

# Adult Services

Supporting you to thrive as your wonderful, authentic self.



 **Daisy Chain**  
A haven for families affected by autism



# 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/](http://www.daisychainproject.co.uk/wellbeing/)

For all other enquiries, you can email the team at:

[wellbeing@daisychainproject.co.uk](mailto:wellbeing@daisychainproject.co.uk)

## 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.”



# Housing, Benefits, and Independent Living Service

**Do you want to access all the benefits you are entitled to? Are you interested in finding your own home and living independently? Our service can help!**

## **Benefits**

You might be entitled to benefits that may help with any extra costs you face and help you to live more independently.

This service can help you to:

- Understand what you are entitled to and how to access it.
- Check that you are in receipt of the right support.
- Make benefit applications.
- Challenge and appeal benefit decisions.

## **Housing**

This service can help you to:

- Explore the different housing options available to you.
- Help you with housing applications.
- Help you to understand the bidding process for properties.
- Check how your income will change when your circumstances change.

## **Independent Living**

We run a range of independent living workshops that are designed to help individuals to gain the skills to maintain a sustainable tenancy.

## Who can access this support?

- You must be an autistic or neurodivergent adult aged 18+.
- Individuals who self-identify as neurodivergent are welcome – no formal diagnosis necessary.
- You must be ready to explore options and next steps relating to your benefits and/or independent living.
- This service is FREE to access.

## How can I access this support?

- Visit [www.daisychainproject.co.uk/housing-benefit-independent-living/](http://www.daisychainproject.co.uk/housing-benefit-independent-living/) and fill in a referral form.
- If you have any questions, please email [myhome@daisychainproject.co.uk](mailto:myhome@daisychainproject.co.uk)

## What our clients say...

“The staff member has great knowledge of how to apply for housing and is very understanding.”

“I didn’t have a clue with regards to how to get a house or what benefits I should be getting. The staff member gave me all the advice that I needed and pointed me in the right direction when I didn’t know. I don’t know where I would be if the service didn’t step in. I would still be sofa surfing and struggling. It helped me. Really friendly, supportive, lots of information available and lots of help available. Just really helpful.”



# Employability Service

If you are looking for paid work or volunteering opportunities, our **Employability Service** is here to support you on your career journey.

## **Our Employability Service can offer support with:**

- Goal setting and planning in relation to your career, volunteering and/or training aspirations.
- Personalised 1-2-1 employability coaching including: CV development, job search and applications and interview preparation.

## **Access to a range of workshops including:**

- Self-care and wellbeing at work
- Industry tours
- Inspirational talks from autistic adults who have found employment

## **Practical work experience placements including:**

- Assigning you to a suitable role/organisation that matches your individual skills and goals
- A supported induction
- Workplace passport

## **Who can access this support?**

- You must be an autistic adult aged 18+.
- Individuals who self-identify as neurodivergent are welcome – no formal diagnosis necessary.
- You must be ready to identify your career goals and take steps towards them, including searching and applying for paid jobs and independent volunteering opportunities.
- You must be able to access this support independently.
- This service is FREE to access.

## How can I access this support?

Visit the Employability Service page on our website to access our online form. If you are viewing this brochure digitally, click [here](#).

## What our clients say...

“I would recommend Daisy Chain’s employability service to other autistic adults. Being a part of this service has helped me to grow as an adult and as an autistic person. I have learned to understand myself a lot more.”

“I definitely feel more optimistic about the future. This is my first proper job! I never would have imagined two years ago that I was going to be able to get work.”





# Social Group in the Garden

**If you want to spend time with others, grow your confidence and boost your wellbeing, our social group in the garden is perfect for you.**

This group is friendly, informal, and no gardening experience is necessary.

Activities vary depending on the season, but include basic gardening and practical skills, planting and harvesting, watering, woodwork and of course, tea breaks and chats!

## **Who can access this support?**

- You must be an autistic or neurodiverse adult aged 18+.
- Individuals who self-identify as neurodivergent are welcome – no formal diagnosis necessary.
- You must be able to work safely in small groups, including following clear instructions and using tools.
- Sessions run mostly outdoors so you need to dress for the weather!

## **How can I access this support?**

- Thursdays (9am – 12pm, 1 – 4pm, or all day). Please enquire for more details about session running times as they may vary.
- Sessions are £15 per session or £30 for all day.
- For enquiries or to register your interest, please email the team:  
*[info@daisychainproject.co.uk](mailto:info@daisychainproject.co.uk)*



# 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+

**Who can access this support?**

- You must be an autistic or neurodivergent adult aged 18 – 29 years.
- 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: [www.daisychainproject.co.uk](http://www.daisychainproject.co.uk)

**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.

To enquire or to register your interest in this service, you can email the team: [info@daisychainproject.co.uk](mailto:info@daisychainproject.co.uk)

# Are you aged 30+ and neurodivergent?

Our **wellbeing**, **employability**, **gardening** and **housing, benefits and independent living service** 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/](http://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.”

## **We want to hear your views and wishes!**

- If you would love to attend a group that we don't currently offer, then please let us know.
- Perhaps you would like to attend a 30+ Dungeons and Dragons Club?
- Maybe a board game club? Knitting? Chess? Book club? Walking group?
- We can't make any promises but hearing your views and wishes really helps us to work on developing services that truly meet your needs.
- To enquire, request a place, or suggest contact us on:  
*info@daisychainproject.co.uk*

If you'd like to find out more about Daisy Chain's Adult Services visit:

### **Social groups and activities**

[www.daisychainproject.co.uk/adult-group](http://www.daisychainproject.co.uk/adult-group)

### **Employability**

[www.daisychainproject.co.uk/employability-course](http://www.daisychainproject.co.uk/employability-course)

### **Wellbeing**

[www.daisychainproject.co.uk/wellbeing](http://www.daisychainproject.co.uk/wellbeing)

### **Housing, Benefit and Independent Living**

[www.daisychainproject.co.uk/housing-benefit-independent-living](http://www.daisychainproject.co.uk/housing-benefit-independent-living)

