



Adult Services Brochure 2023/24

Supporting autistic and neurodivergent adults to thrive as their authentic selves.



What are the aims of Daisy Chain's Adult Services?



Self awareness

Helping you to understand your individual strengths, challenges, and identity.



Self-esteem

Helping you to develop self-worth and recognise your unique strengths and qualities.



Connection

Helping you to develop friendships and engage in peer support with like-minded individuals.



Resilience

Helping you to develop personalised strategies for coping with difficult emotions and situations.



Empowerment

Helping you to feel stronger, more confident, and more in control of your own life.

Wellbeing Service

If you are finding things hard right now and need some support with your wellbeing, we're here for you.

Wellbeing services include:

- 1-2-1 and group-based support
- Counselling
- Self-care and daily wellbeing strategies
- Support to manage anxiety
- Wellbeing groups to connect with others and build confidence
- Mindfulness
- Personalised support strategies
- Holistic alternative therapy e.g. aromatherapy, crystals

Who can access this support?

- You must be an autistic or neurodivergent young person/adult aged 15 or over.
- Individuals who self-identify as neurodivergent are welcome – no formal diagnosis necessary.
- You must be ready to explore your personal wellbeing.
- This service is FREE to access.

Important information

We are a wellbeing service not a mental health service. This means that we cannot offer support with complex mental health issues, crisis and emergency support or 24-hour support.

How can I access this support?

Register your interest by completing a form online:
www.daisychainproject.co.uk/wellbeing/

For all other enquiries, you can email the team at:
wellbeing@daisychainproject.co.uk

Wellbeing Service

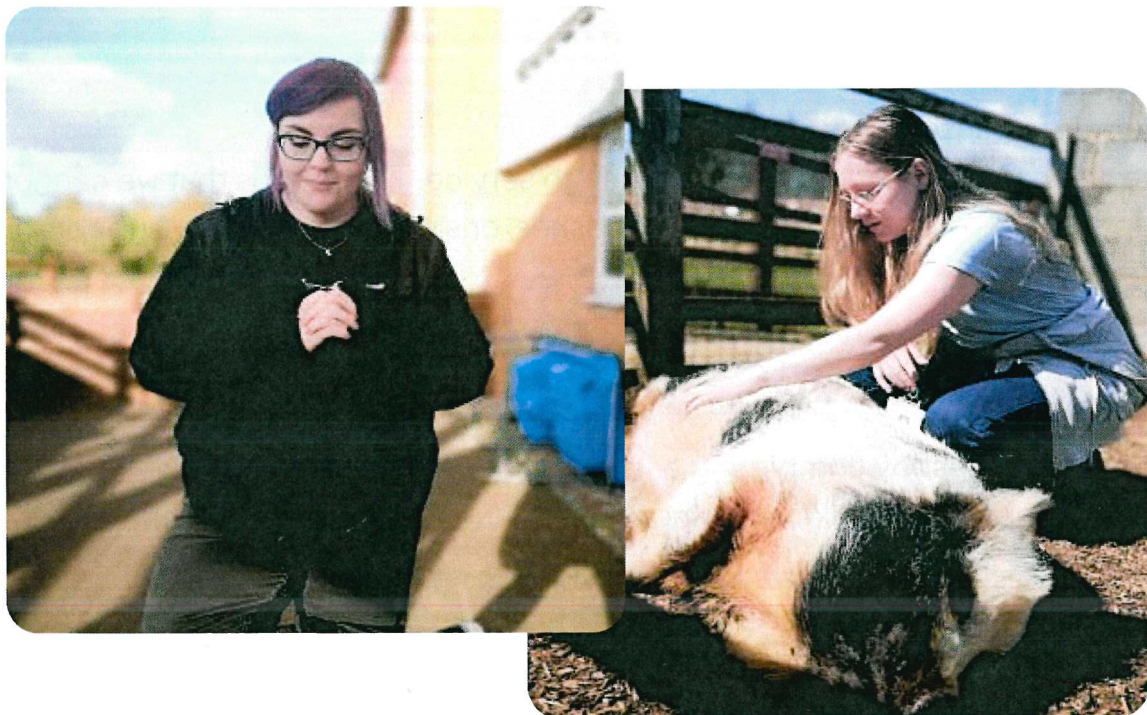
What our clients say

"Made me happier."

"It helps being a part of a group of people like me and to be able to talk about my feelings."

"I have tried some of the anxiety strategies, such as grounding/ mindfulness and this has helped me manage anxiety in college."

"The wellbeing service has helped me by giving me growing confidence, almost like a flower growing from a seed, to live more independently, less anxiously and to be more aware of my struggles (as well as the achievements and positives I have in my life). I feel like the piece of the jigsaw that was missing has been found, making me whole again. I am extremely grateful for the help the wellbeing service has given me and the tools I have learnt to help me live a happy and fulfilling life."



Benefits Advice

Daisy Chain's benefits service provides specialist, accessible, and person-centred advice and guidance for neurodivergent young people and adults. We will support you every step of the way, including benefit checks, benefit applications, and what to do if your benefits application is rejected.

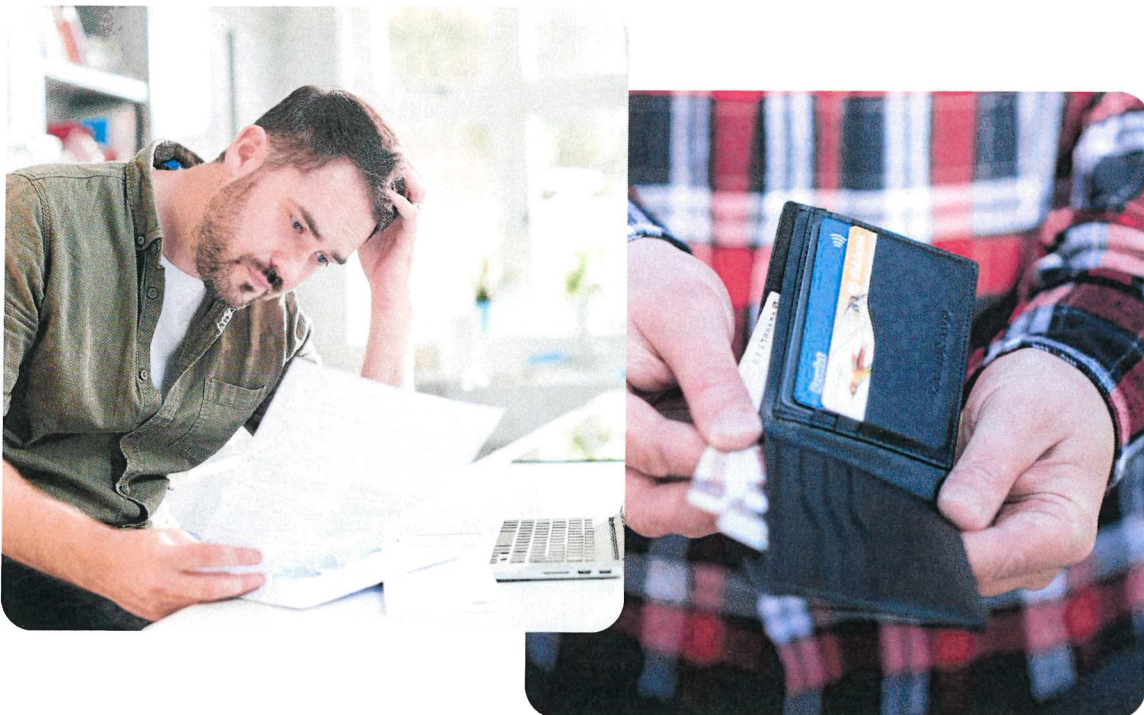
Find out more about this service:

<https://www.daisychainproject.co.uk/benefits-advice/>

Our clients say:

'Thanks to the help I received via Daisy Chain I have moved out and gained confidence and independence. Moving out was one of the biggest hurdles in my life but the team made it an easier process, even supporting me through a tough mental health patch after moving out.'

'I am now doing things I never thought I'd achieve, having the confidence to leave the house by myself, learning to drive and thinking about working in the future.'



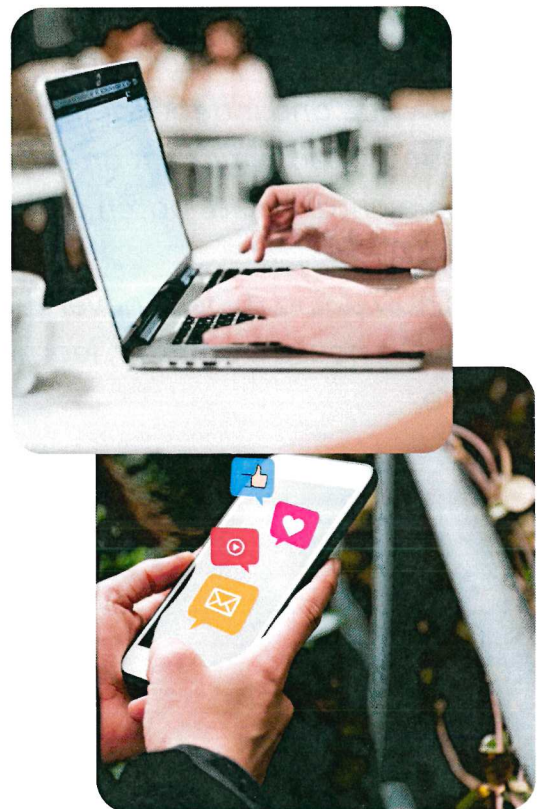
Digital Skills

This FREE service for aged 15-17 and 18+ year olds is designed to empower you with the digital skills needed to become more independent and stay safe online and in day-to-day life.

We can offer a personalised package of support to meet individual needs, including 121 or small group support. We can deliver ongoing weekly sessions or courses (up to x6 sessions) and standalone workshops.

We can cover a range of key skills including:

- Job searching and applications
- Online banking and budgeting tools
- Online benefit checks
- Using price comparison sites
- Online shopping (food and goods)
- Emails
- Booking appointments
- Using the internet for information
- Navigating housing portals
- Spotting the signs of online grooming and exploitation
- Understanding online abuse and bullying
- Keeping personal information safe online
- Protecting yourself from phishing emails, scams, and hacking
- Safety precautions for online friends
- Online password safety
- How to get help and support



To enquire about this service, email: mylife@daisychainproject.co.uk
Find out more: <https://www.daisychainproject.co.uk/digital-life-skills/>

My Life My Community

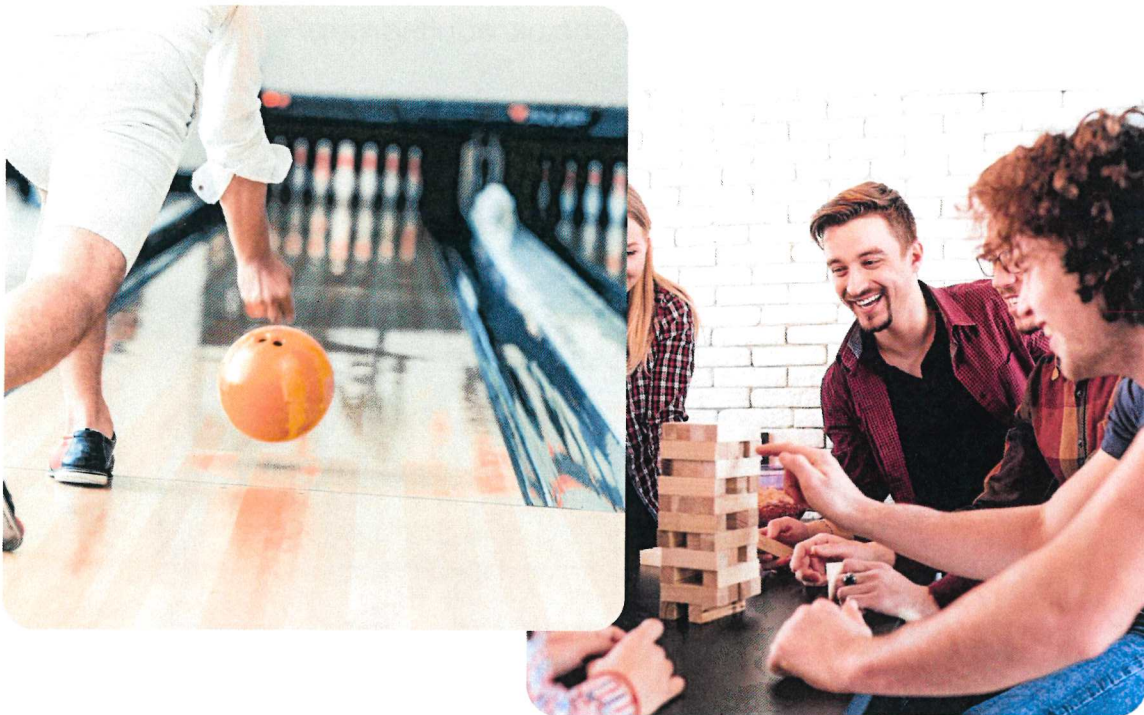
My Life My Community is a range of brand-new, local, and accessible social groups designed exclusively for autistic and neurodivergent adults, living in the Tees Valley.

You may be in employment, have a family, looking to develop friendships, recently diagnosed – or perhaps you have never had the opportunity to connect with other neurodivergent people before. Whatever your circumstances, our service can give you the opportunity to:

- Connect with others and form friendships
- Engage in peer support with other neurodivergent people
- Be empowered to access community activities in a supportive environment
- Have a great time!

To enquire about this support, email: mylife@daisychainproject.co.uk

Find out more: <https://www.daisychainproject.co.uk/my-life-my-community/>



Social Groups

Supporting you to connect with others, build friendships, and have fun as your wonderful authentic self.

We run a range of social clubs and activities including:

- Chill and Chat Club
- Community Connect
- Dungeons and Dragons Club
- Social and peer support group for people aged 30+
- Adult performing arts

Who can access this support?

- You must be an autistic or neurodivergent adult. Age criteria varies for each group (see following pages).
- Individuals who self-identify as neurodivergent are welcome – no formal diagnosis necessary.
- Club costs start at £10 per session, but check the website for details.
- Payments are made in advance block bookings.

For specific details about each club, including days, times and prices, please visit the website: <https://www.daisychainproject.co.uk/adult-group/>

How can I access this support?

If you fall outside of the advertised age ranges for the clubs or you are interested in a particular type of social activity that we do not currently run, then please still get in touch – we would love to hear from you.



Are you aged 30+ and neurodivergent?

Our wellbeing, gardening and benefits support are all open to individuals aged 30 and above, with no upper age limit.

30+ Social Group

- Friendly, informal, and specifically for neurodivergent adults aged 30+
- Small group size – maximum 8 per group
- Mondays, 6:30 – 8:30pm (fortnightly)
- Includes sessions at Daisy Chain as well as sessions in the community, chosen by group members (e.g. coffee and chat, countryside walk, cinema, etc)
- £10 per session (paid in advance 4-week blocks) plus the cost of activities

Important notes

- If you choose to join one of our group sessions, we will make sure you are placed in a group of similarly aged individuals.
- We understand that not everyone has a formal diagnosis of autism or neurodiversity. Individuals who self-identify as neurodivergent are welcome!
- Most services have waiting lists. We are developing our services all the time.

For more details and up to date information about the support available for adults aged 30+, please visit our website

www.daisychainproject.co.uk/support-for-neurodivergent-adults-aged-30/

What our clients say...

"I have spent my whole life masking I don't even know who I am. I decided to come to the group because I want to uncover the real me and socialise with people that understand me and who I am. I tend not to tell people I am autistic, but I think by coming here I will feel comfortable to."

Adult Performing Arts

In response to demand, Daisy Chain's Rising Stars now offers a Performing Arts club specifically for adults!

The club includes scripted drama, improvisation, musical theatre, singing, devising our own plays/scenes, and much more! If you're passionate about theatre, or are just curious to give performing arts a try, then this club will have something for you.

- Thursdays 4pm – 6pm
- FREE
- Ages 18+

To express interest in this club, please email: clubs@daisychainproject.co.uk
Find out more: <https://www.daisychainproject.co.uk/adult-performing-arts/>



I want to register, what next?

Daisy Chain specialises in strategies and approaches that are compatible with: Autism, ADHD, FASD, Sensory processing differences, anxiety and social and communication differences.

For an adult to attend they must be diagnosed, on the pathway, have been identified by a professional or self-identify as having a need relating to the listed neurodiversities.

If you have a / are an adult who fits the criteria above, and you want to access our services, please contact the clubs and activities team on 01642 531248 or email clubs@daisychainproject.co.uk

