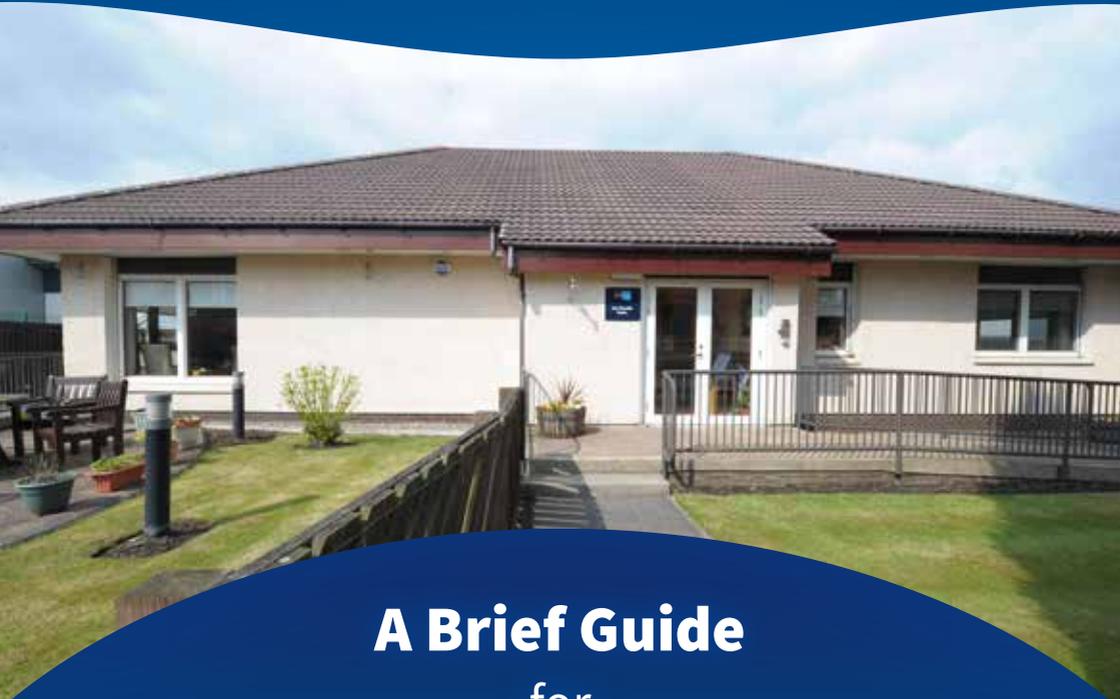


ARCH

Autism Resources Coordination Hub



A Brief Guide

for

**People affected by Autism,
Parent Carers and professionals**



What is ARCH?

The Autism Resources Coordination Hub (ARCH) is a South Lanarkshire Council led initiative that is supported by a range of partners, including statutory and voluntary agencies.

This service has been set up to support people of all ages affected by autism, as well as their parent/carers.

The ethos of ARCH is based on the 'Asset Based Community Development' (ABCD) model which promotes greater community involvement in the provision of services.

Our intention is to work with all our autism partners in the community to help them design, deliver and promote autism-friendly services which will support the needs of those affected by autism within their own communities.

What does ARCH offer?

There are a range of supports offered by ARCH, and hosted within the centre:

- An ARCH worker led Parent Carer Support Group
- We have autism experienced resource workers to help guide and support people affected by autism
- A partnership parent led peer support group delivered by COAST (Carers of Autism Spectrum Together)
- A partnership parent led young adults with autism evening group – ‘SAIL Crew’ (Supporting Autism in Lanarkshire)
- COVEY befriending service ‘ANGELS’ (Additional Needs Gaining Experience and Lifeskills) group for young adults with autism
- Sanderson ASN High School Transition group for S5 and S6 young people with autism and co-occurring learning difficulties
- An Occupational Therapist led parent programme, offered by South Lanarkshire’s own Occupational Therapy Service and NHS Lanarkshire
- PACT (Paediatric Autism Consultancy Team) workshops on autism-related issues
- The Early Bird, Early Bird Plus and Early Bird ‘Healthy Minds’ programmes (These are rolling programmes arranged with group facilitators from Education and Social Work Resources)
- Action for Children’s Silvertonhill Community respite group
- Evening parent carer groups for those with employment commitments
- A Friday informal drop-in café where parent carers and individuals affected by autism can just pop in for a chat or simply ‘de-stress’ in an autism-friendly environment
- Various topical workshops

The support offered to families

We work alongside our parent carers, voluntary organisations and statutory colleagues to identify unmet need within the autism community. We are now planning further provision intended to deliver a range of supports for everyone affected by autism.

We also offer a signposting service to other autism support providers both locally and nationally who can offer specific advice. We can also give you information about where to access professionals and services you might want to locate within the Authority.

Our team offers individual sessions for those parent carers who might need an extra bit of detailed information about strategies which might help them positively manage their cared-for child, young person or adult with autism.

Next steps

- A social inclusion/skills group for younger children affected by autism
- Lego therapy
- Arts and crafts provision by Leisure Services
- A support group for teenagers with autism
- A sibling support group
- Hosting Community Autism Service (CAS) clinics
- Hosting the Speech and Language Therapist Team (SALT) parent carer programmes
- Sleep Scotland workshops
- 'Speak Out' advocacy clinics
- Relevant talks/presentations which our users and carers might find relevant such as sensory issues, understanding anxiety and challenging behaviour

- A sensory shed and garden
- An autism-friendly play area
- Holistic/complementary therapies to help those affected by autism look after their own health
- Me, myself and autism

Is there anything ARCH doesn't offer?

ARCH is not intended to be a crisis intervention service. We do not replace autism services already provided by health, education or social work such as the NHS Learning Disability Service, Community Paediatric Service, Occupational Therapy, Speech and Language Therapy, the Child and Adolescent Mental Health Service (CAMHS), locality social work or educational psychology teams.

We cannot offer an assessment or direct advice service for individuals with autism spectrum disorder(ASD).

How do I access ARCH?

All you need to be is a South Lanarkshire resident who is affected by autism, either directly as a parent carer or a sibling. Unfortunately we do not cover North Lanarkshire and would ask that if you reside in North Lanarkshire you contact 'HOPE for Autism' which is the Autism service in that area.

You can access the ARCH service by simply phoning us on **0344 225 1111** or coming into the centre for an informal chat.

Our service is intended to offer support to everyone affected by autism throughout their lifespan, and we will continue to work to develop age related supports with all our autism partners in the future.

We'll be happy to give you further information

Phone us: **0344 225 1111**

Email us: Arch@southlanarkshire.gov.uk
and have your details added to our mailing list

or visit us at our centre: Reid Street, Burnbank, Hamilton, ML3 0RQ
(directly behind Hamilton School for the Deaf)

Monday to Friday – 9.00am to 3.00pm

Useful contacts

SAIL mail@sailautism.org.uk

COVEY office@coveybefriending.org.uk

COAST cafalone@hotmail.com



If you need this information in another language or format,
please contact us to discuss how we can best meet your needs.

Phone: 0303 123 1015

Email: equalities@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk