



Case Study - "Communities Against Cancer co-produced resources will save lives"

WHAT IS PEER SUPPORT

To promote wellbeing and prevention of mental ill health, by working together to develop the Community Connect service and ensuring it meets the autistic communities needs. We don't guess, we listen and work together. Breaking down barriers, improving access to support.

OPPORTUNITY/PROBLEM

Autistic people need to be heard, they need a voice and to be represented in society. Often they are overlooked or decisions are made on their behalves without out consultation. They need a safe space to have their voices heard and to have their insights used to drive a better understanding of what is needed, what will have an impact, and how it can be accessed. Too often assumptions are made, when all we need to do is ask.

SOLUTION/BENEFIT

Community connect promotes social inclusion, a sense of belonging and increase in self-worth which boosts well-being and reduces suicidal risk. People have connected with each other and have noted similarities in their experiences. We are working in collaboration with our steering group to co-create information resources, therapeutic support, peer support and social opportunities for autistic adults. We support, follow and let autistic people lead. We are committed to being an ally and responsive to the priorities of the autistic community; supporting individuals with the knowledge, tools and strategies they need to navigate the world as they are.

Giving you a voice

Understanding what the autistic community need and working with the family, friends and the wider community to improve understanding, acceptance and action.

Gaining confidence and informing others

Not about offering special treatment, its offering a place to develop confidence, connection and self acceptance.

Accessing opportunities for work

Hiring individuals to create co-created materials, Illustrators, creative writers, and other professionals who have lived experience with autism.

AT A GLANCE

Challenges

- Gaining the trust of the autistic community
- Funding for newly created roles
- Changing mindsets and ways of working

Opportunities

- Create an autistic steering group
- Use the insights from these discussions
- Have co-created resources

Funding Sources - £4,700

- Autism Consultant
- Volunteer costs
- Workshops



"I look forward to the group and being with other autistic adults, sharing and hearing experiences. I don't have to mask and can be me."

Steering Group Member

"Co-creation validates our shared autistic experiences "

Clinical Psychologist - Abbie



autism unlimited
community connect

SUCCESS STORY

Communities Against Cancer- Co-Created Resources and Discussion Group

P and S are now working for Autism Unlimited on a consultation basis, helping us create insight driven resources that will have an impact for the autistic community, they are written by and provided for autistic people.

The frog system is a simple way to think about your energy levels. We developed the frog system to explain how the world around us impacts our internal energy levels and our wellbeing, and to think about what we can do to boost our energy levels throughout the day.

We co-created the frogs to provide a fun and whimsical image that captures the value and importance of looking after our energy levels to improve our wellbeing.

We believe that it's so important for autistic people to work together to find ways to live our lives in a non-autistic world.

The frogs have been created by autistic people for autistic people. Steph, Freddie, Hannah and Abbie have enjoyed creating the frog system by combining lived experience and psychology to bring therapeutic ideas to life in a creative way.

STATISTICS



Autistic adults are 9 times more likely to die by suicide than those in the general population.



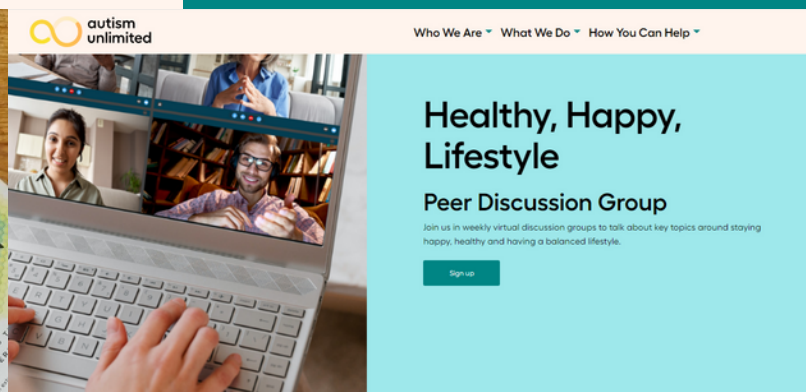
Research shows that autistic peer support strengthens self knowledge and sense of identity, which contributes to wellbeing.



66% of autistic adults have thought about taking their own life.



The dedicated team



What happens at a meeting?

Welcome to our **Online Discussion Group** for autistic adults to come together and have a conversation about how to live a healthier life and reduce your risk of cancer. It's an opportunity to share your experiences and challenges, for example sensory processing differences; and the things you find helpful, around key topics, such as diet, exercise and alcohol consumption with the



Getting involved is really easy.

Click on the **Sign up** button above and leave your contact details with Crystal in **support/help**.

Then we will get in touch and introduce ourselves and explain how the meetings work.

It is on Microsoft Teams, and we will send a link