

**Empowering  
Individuals on the  
Autistic Spectrum**



**SIAM Social  
interpreter  
advocate &  
mentor**

## **LIFEWORKS SERVICES AND OUTCOMES**

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### **SPECIAL POINTS OF INTEREST:**

- One to One session for us to find out what you need
- Social/Support Groups for Clients and Carers
- Advocacy
- Diagnosis Support
- Training students
- Befriending

### **MISSION STATEMENT**

To support marginalised people 14+ with an average IQ with Autism, ADHD, Dyspraxia, Tourette's Syndrome, mostly with mental ill health and their carers to find a sustainable lifestyle.

#### **Summary of what we do**

We help people 14+ and their families access our invaluable service to stop isolation, feel more confident when dealing with other agencies such as the NHS, Job Centre DWP. We support the whole family to improve wellbeing.

Our friendly and caring team are dedicated in providing a warm and welcoming service to all our clients and carers. Catering for people with an average or above average

IQ on the Autistic Spectrum and people who think they are on the spectrum but do not yet have a diagnosis.

We understand from our own experiences knowledge and professional training that being on the Autistic Spectrum has many challenges.

If you describe yourself as being lonely or different, that people misunderstand you or you feel like you have never quite 'slotted' into society, why not have a chat with our team.



### **LIFEWORKS SERVICES**

Lifeworks have a variety of social activities and support groups in our office for people on the autistic spectrum to meet likeminded people. Our clients can find it difficult to socialise and we provide a safe welcoming environment where clients can talk to each other and join in any activities to

improve confidence and well-being. For more information about our groups please see our website or activities/events calendar. (During Covid we are using Zoom for on line groups). If you need to see someone in private to discuss personal issues or struggle in group environments please contact

Lifeworks and we can arrange a one to one appointment for you to see one of our professionals. At this appointment you will be able to discuss a variety of issues and we can refer you for a formal diagnosis if you do not have one already. (During Covid this would be by telephone)

# LIFEWORKS SERVICES AND OUTCOMES

## SIAM Social Interpreter Advocate & Mentor

### SOCIAL ACTIVITIES

- Client Peer to Peer Support
- Client Drop In & Chat
- Games Afternoon
- Pool (in the community)
- Carer Groups (including one at North Staffs Carers)
- Dungeon & Dragons with Board Games (for younger children with their parents)
- Walking Groups
- Computer Support

**BEFRIENDING**—Bespoke befriending for clients who are social isolated offering emotional support and strategies to cope.

**DIAGNOSIS**—Support to obtain a formal diagnosis

**VOLUNTEERING**—Volunteering Opportunities in Lifeworks or within the Community

**SUPPORT IN AREAS SUCH AS EDUCATION**

**HOUSING**

**BENEFITS** Claiming UC/ESA/PIP –attending benefit medicals, Reconsiderations and Job Centre Plus

**EMPLOYMENT** related issues at work

**POLICE/PROBATION/COURT** ATTEND NHS MEETINGS

Our Outcomes tackle areas that are not currently commissioned by the NHS—we offer Value for Money, and Savings for Statutory Services.

We help carers emotional wellbeing from peer support. Signpost to Carer Services such as North Staffs Carers or the Carers Hub to access Carer Assessments.

Families/carers - we take some pressure off and help them to feel more confident in dealing with the NHS or JCP— with emotional support to help their wellbeing.

Lifeworks Staffordshire is a charity supporting people on the autistic spectrum, founded in 2006 by Louise Zandian, who is now our CEO. The charity goes from strength to strength, supporting approximately 600 individuals and their families. In 2013, we received the Queens Award for Voluntary Services. Lifeworks is a Disability Confident.



## PEOPLE WE WORK WITH (OTHER AGENCIES)

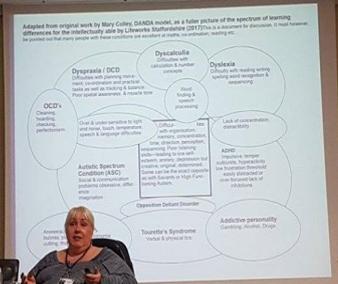
- Autism Spectrum Assessment Service ASAS
- Dyslexia Association
- Parent Engagement Group in Stoke (PEGIS)
- Staffordshire Asperger Autism Service (SAAS)
- North Staffs Asperger & Autism Association (NSAAA)

- North Staffs Carers
- The Carer Hub
- Healthwatch Stoke and Staffordshire
- Social Agency
- Our Space
- Service User and Carer Council
- Stoke on Trent Carer Strategy
- Job Centre Plus (JCP)

- Department of Work and Pensions (DWP)
- NHS Autism Strategy team
- Keele University (medical students)
- Alice Charity
- @21

Opportunities to get out into the Community, support with other agencies. A chance to promote family happiness and a positive future for all

## TRAINING & CONFERENCES LIFEWORKS CAN OFFER WHEN FUNDED



## OTHER AGENCIES COMMENTS ABOUT US

[12/9/18](#) To everyone at Lifeworks, I just wanted to say a big thank you for supporting our student Trainee Clinical Psychologist with accessing participants to take part in her research for her thesis. She has now completed her research and has passed. I know she is planning to contact you to say thank you herself and to give you some feedback from the research, but as her clinical supervisor, I also wanted to say thank you for your support.

Dr. Pamela Wood

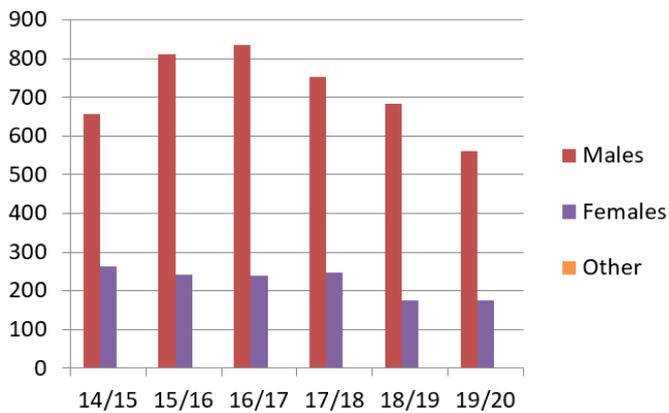
### 4/2/20 Healthwatch Staffordshire

Hi Sue, I just wanted to say thank you so much for meeting with me last week. I learned so much from you two, both at professional and personal level.

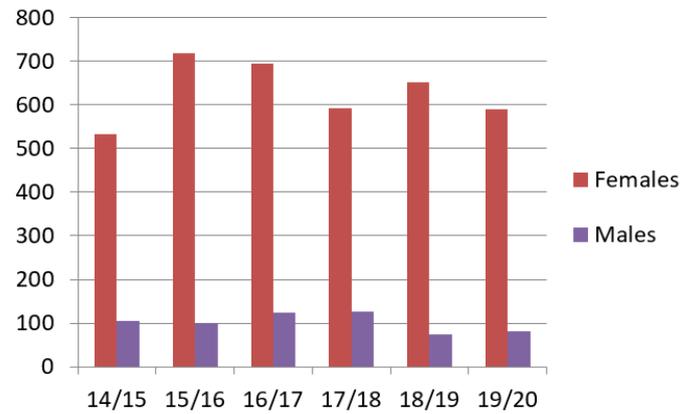
C. Wetton

## STATISTICS

Number of Clients helped by Lifeworks over recent years



Number of Carer's helped by Lifeworks over recent years



## FUNDING NEEDS

### Lifeworks Staffordshire

**does not receive** any government funding. We are always looking for ways to raise much needed funds and we have organised coffee mornings, Summer and Christmas fairs to help raise funds. We also now have to ask for a yearly fee and an additional charge for some of our services.

### Other ways we fundraise

- Offering bespoke training
- Amazon Smile
- Easyfundraising
- Lyme Lottery
- Fundraising plays at Stoke Rep Theatre
- Bucket Collections at Supermarkets
- Crowdfunding
- Donsendmeacard
- Networking and Social Media



## CLIENT & CARER STORIES



Since becoming a client in 2013 I have more self-confidence and this has boosted my self-esteem.

I feel understood at Lifeworks and this has helped remove the isolation I was experiencing.

They have supported me with housing and work related issues, getting my PIP, as well as encouraging me with my studies and voluntary work within Lifeworks.

20/07/19 Fantastic organisation providing tailored individual support and advice to individuals and families.

25/10/19 The DWP sent me a letter today to confirm that they will continue to pay me ESA so thank you for your hard work to support me. The extra funds have made a vast difference and I have been able to buy a weighted blanket and this has helped me sleep better.

4/10/19 Call from dad thanking us for help with getting his son into the ESA support group we couldn't have done it without Joan's help.

Since lockdown we have received funding to support our clients and carer's remotely via zoom.

Janet does a weekly group, of either a client chat, a quiz or bingo supported by volunteers. Sue does a weekly carer chat and although this is not the same as face to face meetings it is a way to help our clients and carers from being socially isolated. We also support people by telephone calls, texts and emails.

Lifeworks have been a lifeline to me as a parent and to my son as an advocate & social interpreter. Support at benefit assessments, including providing documentary evidence. Help with other professionals. Lifeworks has the knowledge and experience and is able to work with families and the people it supports individually in a way that large national charities can't. As an older parent I need the reassurance that the charity will be there for my son in the future when I am not or am unable to provide support in old age. They have always been there at the end of the phone.

My son has Aspergers, and had been assessed as **no longer eligible for ESA**. We appealed it, but were very worried about the outcome.

Lifeworks provided a letter explaining how his disability affected him in his personal and work life, which we submitted to the judge beforehand. When we went in he said the appeal hearing was a formality as he had already decided based on my son's assessment report and the letter to grant the appeal. We are very grateful for your help.

22/9/20 Facebook - Friends, this is the one place that has NOT let me down this year. In fact, hand on heart, it SAVED my life.

❤️ Thank you [Louise](#)

22/7/20 client joined group and she was singing Janets praises saying you are like her second mum and she wouldn't be where she is without all of your support and help.



11/4/20

*I would like to say thank you to all the staff and clients at Lifeworks Staffordshire, who have been in contact and helping me to cope with the lockdown. As an autistic adult, life is tough enough and trying to cope alone was not working well until the group sprung into action and help was provided. The simple note put through my letterbox was a joy to read and lifted my spirits.*

16/4/20 Lifeworks

Staffordshire need them - amazing charity with amazing people with brilliant expertise and experience - can't imagine - don't want to imagine life without them for support - Amazing and very necessary to our local autism community.

Coming to Lifeworks is a way of meeting other people in the same situation. It's a place I can go where people don't judge. I feel my life has changed for the better and now I have a purpose. Before the support from Lifeworks my life consisted of many struggles but now I can speak to people at Lifeworks and always feel supported.

Client Testimonial

Lifeworks are brilliant they helped so much with my son. Janet came to appointments with us she was brilliant. Cant thank them enough

Celebrate Difference