

## Autism Initiatives UK

Autism Initiatives UK was established in 1972 in Merseyside and since then the organisation has continued to expand as it meets the needs of individuals with Autism Spectrum Conditions (ASC) and their families. Autism Initiatives UK now has an acclaimed national reputation for leading the way in supporting people with ASC.

Autism Initiatives UK provides a range of person centred services throughout the UK. The charity provides services to children and adults, and encompasses education, residential houses, supported living and outreach services.

The services provided by Autism Initiatives are significantly different from those provided by generic learning disability and mental health services, in that our services are underpinned by a clear understanding of good autism practice and a person centred approach to understanding the unique needs an individual may have in relation to their autism.

Delivered in partnership with National Autistic Society Scotland and Scottish Autism, funded by the Scottish Government.



Scottish  
autism

Real Partnerships : Unique Solutions : Positive Outcomes

Registered Charity Number (Scotland): SC040905

### Want to find out more or offer some suggestions:

If you would like to know more or you have any suggestions for activities, groups or courses, you can email or phone using the contact details below to make an initial appointment to discuss the service.

You can email or phone yourself, or get someone you trust to do it for you.

You can also bring someone you trust with you the first time you meet with us if you would prefer.

### Highland - One Stop Shop

#### **Contact:**

**Email:** [highlandoss@aiscotland.org.uk](mailto:highlandoss@aiscotland.org.uk)

**Telephone:** 01463 717649

**Highland  
One Stop  
Shop**

**Services for Adults with an  
Autistic Spectrum Condition**

**We'd like your views**



**AutismInitiativesScotland**  
*real partnerships, unique solutions, positive outcomes.*

## Highland - One Stop Shop

The Highland One Stop Shop is a free, person-centred service for Adults with Autistic Spectrum Conditions living in the Highland Region.

### What we offer:

#### Social Groups and Activities

- We have a range of social groups and activities that run on a regular basis throughout each month. So far these include an Art Group, Relaxation and Drama Groups.
- We would welcome your suggestions!

#### Short term One to One Support

Problem solving support with a variety of issues, including:

- Employment
- Benefits
- Education
- Housing
- Relationships

#### Courses

We are currently offering:

- **Adult Diagnosis Group**

A 10 week programme for people who have had a diagnosis of an Autistic Spectrum Condition in their teens or as adults and would like to know more about the condition.

Future courses which we hope to offer soon at the One Stop Shop are:

- **Living Life to the Full**

A 10 week programme to help people deal with anxiety and/or low mood;

- **Employment Group**

Groups sessions for anyone who is interested in paid employment. Each group session would focus on a different aspect of employment.

#### Drop-in

- Drop-in times are when you can come in and hang out at the One Stop Shop and use the computers, play pool, sit and read or just relax.
- The One Stop Shop is a safe place where you can come to have fun, relax and just be yourself.

#### To access the Highland OSS you will need to:

- 1) Be 16 years old or over
- 2) Have a diagnosis of an Autistic Spectrum Condition
- 3) Live within the Highland Region

#### Location

You can find us at:

Albion House,  
28 Ardconnel Terrace  
Inverness  
IV2 3AE



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