



**A free service for autistic adults,
diagnosed or suspected,
in Barnet**



Barnet Mencap's Autism Service is a free service for autistic adults who live in Barnet or have a GP in Barnet.

For more information on self referrals and professional referrals, or for more information about our services, please visit www.barnetmencap.org.uk

**Barnet
mencap**

Barnet Mencap was established in 1965 and for over fifty years it has provided advice, information and support for people with learning disabilities and people with autistic people and their family carers.

Barnet Mencap is a leading charity for children and adults with learning disabilities and their families and campaign with people with learning disabilities and Autistic people and their families to secure high quality services and support in the borough.

You can learn more about Barnet Mencap, find more information and resources and self refer by visiting our website



Contacts

Autism Service,
Barnet Mencap,
35 Hendon Lane,
Finchley
N3 1RT

Tel: 020 8349 3842

Email: projectsupport@barnetmencap.org.uk

Website: www.barnetmencap.org.uk

Find 'Barnet Mencap' on Facebook/Twitter

Autism Screening

The Autism Service offers a FREE Autism Screening to adults living in Barnet or who have a GP in Barnet.

If you suspect you might be autistic and you do not have a learning disability you can self refer to our service, or you can be referred by a professional.

The screening is the first step in the NHS pathway for adults with suspected autism in Barnet. If you want to receive a formal diagnosis of Autism you need to contact us first.

The screening consists of, at least, one 2 hour appointment with an autism advisor. In this appointment, you will be asked about your difficulties, current and past, and at least one questionnaire will be completed.

You do not need to prepare for this appointment, there are no right or wrong answers, but you might want to start thinking about the reasons that have prompted you to request the appointment and write them down. If possible, we will request that you attend the appointment with a person that knew you as a child and can provide additional information about your difficulties in your early years.

For more information about screenings or to refer yourself or somebody else, call Barnet Mencap on 020 8349 3842 or email projectsupport@barnetmencap.org.uk.

Free Autism Training: We offer a range of free workshops covering issues relating to autism. Sessions are free but a refundable £10 deposit is requested to ensure the workshop can go ahead. If you are on benefits, do contact us to discuss your case.

Events and Activities: We offer a monthly range of free social activities and events, such as day trips, art groups and meals out.

Peer Support Group: A group which takes place on the last Thursday of every month. This is not a drop-in service, you must book.

Peer support group for partners, family and carers of adults: A safe, non-judgemental space for people who support autistic adults. Dates tbc.

Autism Diagnosis Informative Sessions: Free one-hour session to inform you about the diagnosis process.

Autism specific advisory Service: Information, advice and support to autistic adults living in Barnet.

For more details or to receive our events calendars, contact christine.lesmes@barnetmencap.org.uk