

How can I access the service?

- Contact the team via phone, text, Skype, email, Facebook or in person, for an informal chat to discuss your needs and what the service can offer.
- If you want one-to-one support complete a referral form and send it to us.
- We will then arrange an informal assessment to establish what you would like help with and how we can help you achieve your goals.
- If eligible you will be offered a series of support sessions individually tailored to your needs. Support sessions can be face-to-face or via phone, email, or Skype.



: 01235 532680

aspiration@kingwood.org.uk

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[www.kingwood.org.uk/
aspiration](http://www.kingwood.org.uk/aspiration)

Skype: Kingwood Aspiration

Registered Charity no: 1041924



A free support
service for
people with
Asperger Syndrome
and High-
Functioning Autism

About the Service

ASpiration is run by Kingwood and offers **short-term practical support**. Examples of practical support are:

- Help to write a CV and prepare for an interview
- Help to complete forms, make phone calls or go to appointments
- Help with budgeting and organising a repayment plan for debts
- Support to practice conversations and social skills
- Help to search and apply for housing
- Help to access groups, clubs, or activities
- Someone to talk to if you're having a bad day or need help with a problem

Three Strands of the Service

Advice, information and guidance on a range of issues. We can help you to access other organisations and services. We offer drop in sessions twice weekly.

Support: specifically tailored to your needs. One-to-one support sessions to help you take steps towards achieving your goal. Practical support on a range of topics such as housing, benefits, education and courses, employment, relationships etc.

Peer groups: run by the service such as social groups. Plus some support workshops on various topics (please refer to our website for details).

Eligibility Criteria

- Have a diagnosis of Asperger Syndrome or High-Functioning Autism
- Be aged 16 years or over
- Living in Oxfordshire
- Not entitled to or receiving any other support services. Non-FACS (Fair Access to Care Services) eligible.

Contact us for more information and to request a referral form:

: 01235 532680

Monday—Friday 9am—5pm

Drop-in sessions:

Mondays 2-4pm

Thursdays 5-7.30pm

: aspiration@kingwood.org.uk