

# How do we help our service users

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- We promote independence
  - Reduce social isolation
  - Provide peer support
  - Facilitate social activities
- Adopt a person centred approach
- Provide inter-agency support drop ins
  - Signpost to other agencies



A voluntary group of parents, carers and partners of people with Asperger Syndrome / High Functioning Autism meet every Friday at the Glebe Centre.

 **Listen not label**  
stronger together, a local voice for disabled people & carers

Glebe Centre  
Glebe Street,  
Wellington ,  
TF1 1JP

☎ 01952 916109

✉ admin@listennotlabel.org.uk

## Registered Head Office

Telford & Wrekin CVS  
Glebe Centre  
Glebe Street  
Wellington  
TF1 1JP

Registered Charity no 702589



Telford & Wrekin  
**CVS**  
*Involving, Inspiring, Supporting*



Telford and Wrekin  
Clinical Commissioning Group

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Services for adults with care and support needs

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## Mental Health Drop Ins



1 in 4 people are affected with mental health issues . No one should struggle alone.

We provide weekly drop ins for adults with mental health issues .

Come along to our friendly groups for a cuppa and a chat. We have activities for those interested to join in.

Details of days and times and locations can be found by visiting our website **[www.listen-not-label.org](http://www.listen-not-label.org)**

or by giving us a call  
**01952 916109**

## Autism Drop Ins

Autism is a lifelong developmental disability that affects how a person communicates with and relates to other people. One in a hundred people have autism!

We provide weekly drop ins for adults pre or post diagnosis with this condition.

All our drop ins are very relaxed and provide the following types of activities.

- Table Tennis
- Snooker
- Nintendo Wii Games
- Board Games
- Bingo
- Arts & Crafts
- Music
- Quiz
- Word search

Guest Speakers from outside organisations

## How we can help

- Peer support sessions
- Person centred plans
- Diagnosis pathway support
- Signposting to other agencies
- Reduce social isolation
- Build social skills
- Build confidence

Details of all our activities can be found by visiting our website.

**[www.listen-not-label.org](http://www.listen-not-label.org)**

Or requesting a copy of our monthly newsletter just call  
**01952 916109**