

Barnet
mencap

Autism Service

**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

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

Barnet Mencap is a leading charity for autistic adults and children and their families. We advocate to provide or 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 online workshops covering issues relating to autism. Spaces need to be booked in advance.

Events and Activities: Currently we offer a monthly in person social group. Details are publicised in our monthly e-newsletter. To receive the newsletter contact christine.lesmes@barnetmencap.org.uk

Peer Support Groups: An online Peer Support Group and online Women's group take place monthly via Zoom. This is not a drop-in service, you must book. The group can be cancelled at short notice if not enough attendants. Details are publicised in our monthly e-newsletter

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

Autism specific advice: A 1-2-1 session can be booked in advanced with an adviser to discuss the issues you have related to autism.

Signposting: We can signpost clients to different services in the borough that might be of use, including barnet Mencap Working for You who offer information, advice and guidance about a range of issues you might be experiencing.

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