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| **Charity** | **Location of delivery** | **Amount awarded** | **Project description** |
| **Autism Initiatives** | Scotland wide | £72,726 | They will run a National Remote Late Diagnosis programme (LDG) online and in-person. The eight session, neuro-affirming programme will cover a range topics:. In-person groups in various locations: Edinburgh, Scottish Borders, Tayside, Highland, West Lothian. |
| **Autism Understanding Scotland** | £30,000 | Aberdeen City; Aberdeenshire; Shetland | They will offer one to one appointment withs autistic autism practitioner (online, phone, or in-person) within 4 weeks. There will be a fortnightly online Lunch Club for autistic adults and monthly autism related webinars. There will also be a Late Diagnosis Group comprising 16 hour course developed in response to NHS Grampian Adult Autism Assessment Team forming. |
| **Cosgrove Care** | £28,702 | East Renfrewshire; Glasgow City; South Lanarkshire | An Autism Family Support Practitioner (AFSP) will provide direct support to families and autistic people to help them understand their autism, what help and support is available locally and their next steps in accessing support and assistance post diagnosis. They will coordinate weekly drop-in sessions that will focus on wellbeing and self-care, building skills, talents and confidence and will be focused on a variety of themes. A free helpline will be established. The AFSP will create resource materials for people to help them understand what it means to be autistic. |
| **Home-Start Caithness** | £29,180 | Highland | Support for autistic adults who are in the perinatal period (those experiencing pregnancy until the child is up to the age of three). They will provide specific support around pregnancy and birth including direct in-home support to autistic people and their families to survive and thrive the early years of a child's life. There will also be support for executive function strategies, self regulation skills and a robust clear information guide. |
| **Home-Start East Highland Ltd** | £29,208 | Highland | A peer and parenting support group. Services will be non-clinical and implemented through whole family approaches. Other services may not understand how best to support autistic adults with their babies often resulting in families being passed between services with no support in place. A family Support Worker will provide support through one-to-one visits, delivery of peer to peer led group support which will include PEEP, baby massage, Bookbug, bonding and community library visits, wellbeing walks. |
| **Hope for Autism** | £15,037 | North Lanarkshire | Post diagnostic support group around developing an understanding of autism and identity, practical life skills, learning to self-advocate etc. Support provided to whole family so carers/parents given training/advice and support sessions. |
| **Inspired Community Enterprise Trust Ltd** | £22,768 | Dumfries & Galloway | Monthly information support programme including input from organisations covering housing, transport, mental health, where and how to get further help if they needed it. Autistic People will be better informed about support and resources available to them and enabled to meaningfully access and engage with services, improving the wellbeing of autistic people, their families, and their supporters. |
| **Into Work** | £26,346 | Edinburgh City | Peer support group course for autistic adults seeking employment will be established. Running for eight sessions, the course aims to empower and educate to increase understanding and confidence about what it means to be autistic and navigating employment from job application to sustaining work while in work. Some 1:1 sessions will be available for course participants to check-in and allow conversations around specific areas. |
| **Lochaber Hope** | £18,000 | Highland | They will create a physical environment that is sensory safe, working with 'Dopamine Dolls' and 'SWAN'. There will be online workshops on Autism, ADHD and a Neurodivergent Group for Women and Non-Binary People. The aim is to create this group and provide robust training and support so that the women can own the group and run it themselves going forward, with the organisation’s support and supervision. |
| **Networking Key Service Limited** | £24,560 | Edinburgh City | Support for autistic experienced people and their families in South Asian communities, to help address issues arising out of low knowledge and understanding of autism using suitable methods of engagement that are culturally sensitive. They aim to reach out to grass root communities and bring them on board to participate in discussions around autism and cultural/religious barriers. |
| **Perth Autism Support** | £27,074 | Perth & Kinross | One to one support as required, fortnightly parent peer connect groups, online and face to face . Support for lived experience volunteering, to connect those who wish to speak with another autistic person about their experiences post diagnosis or with parenting an autistic child as an autistic adult. They will facilitate the involvement of autistic parents to have their voice heard through our networks within statutory services. |
| **Salvesen Mindroom Centre** | £20,231 | East Ayrshire; East Lothian; Midlothian; North Ayrshire; South Ayrshire | A personalised support service to young adults between the ages of 18-25. Where needed, they will also support the families and carers of autistic young adults. They will work intensively on a 1-1 basis for up to 6 months to develop their understanding of self and support requirements. |
| **Scottish Women's Autism Network (SWAN)** | £41,831 | Scotland wide | They will lead a programme of autistic-led support. There will be: a monthly pre-Diagnosis group:6 week post diagnostic courses; Wellbeing webinars; 1-2-1 support; short term counselling: accessible introductory video with FAQs and input from previous participants; Post-Diagnosis Handbook. |
| **SensationALL** | £20,650 | Aberdeen City; Aberdeenshire | A face-to-face adult support group with sessions led by specialist practitioners with informative discussions, experience sharing and peer networking to promote socialising, building friendships and positive experiences. Regular events and resource sharing to increase access to expert knowledge on Autism and other neurodiverse conditions. |
| **The Autism Network** | £18,140 | East Renfrewshire; Fife; Inverclyde; North Lanarkshire | Programme of post-diagnostic support to older autistic adults, weekly sessions over a 6 week period delivered either as face-to-face or on-line . This programme is aimed at autistic people who are over 50 years and potentially some in much later years of life. |
| **The National Autistic Society (in partnership with Autistic Knowledge Development)** | £60,233 | Scotland wide | They will create an autistic-led digital suite of six short films cover a variety of topics and will act as a positive, welcoming and easily accessible introduction to the world of autism support in Scotland. This digital offer will function both as a standalone product as well as a first step towards direct group delivery or other relevant services. The short films will also be available in audio-only and transcript formats. They will also run a series of six post diagnostic group sessions, delivered either in person or online to seven groups. |