



Autism Socialisation Programme =  
Inclusion, Recreation, Enjoyment  
and Socialising

### What happens in a group?

We have fun! A group session is an hour and a half. We do a group activity at the beginning of the evening and then you will have free time to do the activities that you would like to do. Obviously different centres have different facilities; however we can usually do arts and crafts, play games, sports, cooking, music etc. We have lots of workers who join us for the groups. Dreadnought workers are there to do activities with, and they are also there to talk to if you are having a problem or want to discuss an issue and because Aspires is a confidential service, we won't tell anyone what you are talking about (unless you tell us you or someone else is at risk of harm) The group is a safe place for you practise your social skills.

### Why would I want to go to a social group with other young people with ASD?

Because it is fun! And because you will make friends and become part of a group. Although all the young people have a diagnosis of ASD, we don't tend to sit around and discuss it – Aspires is not a support group or group counselling session! That said, we do find that young people find it valuable to be with other young people similar to them and being in the group often leads to greater self acceptance and a better understanding of their ASD.

### I've been bullied in school, so will people be mean to me here?

No Way! The group is a safe place for everyone! And everyone is expected to be supportive of each other. There is a high ratio of workers to young people, so if you are having any issues with other young people, talk to the workers and we will get it sorted.

I don't want to do any activities, so why should I come?

We never force young people to do anything they don't want to do – everything is done at your pace. It's always a bit weird starting something new especially when we don't know what to expect or what is expected of us. Although you may feel that you don't need to be sociable and don't want to join clubs etc. our world is a sociable place and you need to develop the social skills necessary to get a job, to live an independent life, to function in society etc. We know this sounds scary but we are here to help and support you do this!