



# Lincolnshire's Autism Support Network

Community help and support for children and adults  
with autism spectrum disorder and their families

#LincsAutismNetwork




# What is the Autism Support Network?

**Lincolnshire's Autism Support Network aims to help both adults and children who are on the autistic spectrum and their families and carers.**

It is an alliance of groups and organisations that provide a range of activities and services to give people support, structure and choice in their lives to deal with the everyday challenges that autistic spectrum disorders bring.

Members of the network have close links with each other to help people on the spectrum, as well as those who care for them. The network wants everyone to enjoy the best quality of life as they possibly can, so that they can live well in their community and can access a wider range of opportunities.



**'We help both adults and children who are on the autistic spectrum'**

Groups and organisations across the county will provide a variety of activities including social and friendship groups, informal education and skills development, rural and outdoor projects, peer support, recreational and fun things to try. There are a wide range of free activities for people to choose from across Lincolnshire for adults, children and families.

The Autism Support Network Fund has been granted by Lincolnshire County Council and NHS Lincolnshire Clinical Commissioning Group in response to a need identified within Lincolnshire's All-Age Autism Strategy 2019-2022 by the Lincolnshire Autism Partnership Board (LAPB) and is managed by Lincolnshire Partnership NHS Foundation Trust.

This new scheme is a one-off type of funding with the view to offering support to projects with new and imaginative ideas, as well as continuous support for the activities that people already value.

# Organisations involved in the network

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## Countywide

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| <p><b>1 Boston Autism Project</b><br/> <b>Boston Autism Project</b><br/>         The Boston Autism Project aims to provide autism-friendly activities and sessions tailored especially for autistic people and their families. These sessions allow everyone to enjoy themselves and be themselves, whilst accessing a friendly supportive community within the Boston Autism Project.</p>  | <p><b>Contact:</b> Christina Coffey<br/> <b>Tel:</b> 07756 561578<br/> <b>E-mail:</b> Staggs19851@aol.com<br/>  TheBostonAutismProject</p> <p><b>Days:</b> Varied, see Facebook page for dates of activities and booking forms</p> <p><b>Area covered:</b> Boston and surrounding areas</p> <p>Child</p>   |
| <p><b>2 Carers FIRST</b><br/> <b>Caring Communities</b><br/>         A series of positive, fun social, activities for parent carers and their children on the autistic spectrum. Activities will empower families, provide opportunities for peer support boosting confidence and mental wellbeing. Families will feedback to the organisations visited with their experiences and recommendations, helping to make them, their staff and customers more autism-friendly.</p> | <p><b>Contact:</b> Lisa Saunders<br/> <b>Tel:</b> 0300 303 1555<br/> <b>E-mail:</b> hello@carersfirst.org.uk<br/> <a href="http://www.Carersfirst.org.uk">www.Carersfirst.org.uk</a><br/>  <a href="https://www.facebook.com/CarersFIRSTLincolnshire">https://www.facebook.com/CarersFIRSTLincolnshire</a><br/>  <a href="https://twitter.com/Carers_FIRST">https://twitter.com/Carers_FIRST</a><br/>  <a href="https://www.instagram.com/carersfirst">https://www.instagram.com/carersfirst</a></p> <p><b>Areas covered:</b> Countywide. Project based in Grantham, Lincoln and Sleaford.</p> <p>Adult</p>  |
| <p><b>3 Darkside Training</b><br/> <b>Building Economic Independence: Women and Girls on the Spectrum</b><br/>         26 weeks of semi-private strength training to build confidence and mental health, with 10 hours of transitional coaching and mentorship to pursue personal and professional goals.</p>   | <p><b>Contact:</b> Shantelle Svarc<br/> <b>Tel:</b> 07717 202065<br/> <b>E-mail:</b> shantelle.darkside@gmail.com<br/> <a href="https://darksidettraining.co.uk/autism-project/">https://darksidettraining.co.uk/autism-project/</a><br/>  <a href="https://www.facebook.com/DarksideRisingCIC">https://www.facebook.com/DarksideRisingCIC</a></p> <p><b>Areas covered:</b> Lincoln and surrounding areas.</p> <p><b>Days:</b> Monday, Tuesday, Thursday, Sunday afternoon.</p> <p>Adult women and teens from age 14</p>   |

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| <p>4</p> | <p><b>Desire Change CIC</b><br/> <b>Black Barn – ‘Farm Therapy’</b><br/>         Black Barn Farm Therapy is targeted at those with autism and their family members/friends or carers. Offering opportunities for people on the autism spectrum by increasing environments they can access and enjoy, whilst helping them to feel safe, valued, understood and connected.</p>   | <p><b>Contact:</b> Dian Brackenbury<br/> <b>Tel:</b> 01790 616102<br/> <b>E-mail:</b> <a href="mailto:desirechange@live.co.uk">desirechange@live.co.uk</a><br/>  <a href="https://www.facebook.com/blackbarnbolingbroke">blackbarnbolingbroke</a><br/> <b>Areas covered:</b> Old Bolingbroke</p> <p>Families</p>    |
| <p>5</p> | <p><b>Grantham Autistic Information Network (GAIN)</b><br/> <b>GAIN Presents...Awesome Autism Friendly Events</b><br/>         Grantham Autistic Information Network (GAIN) will host a total of 12 autism-friendly events in 2020 including cinema screenings, go-karting, ten pin bowling and trampolining.</p>  | <p><b>Contact:</b> Edward Mayes<br/> <b>Tel:</b> 01476 855070<br/> <b>E-mail:</b> <a href="mailto:mailus@gain-grantham.co.uk">mailus@gain-grantham.co.uk</a><br/> <a href="http://www.gain-grantham.co.uk">www.gain-grantham.co.uk</a><br/>  <a href="https://www.facebook.com/gaingrantham">www.facebook.com/gaingrantham</a><br/> <b>Areas covered:</b> Grantham, Lincoln and Stamford</p> <p>Families</p>    |
| <p>6</p> | <p><b>Grantham Disabled Children Society (GDSCS)</b><br/> <b>GDSCS All Inclusive Social Group</b><br/>         Activities will involve trampolining and soft play, with opportunities for siblings and parents/carers to join in, form friendships, network and gather information. This will take place in a safe environment, whilst doing things other families take for granted. Places will be predominantly for GDSCS members, although GDSCS is free to join for any family in the Grantham area.</p> | <p><b>Contact:</b> Alison Telfer / Micky Stokes / Darryl Blair<br/> <b>E-mail:</b> <a href="mailto:GDSCS2013@hotmail.com">GDSCS2013@hotmail.com</a><br/>  GDSCS information page<br/>  <a href="https://twitter.com/gdcs2013">gdcs2013</a><br/> <b>Areas covered:</b> Grantham and surrounding villages</p> <p>Families</p>    |
| <p>7</p> | <p><b>Happy Hooves EAL CIC</b><br/> <b>Animals Supporting Autism Project</b><br/>         Happy Hooves provides fun, sensory and therapeutic experiences with horses and a range of other animals in a tranquil rural setting. Visitors can get hands on during user led small group sessions aimed at those with autism. Activities include: long reining, grooming, goat agility, and handling owls or other small animals.</p>  | <p><b>Contact:</b> Louise Johnson<br/> <b>Tel:</b> 07724 297481<br/> <b>E-mail:</b> <a href="mailto:louiseshpherdso@aol.com">louiseshpherdso@aol.com</a><br/> <a href="http://www.happyhoovesal.com">www.happyhoovesal.com</a><br/>  <a href="https://www.facebook.com/happyhoovesal">www.facebook.com/happyhoovesal</a><br/> <b>Areas covered:</b> Market Rasen<br/> <b>Days:</b> Please contact the group for further details.</p> <p>Families</p>  |

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| <p><b>8 Happy Wednesdays</b><br/> <b>Happy Wednesdays – Year 1</b><br/> Happy Wednesdays provides a social gathering for struggling autistic children all within comfortable and supported environments. We aim to provide a platform to boost children's social awareness and interaction as well as introducing them to new and exciting activities that they might not necessarily encounter during normal life.</p>  | <p><b>Contact:</b> Ema Milgate<br/> <b>Tel:</b> 07730 041705<br/> <b>E-mail:</b> Ema_pearson@hotmail.co.uk<br/>  Happy Wednesdays</p> <p><b>Areas covered:</b> Boston</p> <p><b>Days:</b> Football and multisports events – First Monday of every month.</p> <p>Play events including bowling, wall climb, Playtowers soft play – Second Wednesday of every month group is held on.</p> <p>Child</p>    |
| <p><b>9 Inspired Equine Assisted Learning CIC</b><br/> <b>Horses helping adults and children with ASD and their carers</b><br/> Adults and children with autism benefit from EAL due to the motor, emotional, and sensory sensations that come from working with horses; helping them develop natural, core skills they need to function in society. Activities can be undertaken jointly with their carers who will also benefit.</p>                                     | <p><b>Contact:</b> Mike Burrow<br/> <b>Tel:</b> 07729 909186<br/> <b>E-mail:</b> info@inspired-eal.co.uk<br/> www.inspired-eal.co.uk<br/>  IdEALCIC<br/>  InspiredEAL</p> <p><b>Areas covered:</b> Boston</p> <p><b>Days:</b> Please ring/email to book sessions</p> <p>Families</p>   |
| <p><b>10 Lincoln City Foundation</b><br/> <b>Match day engagement and support</b><br/> Lincoln City Foundation believe that everyone should have the chance to watch and support their local team. We will support you and your family to visit Sincil Bank Stadium, through introductory tours, meeting matchday staff and familiarising yourself with the environment. We also offer a free autism pack to make your experience of Lincoln City FC an enjoyable one.</p> | <p><b>Contact:</b> Kirsten Parslow<br/> <b>Tel:</b> 01522 563792<br/> <b>E-mail:</b> Kirsten.parslow@lincolncityfoundation.co.uk<br/> inclusion@lincolncityfoundation.co.uk<br/> https://www.lincolncityfoundation.com<br/>  lincolncityfoundation<br/>  lcfcfoundation<br/>  lincolncityfoundation</p> <p><b>Areas covered:</b> Lincoln</p> <p><b>Days:</b> Email or phone to organise and find out when the next opportunities are taking place. We can do group or 1-2-1 sessions depending on what works best for you.</p> <p>Families</p>  |

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| <p><b>11</b> <b>Lincolnshire Outdoor Learning</b><br/> <b>Growing Skills in Our Safe Space</b><br/>         'Growing Skills in Our Safe Space' focuses on creating a safe space locally to develop new skills, experiences, relationships and routines. Together we learn to use tools and equipment to grow plants on an allotment with a polytunnel and potting shed. Together we create supporting relationships in our community and grow our resources for self-help, support and life.</p>  | <p><b>Contact:</b> Ashley Butterfield<br/> <b>Tel:</b> 07864 967057<br/> <b>E-mail:</b> Ashley@lincolnshireoutdoorlearning.co.uk<br/> <a href="http://www.LincolnshireOutdoorLearning.co.uk">www.LincolnshireOutdoorLearning.co.uk</a><br/>  OutsideLearning</p> <p><b>Areas covered:</b> Louth and surrounding areas. Spilsby and surrounding areas</p> <p><b>Days:</b> Flexible drop-in sessions between 10am-3.30pm (Phone or email to book)<br/>         Saturdays at Louth London Road Allotment.<br/>         Sundays at Spilsby Allotment</p> <p></p> <p></p> |
| <p><b>12</b> <b>Lincolnshire YMCA Ltd</b><br/> <b>'Recharge' – Peer Support Group</b><br/>         A monthly meet-up for parents and carers of an autistic adult or young person. This is an opportunity to chat, meet others in a similar situation and receive information. A two course evening meal is provided to all attendees and booking is essential. Limited childcare provision is available but this must be booked in advance To book places email: <a href="mailto:activities@theshowroom.org.uk">activities@theshowroom.org.uk</a></p> | <p><b>Contact:</b> John Herbert<br/> <b>Tel:</b> 01522 508360<br/> <b>E-mail:</b> <a href="mailto:John.herbert@lincsymca.co.uk">John.herbert@lincsymca.co.uk</a><br/> <a href="http://www.lincsymca.co.uk">www.lincsymca.co.uk</a><br/>  YMCALincs<br/>  YMCALincs</p> <p><b>Areas covered:</b> Lincoln</p> <p><b>Days:</b> Second Monday each month, 6.30-8.30pm</p> <p></p> <p></p>  |
| <p><b>13</b> <b>Lincolnshire YMCA Ltd</b><br/> <b>Siblings of Autistic Children</b><br/>         A monthly group for siblings of autistic children. Activities and social sessions with a two course meal provided for all attendees. Booking is required. Please email <a href="mailto:activities@theshowroom.org.uk">activities@theshowroom.org.uk</a></p>  | <p><b>Contact:</b> John Herbert<br/> <b>Tel:</b> 01522 508360<br/> <b>E-mail:</b> <a href="mailto:John.herbert@lincsymca.co.uk">John.herbert@lincsymca.co.uk</a><br/> <a href="http://www.lincsymca.co.uk">www.lincsymca.co.uk</a><br/>  YMCALincs<br/>  YMCALincs</p> <p><b>Areas covered:</b> Lincoln</p> <p><b>Days:</b> First Monday of each month, 6.30-8.30pm</p> <p></p> <p></p>   |



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### **Little Miracles South Holland** **Little Miracles South Holland** **Sensory Division**

Little Miracles South Holland is a parent led support group for families who have children with additional needs, disabilities and life limiting conditions. The group offers advice and support for families and also provides activities for the children in a relaxed environment.

**Contact:** Elizabeth Kilbon

**Tel:** 07808 510105

**E-mail:** Elizabeth.kilbon@littlemiraclescharity.org.uk  
<http://www.littlemiraclescharity.org.uk>

 <https://www.facebook.com/Little-Miracles-South-Holland-1532257540353719/>

**Areas covered:** South Holland – Spalding, Holbeach & Surrounding Areas

**Days:** Every Friday at Tonic Health in Spalding 5-7pm with additional Youth Group 6-8pm

Every other Tuesday at Holbeach WI Hall 6-7.30pm

Last Saturday of every month at the Castle Sports Complex Session 1-3pm

First Thursday of every month at Morrisons Community Room, Pinchbeck 10am-12pm

Plus additional sessions and activities over school holidays



Child

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### **MindSpace (Stamford) Limited** **Autism Support Group and** **Creative Activities**

A peer support group for adults with autism and their carers. Upskilling members and volunteers in the types of autism and how to support those with the condition to live a fulfilling and flourishing life. The group offers a variety of creative activities to stimulate and bring together members so they can enjoy an activity whilst supporting one another through a facilitated group.


**Contact:** Kevina Singleton

**Tel:** 01780 437330

**E-mail:** development@mindspacestamford.com  
[www.mindspacestamford.com](http://www.mindspacestamford.com)

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**Areas covered:** Stamford

**Days:** Various

Adult




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| <p><b>16</b> <b>Seagull Recycling Ltd</b><br/><b>(The Eco Centre)</b><br/><b>Awesome Forest Autism</b></p> <p>The Forest Autism Project will create a range of exciting, engaging and innovative forest-based activities to allow people with the gift of autism and their families to become less isolated, build skills, break down barriers and give a feeling of self-worth and increased confidence. It will raise awareness and understanding of autism in the wider community through information, events and activities.</p> | <p><b>Contact:</b> Paul Charles<br/><b>Tel:</b> 07709 866614<br/><b>E-mail:</b><br/>Paul.charles@seagullrecycling.org.uk<br/>www.ecoskegness.org.uk<br/>  TheCoastal EcoCentre<br/>  ecocentrepaul ecowellness1<br/>  Paulecocentre</p> <p><b>Areas covered:</b> Skegness</p> <p><b>Days:</b> Flexible during the week suited to the beneficiaries</p> <p>Families</p>  |
| <p><b>17</b> <b>The Pilgrim School</b><br/><b>Amber Hill Garden Project</b></p> <p>Pilgrim Hospital School is responsible for educating Lincolnshire pupils who are medically unable to attend mainstream school. Most of our pupils have mental health conditions and 45% also have an ASD diagnosis. Our new Amber Hill base is additionally a high functioning autistic centre for 8 pupils. We want to develop a large playing field as an encouraging learning space.</p>   | <p><b>Contact:</b> Helen Garrett<br/><b>Tel:</b> 01205 743107<br/><b>E-mail:</b><br/>Helen.Garrett@pilgrim.lincs.sch.uk<br/>www.pilgrim.lincs.sch.uk</p> <p><b>Areas covered:</b> Boston</p> <p>Child</p>    |
| <p><b>18</b> <b>Tonic Health</b><br/><b>Autistic Led</b></p> <p>A program of activities for adults with Autism within Spalding and South Holland to support, educate and raise awareness.</p>  | <p><b>Contact:</b> Callum Brazzo<br/><b>Tel:</b> 01775 725059<br/><b>E-mail:</b> autisticted@tonic-health.co.uk<br/>www.tonic-health.co.uk<br/>  Autistic led (closed group)</p> <p><b>Areas covered:</b> Spalding and South Holland</p> <p><b>Days:</b> Various</p> <p>Adult</p>   |

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**Umbrellas Lincoln****Family Inclusion Project**

Umbrellas aims to help individuals with autism to become more involved in their family unit by providing activities and events where the whole family can be supported and spend valuable time together.

**Contact:** Charlotte Owen**Tel:** 07817489379**E-mail:** [umbrellaslincoln@outlook.com](mailto:umbrellaslincoln@outlook.com) [www.facebook.com/umbrellaslincoln](https://www.facebook.com/umbrellaslincoln) [umbrellasLINC](https://twitter.com/umbrellasLINC)**Areas covered:** Lincoln

**Days:** Please email or contact us through our Facebook page to find out more

Families



'Supporting, educating  
and raising awareness'

'Helping families  
with additional  
needs, disabilities  
and life limiting  
conditions'



## **Lincolnshire Partnership NHS Foundation Trust**

01529 222245

[lpft.autismnetwork@nhs.net](mailto:lpft.autismnetwork@nhs.net)

[www.lpft.nhs.uk/Autism-Network](http://www.lpft.nhs.uk/Autism-Network)

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