Angels

AUTISM & ADHD SUPPORT

Registered with FUNDRAISING REGULATOR

Charity Number: 1117059

Angels
AUTISM & ADHD SUPPORT

We are an experience-led charity that aims to make the world a better place for autistic children and children with ADHD.

Leise Cooper

Kirsten Bennet

Penny Howarth

Caroline Upcraft

Judith Russell

Raine Simcox

Bethan Desai

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2004

Angels was set up by parents of autistic/adhd children. Operating in Hitchin, meeting at The Angels.

2006

Became a registered charity. Meeting in Stevenage and Hitchin.

2020

Our services moved online which has meant huge growth in membership. More accessible.

2023

We run support groups/workshops in Stevenage, Letchworth and online. We support over 2,000 families.

We are funded by the National Lottery for core running costs. Local fundraising, grants and donations.

What do Angels do?

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As parent carers ourselves, we walk alongside you to support you to :

Build **understanding** of your child's conditions and rights so you can:

- Learn strategies and skills to support your child's development, and emotional health and wellbeing
- Find ways to adapt their environment to meet their needs
- Advocate for your child in the education, health and social care systems to ensure their needs are met
- Reduce any isolation you or your family might feel by welcoming you into our community

Empower your child to reach their potential and to have a voice in challenging and improving **society's understanding** of the conditions and the challenges they face.

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"

Beneath every behaviour there is a feeling. And beneath every feeling there is a need.

And when we meet that need rather than focus on the behaviour, we begin to deal with the cause, not the symptom.

"

Ashleigh Warner

What is Autism?

- A Lifelong Difference
- Caused by differences in the brain and the way it functions
- Individuals can be affected in many different ways hence why we refer to it as a **SPECTRUM**.

How does it present?

COMMUNICATION DIFFICULTIES

- delayed speech
- impaired comprehension
- taking speech literally
- lack of or limited non-verbal communication

SOCIAL INTERACTION - difficulty with relationships and interactions

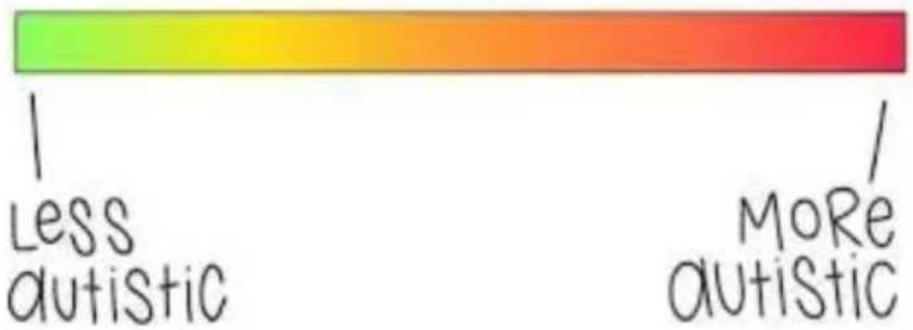
PROCESSING– difficulties with flexibility of thought, change, transitions, fairness, unexpected happenings – may lead to needing to be in control

SENSORY NEEDS– sensory sensitivities impacting on behaviour and anxiety levels. Or lack of sensitivity resulting in sensory seeking behaviours.

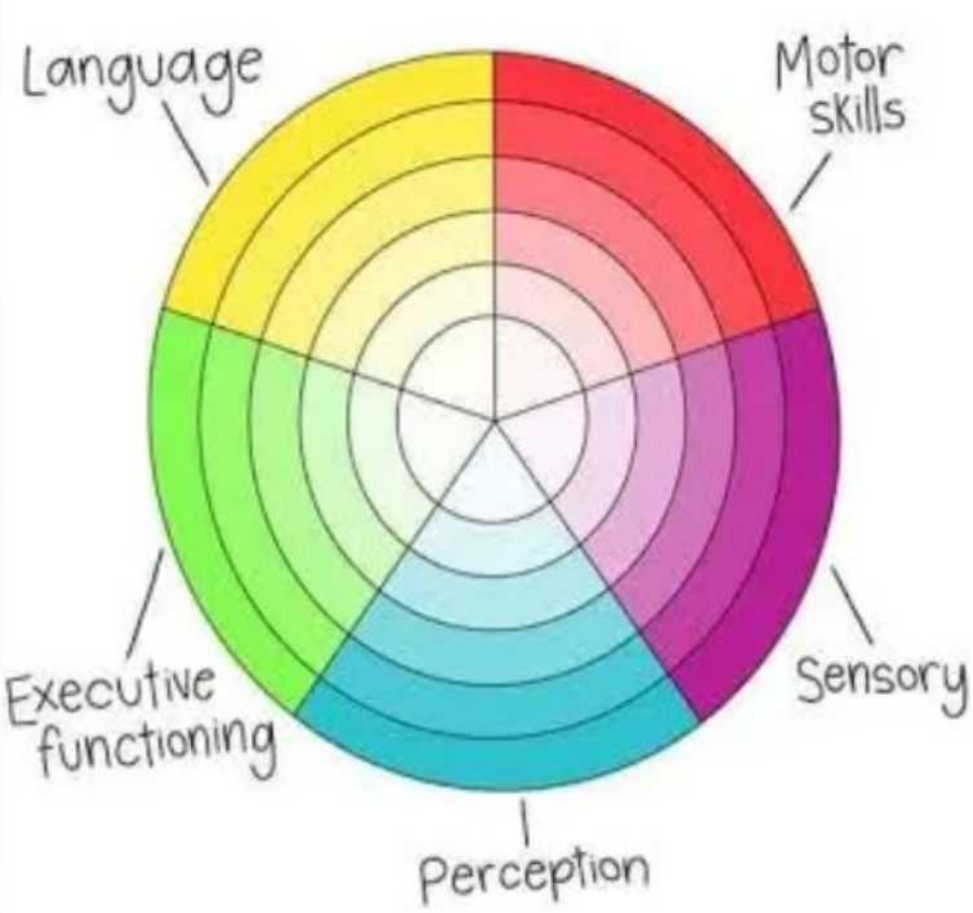
Girls often present very differently to boys. Girls present often with more subtle traits.

Each autistic person is unique with a different profile of strengths and weaknesses

What People THINK the autiSM SpectrUm Looks Like:



What it can actually Look Like:



What is ADHD?

(Attention Deficit Hyperactivity Disorder)

- Thought to be caused by deficit of certain chemicals in the brain, so that messages don’t get through
- Lifelong condition
- Medication can help. Current issues with medication availability.

How does it present?

- Difficulties with Attention, Impulsivity and Hyperactivity
- Emotions and mood - ‘all or nothing’
- Can lead to problems learning in class, low self-esteem and challenging behaviour
- Life without brakes, Only got 4 seconds! – Consequences
- Difficulties with organisation and planning

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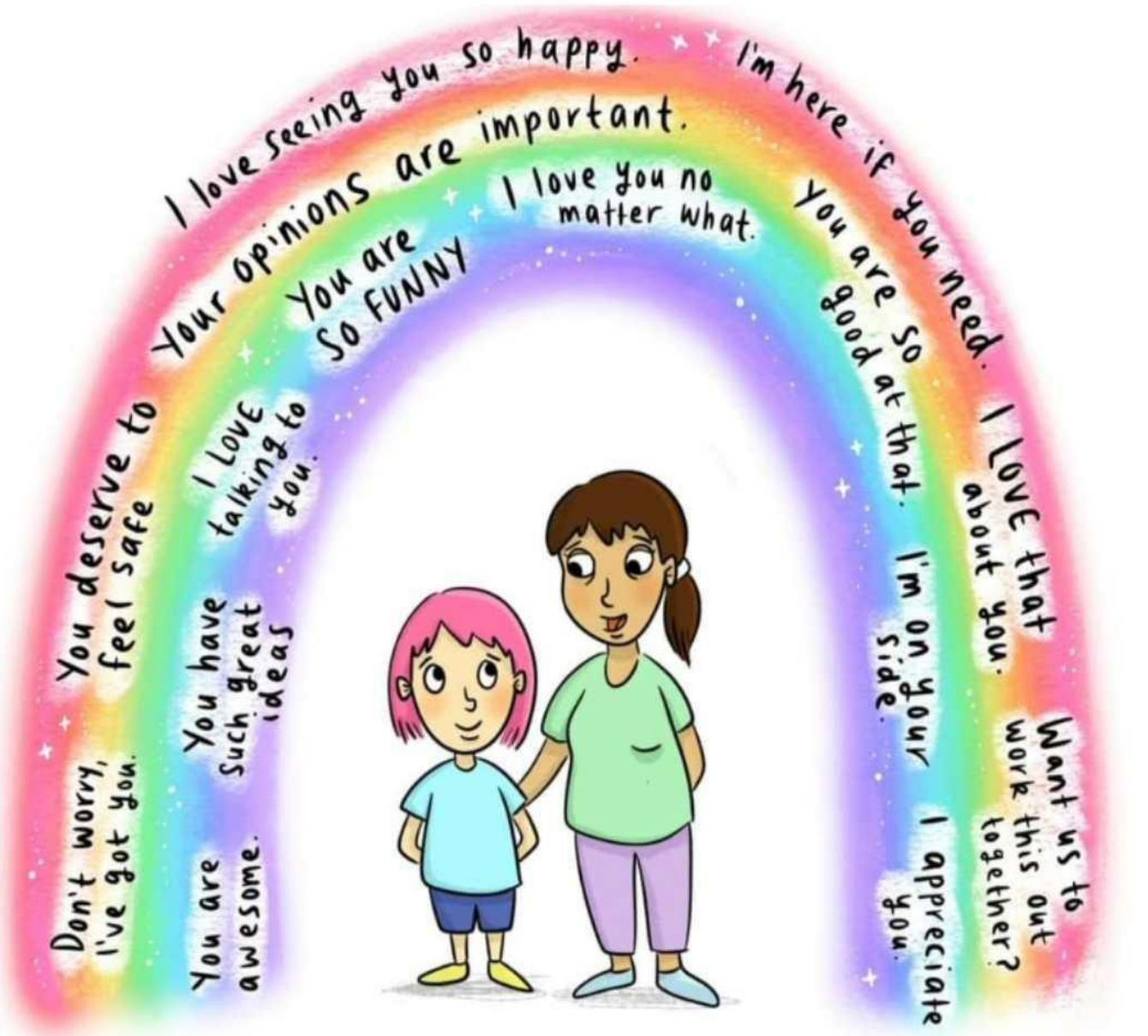

The world doesn't always
tell our kids this stuff.
We can make sure they hear it from us.

NeuroWild

*Data shows that by the time a child with ADHD is 10 years old they have received **20,000** more negative comments about themselves than a neurotypical child has.

Our Services

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- Support Groups in person and online (daytime and evening)
- Online workshops
- One-to-One personalised support service
- Closed facilitated Facebook Group
- Social Media for relevant content and updates
- Weekly Podcasts on Spotify

Our Workshops

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One-to-one service

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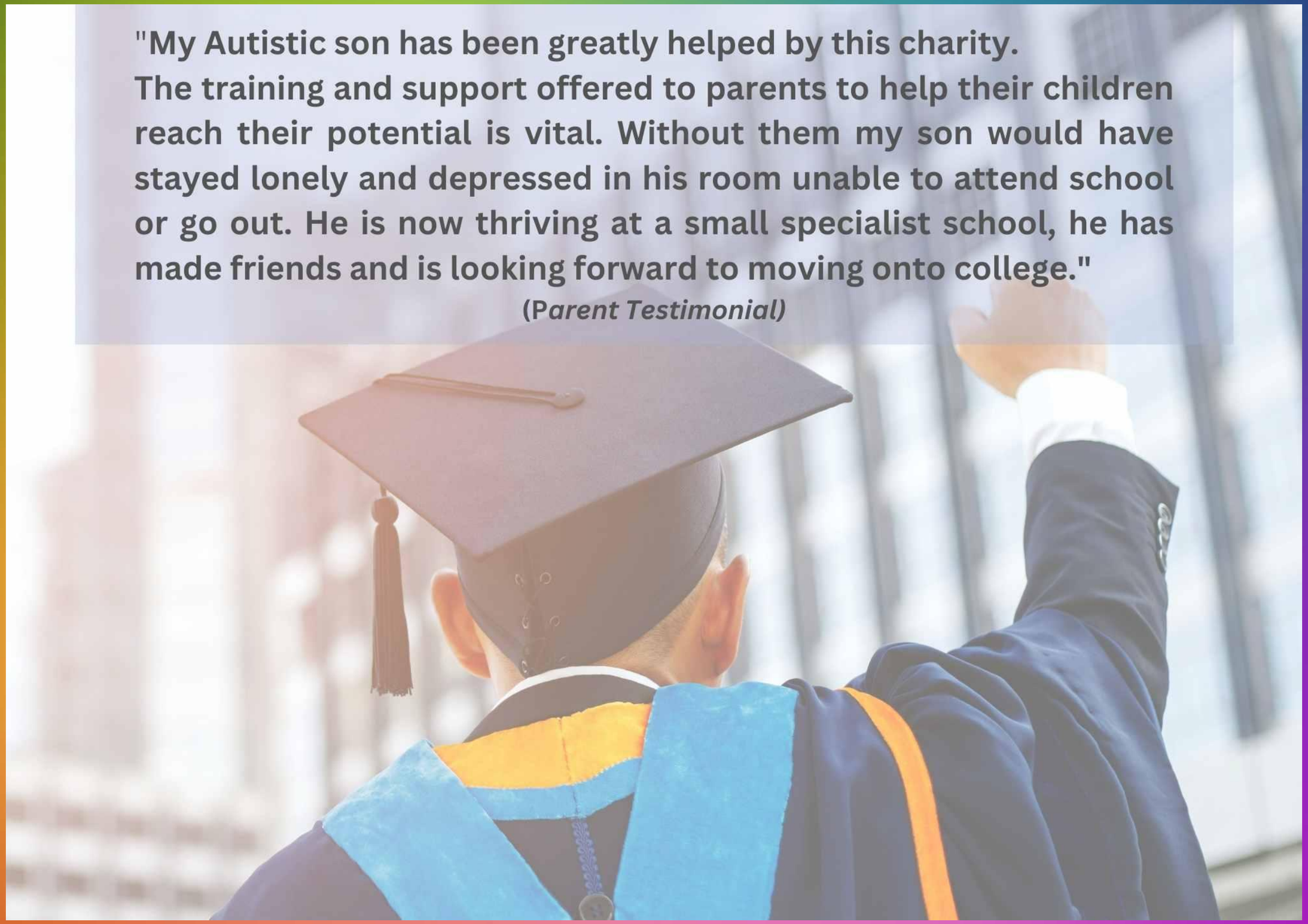
We support parents/carers who find accessing group support difficult, or who need support with issues that are not easy to support in a group setting.

We can support families at meetings or appointments with professionals such as school or social care, to help them advocate, or to be part of a team supporting them.

Angels actively works to make our service as accessible and inclusive as possible, and we are very experienced at supporting parents who might be neurodivergent themselves.

"My Autistic son has been greatly helped by this charity.
The training and support offered to parents to help their children reach their potential is vital. Without them my son would have stayed lonely and depressed in his room unable to attend school or go out. He is now thriving at a small specialist school, he has made friends and is looking forward to moving onto college."

(Parent Testimonial)



How to access our support

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- Parents/carers need to complete an online membership form via the QR code on our leaflets/posters
- Members will be emailed weekly with details of the weekly support they can access.
- Members will be invited to join our closed FB Group
- All our support is FREE of charge and is for those with a diagnosis and awaiting diagnosis

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Any Questions?

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Thank You

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