adult-social-care**

Community groups

Why Don't We - arts group

Why Don't We is a Bradford-based collective of artists with learning disabilities and/or autism who meet Weekly. They work on a range of different creative projects and collaborate with and exhibit at cultural venues across Bradford.

Find out more:

- telephone: 0113 234 6040
- visit: www.pyramid.org.uk/wdw/

