

**Autistic
Minds**
LIVE | Cardiff



ShowGuide

LIVE | Cardiff 2024!

20th September **FREE**

Cardiff City Stadium Leckwith Road Cardiff CF118AZ

the **power** of potential

welcome!



Autistic Minds (registered charity (1143855)) is now in its 15th year of supporting and celebrating the autistic community and was founded by our CEO Nadine Honeybone in response to the lack of information on services available for autistic children and adults.

We are incredibly proud that **86% of our team of 42 charity staff are autistic**. We use our lived experience of autism to create powerful solutions & opportunities for the autistic community to build a better future for themselves

Our **vision** is a world where autistic adults have **equal access** to opportunities, support and services, and form an integral part of their communities.

Our **mission** is to **empower** and equip autistic adults to advocate for themselves, by improving access to support, education, employment and social opportunities so they can reach their full potential and build a more **independent life** for themselves.

Our charity delivers a range of support, services and ventures across Wales and the UK including:

Caerphilly Community Hub

Social Enterprises

Our HelpHub

The Employment Programme

Awareness Talk, Training & Consultancy

The Autism Directory

Independent Living Skills

In Work Support

and of course, our **LIVE Shows**



We're back!

Autistic Minds LIVE Shows are our annual free to attend events for the autism community, providing you with face to face access to the services, resources and provisions that are there to help autistics, families and professionals that support.

The capital of Wales hosts the flagship show in Cardiff City Stadium. Cardiff | LIVE welcomes over 70 exhibitors as well as 3000 registered visitors.

Organisations, support groups, business and services are exhibiting at our show today. As a charity we are about providing as much information about services and products that can help, and we offer generous discounts to make exhibiting accessible to all. Visitors can talk to exhibitors & attend the seminars and talks available throughout the day. Plus, there are opportunities for one to one meetings with organisations that provide specialist and bespoke support.

Whether you are autistic, a family member or a professional supporting the autism community, our LIVE shows are for you. Above all, we don't believe that charging the autism community to access the shows is just or right. Hence visitor tickets are free!

We hope you enjoy the day with us.

Gus Williams (Chair of Trustees) and Nadine Honeybone (CEO)

contents








speakers	4
exhibitors	10
show floor	14
design services	17
our enterprises	18

speakers 1

Chairmans Lounge







Sponsored by **Merlin Entertainments**



Time	Pix	Name	Bio
10.15		Nadine Honeybone (Welcome speech)	Welcome and show opening by Autistic Minds
10.45		Dimensions UK - Owen and Jordan Owen and Jordan's Experience: Don't Give Up and Never Stop Learning	We invite you to listen to two inspirational autistic men, supported by Dimensions, who have both had unique experiences in their journey to independence and supported living. They have both experienced their triumphs & tribulations in their lives, but both have gone on to achieve incredible things including marathons, employment and more.... Listen & see what young adulthood can look like and feel like to someone who is autistic, and remember, don't ever give up, and never stop learning.
11.15		Konrad Halabuda How to bring autism to the forefront	When Konrad found out his son, Hunter, had autism, his life shifted. However, with love, understanding and the support of people around him, the family have used their experiences to shine a light on how positivity and empathy can lead to incredible outcomes at home and in work.
11.45		Sophie and Jessica - THINKED! Now you see me: How to support service users that mask?	Join autistic CEO, Sophie Mason, as she shares the importance of understanding neurodivergent masking in supporting your service users and shares ThinkED!'s most effective key coaching tools which you can use to support service users, employees, or even yourself
BREAK 12.15			
12.45		Jordan James and Simon Scott - Podcast The Neurodivergent Experience	The Neurodivergent Experience is the weekly podcast dedicated to exploring the vast world of Autism, ADHD & Neurodivergence. Our experiences may overlap but no two stories are the same. In this podcast, we challenge the misconceptions & dive deep into our diverse experiences by sharing our personal stories with insightful conversations about living in the spectrum, alongside guest experts, advocates, & allies who are passionate about creating an inclusive & accepting world.
1.30		Dan Jones and Alex Watts Pathological Demand Avoidance (PDA)	In this talk, Dan and Alex from The Aspie World will be discussing the parts of life where adult PDA impacts your daily life from not only an autistic person's point of view but that of ADHD also. Covering the ups and downs.
2.15		Leanne Mathers Managing the Transition Process: Practical tips to aid a smooth transition	To think about what transitions might be like for individuals on the autism spectrum, highlight the importance of communication and look at practical and meaningful things you can do to support an individuals transition.

speakers 2







Captains Lounge

Time	Pix	Name	Bio
10.15		Caitlyn Sheldon My story - Caitlyn Sheldon - CVS Technical LTD.	Caitlyn, a 24-year-old autistic entrepreneur, started a business after feeling marginalised & overwhelmed in traditional jobs. Drawing on her troubleshooting skills & love for IT, she launched her repair and support business. CVS Technical LTD promotes inclusivity, welcoming neurodiversity & prioritises honest, straightforward customer interactions. Her efforts extend to advocating for autism acceptance in workplaces, supporting the LGBT community, and encouraging others to embrace diversity and see how valuable neurodiverse people are to the workplace.
10.45		Amber Okpa-Stother How to support neurodiversity in the workplace	The talk is about how to support neurodiversity in the work place . It gives tips and advice to employees about how to do this with people who are neurodiverse.
11.45		Stephen Ash Working alongside the NHS and the Senedd as a represented of Wales Mental Health and Wellbeing forum	My experience with mental health and Autism and how I used my skill's to help come up with the neurodiverse policy when I was apart of the Senedd advisory board and how you can work within the Health board to improve service for people with learning disability and mental health problems.
BREAK 12.15			
12.45		Patrick Samuel & Hakon X Visual Symphonia - Managing Autism, Synesthesia and Misophonia	Patrick and Hakon X have been at each other's side for over 20 years. In that time, they've recognised their neurodiversity as something that not only unites them and makes them allies, but also gives them unique abilities with which they face their challenges as partners, artists and performers as the dark rock duo Visual Symphonia. As a joint presentation, they'll be sharing how they've supported and enriched each other not just in their creative efforts, but daily lives as well.
1.30		Angela Kingdon Celebrating Autistic Culture: Our Contributions and Impact	Autistic Culture Podcast host, Angela, explores the rich & unique tapestry of autistic culture, highlighting significant contributions of autistic individuals from the invention of the first stone tools to advancements in technology & the arts. She will delve into the core values of autistic culture, such as deep thinking, pattern recognition, & commitment to justice & honesty. By celebrating these, Angela aims to break down stigmas, advocate for greater acceptance, & demonstrate how embracing neurodiversity enriches society. Angela highlights joy, resilience & creativity in our community, as the audience discovers the profound impact of autistic minds on our collective cultural heritage.
2.15		Jodie Clarke Stop the world I want to get off; an introduction to autistic burnout in children and young people	This talk will comprise of information and insight to aid recognition, recovery and prevention of autistic burnout in children and young people. This talk is being delivered ahead of Jodie's book with the same title, which is due to be released by Jessica Kingsley Publishers in Jan. 2025.

speakers

3

Fred Keenor Suite

Time	Pix	Name	Bio
10.45		Hannah Ensor Communicating about hidden disability	Communicating about disability in a way that is understood and accepted by those around us is not easy. Attempts to explain are often seen as complaining/being negative. Other times people over-react & only see limitations, believing that life with disability means constant tragedy. Actually what we want & need is to have people around us who understand the hidden challenges we face, can provide support when needed, & step back when it's not. Hear about some of the tips & tricks which have helped me address these issues through life with a hypermobility syndrome, postural orthostatic tachycardia syndrome, & undiagnosed neurodivergence of some kind.
11.15		Simone Buehner Functional Medicine for autism and natural ways to support	<p>What is Functional Nutrition?</p> <ul style="list-style-type: none"> · Overcoming common co-conditions with Personalized nutrition testing · Gut bacteria and its influence on autistic traits · Foods that Heal, foods that harm · Various diets to consider · Practical tips
11.45		Laurence Sharman Autism and Intimacy (or lack thereof). OVER 18's ONLY	One of the least talked about struggles, but the one I have faced with autism more than any other struggle, is the impact on my experience of sex and relationships due to struggling with social interactions. My talk aims to raise awareness of this.
BREAK 12.15			
12.45		Nicola Reekie I'm not too... I'm actually autistic	An inside view to help understand why your child does the things they do & sharing some of my experiences growing up in a world I didn't understand. I'll share how I never knew how to cope within groups. I would listen & pay attention in a small group at playtimes & social activities. I copied what everybody else was doing. This is why autistic girls get missed; because we sit, watch & copy. I got teased and bullied for copying everybody. By the time school was over, I was unable to communicate clearly & would slip into trauma response. I'm going to do a short intro about the limbic system and why I'm hosting Nanny Aut in The PDA Space. I find learning about how our brain works is very helpful for late identified autistics, helping us identify ourselves better.
1.30		Alex Swift Re-Defining Our Lives: Towards a Social Understanding of Neurodiversity	This presentation makes the point that how we define autism, shapes our understanding of the condition, as a society. The talk touches on and, strongly advocates for, the social model of disability, drawing on my personal experiences having assessments, & coming to understand & define the condition for myself. In the presentation I will conduct a thought experiment, describing "neuro-typical" traits in the same way you often see autistic traits presented in the media, to illustrate the importance of language in these discussions. The talk is will challenge preconceptions about autism & give a different perspective on how they think about disability!
2.15		Paul Griffiths Late Diagnosis in Adulthood	Diagnosis at 56 - the challenges faced, assessment process, working to strengths, visual mind and how can recite information such as every King and Queen of Britain since 757 - how this memory aid has transformed into four fellowships - masking in my roles as Associate Director/Head of Health and Safety, with plus and negatives of this - personal executive functioning issues such as self care, money etc - need for routine - change of attitude since diagnosis



Be all that you can be

We provide high quality day and residential specialist further education and training to young people with additional learning needs and disabilities

Our experienced team are passionate about delivering holistic high quality care and education, which enables students to develop independence and achieve excellent outcomes.

We offer:

- An individualised programme for each student which matches their aspirations
- A blend of education, care, independent living skill's development, experiential learning, travel training, skills matched work placements and training within the college and through accessing the wider community
- Personalised therapies and specialist support to enhance learning and development
- Residential placements with access to our state-of-the-art sensory learning spaces and two independent living training flats

Regulated and inspected by Care Inspectorate Wales (CIW) and Estyn, we are also a member of the National Association for Specialist Colleges (Natspec).



Contact us to find out more or to arrange a visit.

 bevancollege.org

 info@bevancollege.org

 01656 302 303



The National Neurodivergence Team

Who are we?

The National Neurodivergence Team (previously the National Autism Team) are funded by Welsh Government to help improve the lives of neurodivergent people and their families across Wales. We do this in a number of ways – through co-produced training and resources, practice sharing and promoting the needs of autistic people whenever possible.



Who do we work with?

We work collaboratively with the neurodivergent community. We work closely with our advisory groups of neurodivergent people to co-produce all projects and resources. We also work with professionals working in local authorities, health and the Third Sector, including the designated local authority autism leads and the seven Integrated Autism Services across Wales.

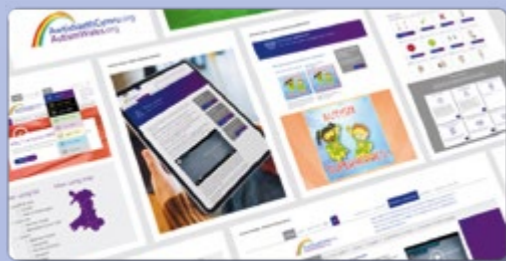


Some of our key resources include...

- A series of e-learning modules, including: 'Understanding Autism' and 'Understanding Effective Communication and Autism'.
- A whole-school approach education training programme called **Learning about Autism**, with resources for professionals and students in early years to further education settings.
- Employment resources for autistic people, including an employment resource booklet and work based learning training programme.
- Recordings of our **Community of Practice** event series, including videos on Autism and Gender, Autism and Disordered eating, Autism and Family Dynamics, Autism and Mental Health, ADHD, Tourettes, alexithymia, neurodiversity in the classroom and more.
- A digital case study series where we interview people from the autistic community.
- A Case Study Compendium of Best Practice, showcasing positive work happening across Wales.
- A podcast series on the **Code of Practice on the Delivery of Autism Services**, co-produced with Autistic UK.
- Advice sheets and advice videos on various topics for autistic adults, autistic children and parent/carers of autistic people.
- Training resources for those working in Health and Social Care, Emergency Services, CAMHS and more.
- Bespoke training packages and resources delivered to those working in DWP, CAF/CASS, Care Inspectorate Wales and more.

Want to find out more?

All resources can be found on our website:
autismwales.org



Contact us:

Email: autismwales@wlga.gov.uk
Phone: 07469 485 643

Follow us on social media:

Facebook: AutismWales
Twitter: @NDTeamWales



Y Tîm Niwrowahaniaeth Cenedlaethol

Pwy ydym ni?

Mae'r Tîm Niwrowahaniaeth Cenedlaethol yn cael ei ariannu gan Lywodraeth Cymru i helpu i wella bywydau pobl niwrowahanol a'u teuluoedd ledled Cymru. Rydym yn gwneud hyn mewn nifer o ffyrdd – drwy gydgyhyrchu hyfforddiant ac adnoddau, rhannu arferion a hyrwyddo anghenion pobl awtistig pryd bynnag y bo modd.



Gyda phwy rydyn ni'n gweithio?

Rydym yn gweithio ar y cyd â'r gymuned niwrowahanol. Rydym yn gweithio'n agos gyda'n grwpiau cynghori o bobl niwrowahanol i gydgyhyrchu'r holl brosiectau ac adnoddau. Rydym hefyd yn gweithio gyda gweithwyr proffesiynol sy'n gweithio mewn awdurdodau lleol, iechyd a'r Trydydd Sector, gan gynnwys yr arweinwyr awtistiaeth awdurdodau lleol dynodedig a'r saith Gwasanaeth Awtistiaeth Integredig ledled Cymru.



Mae rhai o'n hadnoddau allweddol yn cynnwys...

- Cyfres o fodiwlau e-ddysgu, gan gynnwys: 'Deall Awtistiaeth' a 'Awtistiaeth a Deall Sut i Gyfathrebu'n Effeithiol'.
- Rhaglen hyfforddiant addysg ymagwedd ysgol gyfan o'r enw **Dysgu am Awstistiaeth**, gydag adnoddau i weithwyr proffesiynol a myfyrwyr yn y blynyddoedd cynnar i leoliadau addysg bellach.
- Adnoddau cyflogaeth i bobl awtistig, gan gynnwys llyfryn adnoddau cyflogaeth a rhaglen hyfforddiant dysgu seiliedig ar waith.
- Recordiadau o'n cyfres digwyddiadau **Cymuned Ymarfer**, gan gynnwys fideos ar Awstistiaeth a Rhyw, Awstistiaeth a Bwyta di-drefn, Awstistiaeth a Deinameg Teuluol, Awstistiaeth ac Iechyd Meddwl a mwy.
- Cyfres o astudiaethau achos digidol lle rydyn ni'n cyfwrdd â phobl o'r gymuned awtistig.
- Crynodeb o Astudiaethau Achos o Arfer Gorau, sy'n arddangos gwaith cadarnhaol sy'n digwydd ledled Cymru.
- Cyfres podlediadau ar y **Cod Ymarfer ar Ddarparu Gwasanaethau Awstistiaeth**, wedi'i chynhyrchu ar y cyd ag Autistic UK.
- Tafenni cyngor a fideos cyngor ar bynciau amrywiol i oedolion awtistig, plant awtistig a rhieni/gofalwyr pobl awtistig.
- Adnoddau hyfforddi i'r rhai sy'n gweithio ym maes iechyd a Gofal Cymdeithasol, Gwasanaethau Brys, CAMHS a mwy.
- Pecynnau hyfforddi ac adnoddau pwrpasol a ddarperir i'r rhai sy'n gweithio yn yr Adran Gwaith a Phensiynau, CAF/CASS, Arolygiaeth Gofal Cymru a mwy.

Eisiau darganfod mwy?

Gellir dod o hyd i'r holl adnoddau ar ein gwefan:
awtistiaethcymru.org



Cysylltwch â ni:

E-bost: autismwales@wlga.gov.uk
ffôn: 07469 485 643

Dilynwch ni ar gyfryngau cymdeithasol:

Facebook: AutismWales
Twitter: @NDTeamWales



exhibitors



Ambition Prints Stand 18

Ambition Prints is a charity enterprise of Autistic Minds which provides employment opportunities to autistic adults. It produces a range of gifts & products for sale to domestic and business customers. The enterprise is managed & run by a talented artistic team of autistic staff and volunteers.



AP Cymru

At AP Cymru, we are proud that our charity provides a direct support service to neurodiverse children, young people, and their families before, during and after diagnosis. We offer a range of services, such as parent support and wellbeing check ins, family activities and parent/carer wellbeing sessions, and neurodiversity training. We actively campaign for more inclusive education and awareness of neurodiversity. Whether you are a business, individual or organisation, our Training services enable and empower everyone with the necessary tools and knowledge to remove societal barriers that may prevent neurodivergent people from flourishing and reaching their full potential.



ASD Rainbows

Established in 2017, ASD Rainbows is based in RCT and provides support to children with Autistic Spectrum Disorder and their families. We run a day nursery, playgroup and after-school clubs, specifically for children with ASD, and also provide bespoke support for individuals and families via our 1-to-1 sessions



Aspris Coleg South Wales

Aspris College is a specialist college for young people with Autism or associated conditions. We provide a safe and supportive environment for students through their academic and independence studies, including therapy input.



Autistic Minds

We are a registered charity providing a range of services for the autistic and autism community. We remain firm in our belief that everyone deserves the opportunity to create a better and more independent life for themselves, and with the right support and resources, this can be achieved. This is where most of our energy goes and what we strive to



Barefoot Medicine Ltd

Helping parents to improve the physical and mental health of their autistic children, and themselves, using personalized nutrition and lifestyle plans backed by functional medicine protocols in our 12-week Nourishing Neurodiversity programme.



Beechwood College

Beechwood College offers inspirational education for your adults with Autistic Spectrum Disorders. At Beechwood College we ensure students are supported to access transferable, meaningful learning opportunities in a way that takes account of their unique learning style and the impact their ASD has upon them. For more info visit www.beechwoodcollege.co.uk



Bevan College

Bevan College provides specialist post-16 residential and day education programmes for young people with additional learning needs and disabilities. We are based in the heart of south Wales.



British Transport Police

Our mission is to help the millions of people who use the railways of England, Wales & Scotland get home safely & on time. We police Britain's railways, providing a service to rail operators, their staff and passengers across the country.



Cardiff Council Disability Benefit Support Team

Our Disability Benefit Support Team offers specialised support regarding Disability Benefits. We provide specialist advice and assistance with completing claim forms, Mandatory Reconsiderations, and Appeals, and where appropriate provide representation at Tribunal hearings. For further information, email disabilitybenefitsupport@cardiff.gov.uk or call our Advice Line on 02920 871 071.



Careers Wales / Working Wales

Careers Wales is Wales' all-age free and impartial careers advice and guidance service. It is funded by the Welsh Government
Working Wales is Careers Wales', aged 16+ service to support adults to overcome any barriers into finding employment.



Carers Wales

Carers Wales, part of Carers UK, is the only membership charity for carers. Every year 121,000 people become carers in Wales and we provide information and support, and campaign alongside carers to make life better for carers. For information and resources visit www.carerswales.org, call 02920 811370, or email: info@carerswales.org.



Crossroads Educational Consultants

Crossroads' vision is to make home education accessible across the UK, providing families with the resources and guidance to pursue alternative education pathways with confidence. info@crossroadseducationalconsultants.co.uk



Day Visual Daily Planner

Day is an image orientated Visual Daily Planner App that has been designed to support and assist Autistic, ADHD, Neurodiverse individuals and visual communicators. Day uses the EMOJI library and digital TIME to help you plan YOUR day! It has proven to be a reliable, safe, user-friendly planning tool that is entirely user led. NO timers, NO reminders, No interruptions.



Dimensions UK

In 1976, armed with a single phone in a rented office, Dimensions began supporting people out of institutions, helping them lead ordinary lives in their local communities.



Ditto Dimensions

We are an independent business that offers a wide range of affordable, high-quality products. We design and produce our items using 3D printers and recyclable, sustainable materials. Our product range includes fantastic fidget toys that provide the perfect remedy for restless fingers, offering a calming effect to help park your worries.



Dr Bakes

Baking Therapy for autistic children. I am a GP with a specialist interest in Paediatric Neurodevelopment. Using baking as a medium, I provide a comprehensive medical assessment & management plan, specific to your individual family situation. Please get in touch for a FREE initial consultation to see if I can help in any way.



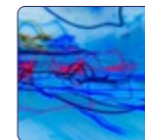
DWP Job Centre Plus

Jobcentre Disability Employment Advisors are here to give advice and answer questions about the Access to Work and The Disability Confident Schemes and also to discuss the support that is available in your local JobCentre.



Elidyr Communities Trust

Elidyr Communities Trust. A residential specialist college of further education and training, we provide inclusive environments and specialist support for young adults with autism and learning difficulties. Our mission is to enable young people to develop their knowledge and skills to reach their full potential. www.elidyrct.ac.uk



Euan Balman Artist

Euan Balman is 20 years old and lives with autism. He is known as 'Bug'. For most of his life people around him haven't understood him, the world he lives in or the impact autism has on him. Bug is a photographer/ digital artist based in Llantrisant, South Wales (UK).



GlowInTheDarkSharks

We offer a variation of fidget toys that are all unique and handmade, most are tactile, while others are more visual. We also have other products too. Our products have been designed and made by an Autistic and ADHD young adult.



Green Valley Workshop

Green Valley Workshop is a charity enterprise of Autistic Minds which provides employment opportunities to autistic adults. It produces a range of wooden garden products for sale to both domestic & business customers. The enterprise is managed and run by a talented team of autistic staff and volunteers.



Helping Kids Shine

At Helping Kids Shine we support kids and empower families. We work with families to help identify their young person's strengths & participation challenges whilst supporting them to develop their skills, whilst embracing their uniqueness. We specialise in sensory integration & processing. For further information visit www.helpingkidsshine.co.uk or email hello@helpingkidsshine.co.uk.



Innovate Trust

Innovate Trust's Skills and Wellbeing department offers activities and training opportunities for adults with Learning Disabilities and other additional needs. For more information call the team on 02920 382 151.



Llais Cymru

Llais is your voice in health and social care in Wales. We collect feedback about health and social care services, to drive change in Wales. We also offer a free, independent complaints Advocacy service.



Mental Health and Wellbeing Show

The Mental Health & Wellbeing Show is an inspiring live show in Cardiff City Stadium on 16th May 2025, featuring over 40 expert seminar speakers and 100 exhibitors coming to Wales for a packed day focused on improving mental health! Website: www.mhwshow.co.uk Email: admin@mhwshow.co.uk Phone: 02922 400382



Michelle Chick Artist

A Penarth born artist & designer. Specialising in watercolours, acrylics, designers gouache, oils, pencil & pastel. Family Portraits, Pet Portraits, Landscapes and illustrations, murals, props & graphic design. Exhibition history: Turner House, Coffee 1, Foxy's Deli, Autistic Minds LIVE, Cliff Walk, The Senedd, Noweigen Church, Art Around The Bay, Penarth Seafront.



National Neurodivergence Team

The National Neurodivergence Team (previously the National Autism Team) are funded by Welsh Government to help improve the lives of neurodivergent people and their families across Wales. They do this in a number of ways – through co-produced training and resources, practice sharing and promoting the needs of neurodivergent people whenever possible. The team are hosted by the WLGa in partnership with Public Health Wales and work with a range of partners, including the neurodivergent community, the public sector and the 3rd sector. The team are also supporting the Welsh Government in the implementation of the Code of Practice on the Delivery of Autism Services.



National Star College

At National Star, we're driven by our vision for a world in which people with disabilities are able to realise their potential as equal and active citizens in control of their lives. This sits at the heart of everything we do from the personalised and world-class learning we provide.



Neath Port Talbot Autism Hub

My name is Erin and I am an autistic adult living in Neath Port-Talbot. Since my diagnosis in 2016, I've felt that there have been a lack of services that I would have benefited from, and I'm sure that I'm not alone in feeling this way. Due to this, in August 2022 I decided to create the services that I would like to see myself. We currently aim to provide peer support, information, advice and social connections for people aged 16+ who identify as autistic and their families/carers. We want to support those going through transition, older autistic adults, and everyone in-between.



'On Broadway' Dance Fitness

Do you love show tunes, dancing, and all things jazz hands? At 'On Broadway'® Dance Fitness we teach a musical-inspired routine over a four-week period - chance to build confidence, have fun and enjoy fitness in disguise! (Classes are for women).



Pastel Babaii

Kawaii Art and Fashion by AuDHD Creator. If you know of any opportunity that would be of interest, want to collaborate or for further information, please get in touch by email or WhatsApp: pastelbabaii.business@gmail.com / 07874163034



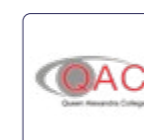
Peggys Pots

Peggys Pots is Cardiff's only pottery painting business! You can come and visit us in our central Cardiff location, book us for autistic friendly parties (kids or grown ups) or purchase take-away kits to paint your own pottery at home. We've got something for everyone. Our mission in life is to get everyone of all abilities and needs having fun and expressing themselves through pottery painting and making lovely, sentimental pieces to use and cherish forever.



Platform

Platform's Out of Work and Pathways to Work services work with people in Gwent and Cardiff who are experiencing mental health challenges. We uncover their strengths, restore their connections and confidence so they can access work-based opportunities



Queen Alexandra College

QAC is a national residential College and charity that supports a diverse range of student abilities and needs aged 16 and above. We offer an innovative, holistic approach to learning and support. Class sizes are small and support levels high. Our Curriculum is designed to maximise life chances, develop independence and work skills.

exhibitors

the Autism Directory



Resin Rat
Resin Rat is the latest charity enterprise of Autistic Minds which provides employment opportunities to autistic adults. It produces a range of 3D products for sale. The enterprise is managed and run by a talented team of autistic staff and volunteers.



RSPB Cymru
The RSPB is the country's largest conservation charity, inspiring everyone to give nature a home. By working together, we aim to keep birds and wildlife from further decline, so that we and future generations can see them thrive again.



Ruskin Mill Trust
Ruskin Mill Trust is a long-standing registered charity. For over 35 years we have provided a unique research-led approach to education and care for children, young people and adults across England, Wales and Scotland. enquiries@rmt.org www.rmt.org Tel 01453 837502 Admissions tel 03300552653



Smartbox
Smartbox creates assistive technology to help children and adults with disabilities communicate and live more independently. Our products include a combination of specialist hardware, software and content which are used by people around the world.



South Wales Police
South Wales Police: Keep Safe Cymru Scheme. Pick up a leaflet to register friends / family with a communication difficulty. Come along and speak to colleagues regarding employment opportunities.



Sustainability
A partnership between ELITE Supported Employment Agency, Autistic Minds and Innovate Trust, looking to support young disabled people to pursue their employment ambitions in green careers, with the National Lottery Community Fund. Our first step is consultation with the community to understand the needs and challenges faced within this community.



Tarian Cyber Crime Unit
Cyber choices aims to deter/divert young people away from following a pathway into cybercrime. We offer advice/education/engagement with youths or parent/carers/teachers etc on how to stay safe and legal online RCCUEngagementTeam@south-wales.police.u



The Autism Directory
This was the first service of the charity that started in our CEO's kitchen in 2010. The aim was to help other families & individuals find the help they need. It started out as a resource for the community in South Wales & has now become world-wide. It is the biggest niche directory in the UK & the 2nd largest autism-specific directory in the world (for now!). The directory has grown over the past 14 years to over 36,000 listings with a small part-time autistic team.



The Autism Support Service
The Autism Support Service was set up in 2019 to provide in-work employment support for autistic adults at their place of work. The service has grown & now supports over 40 adults across a number of organisations. Come & find out how we can support you at work with no cost to you or your employer.



The Index & Families First Advice Line (Vale of Glamorgan)
Information, Advice and Assistance for families of children with disabilities or additional needs in the Vale of Glamorgan. Connecting families to services, activities and support. Contact: The Index 0800 587 1014 The Families First Advice Line 08000327322



The Neurodivergent Experience
The Autistic Photographer, Jordan James, & Simon Scott, The Neurodivergent Experience is the weekly podcast dedicated to exploring the vast world of Autism, ADHD & Neurodivergence. Through this podcast, we challenge the misconceptions & dive deep into our diverse experiences by sharing our personal stories with insightful conversations about living in the spectrum, alongside guest experts, advocates, & allies who are passionate about creating an inclusive & accepting world.



The PDA Space
The PDA Space is an educational resource for professionals to learn more about neurodivergence, more specifically Autism, PDA, Tourette's & ADHD. We aim to be fully inclusive & are passionate about providing CPD opportunities to professionals with access to up to date research & materials that enhance the lives of neurodivergent individuals.



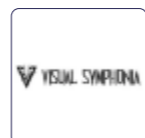
Thinkedi
ThinkEDI provides inclusion and diversity services, including the FREE web application for exploring and requesting reasonable adjustments. ThinkEDI services include acclaimed neurodiversity coaching and organisational development training for optimal workplace cultures www.thinkedi.co.uk



Thrive Cardiff (Reg charity No 1168563)
Supporting children & young people with disabilities, their families/carers & siblings. Thrive subsidise and facilitate a range of leisure activities and thus create a support network for parents & carers.



TLC Wales Fostering
TLC Wales Fostering provide short-term, long-term, respite & palliative family placements for children and young people with a range of disabilities and complex needs, including autistic spectrum disorders, hearing and visual impairments, physical disabilities, genetic disorders and life limiting conditions. Call 01269 846371 for more information



Visual Symphonia
Patrick & Hakon X have been at each other's side for over 20 years. In that time, they've recognised their neurodiversity as something that not only unites them & makes them allies, but also gives them unique abilities with which they face their challenges as partners, artists & performers as the dark rock duo Visual Symphonia. As a joint presentation, they'll be sharing how they've supported & enriched each other not just in their creative efforts, but daily lives as well.



Wales Mental Health and Wellbeing Forum
The Forum are a group of people with lived and living experience of mental health issues and their friends and families, made up of a range of diverse communities across Wales. To find out about joining us contact: mhforum@practicesolutions-ltd.co.uk



Welsh Ambulance Service
National Ambulance Service for Wales



The largest online directory of services + businesses for people on the autism spectrum in the UK

We are a grassroots charity that started in our CEO's kitchen in 2010. The aim was to help other families and individuals find the help they need.

It started out as a resource for the community in South Wales and has now become **world-wide**. It is the **biggest** niche directory in the UK and the **2nd largest** autism-specific directory **in the world** - for now! The directory has grown over the past 14 years to over **36,000** with a small part-time team, the members of which are all autistic.

As well as over **36,000 listings** from the UK and other countries, the directory has more than **200** articles all with the authors' permission AND we have **600** active events, this is more than an event per day on average and there is at least one event every week. The directory is **updated** and quality checked **daily**, providing new resources and information all the time.

The directory is categorised for finding resources that specifically support the **autistic community**:

Join Us!

We help over **4,500** visitors every month to find the help they need!

It's **easy** to join the directory. We have both free and paid-for listing options available for your organisation, group or business.

Free listings allow you to put yourself on the directory with a summary description and contact details

Paid-For listings give you the ability to add **much more** information on a webpage of your own, linking to your socials, use of video and a photo gallery.

Banner Adverts also available for greater **exposure**

With over 4,500 visits a month, being on the directory is a great way for the autism community to find you.

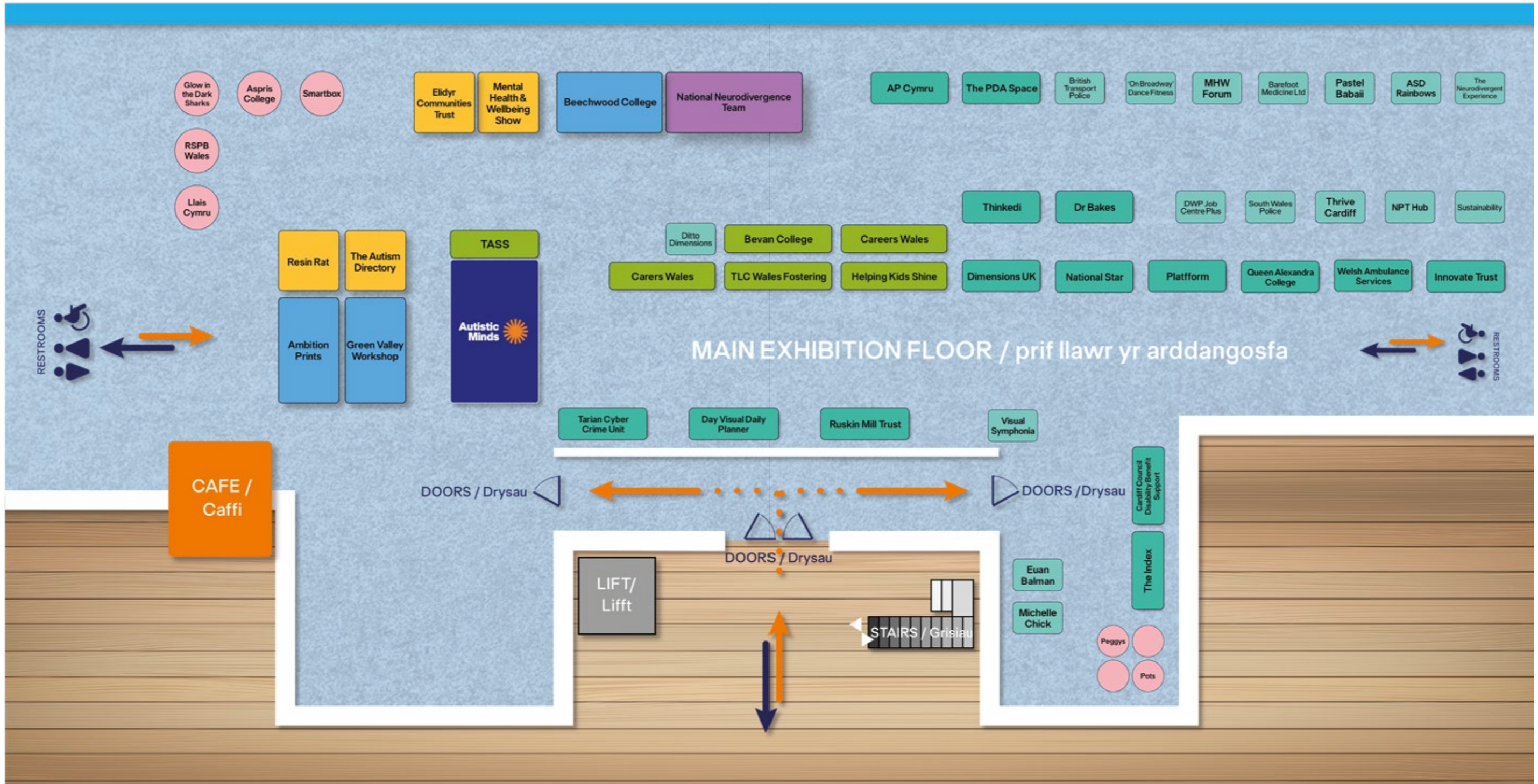
<https://www.theautismdirectory.com/advertise>

All customer questions will be answered by a team leader as soon as possible and personally.

Contact us at Support@theautismdirectory.com

Sign up today - It's quick and simple!

show floor



Looking for a college placement for a student with ASC?



Offering inspirational education for young adults with Autistic Spectrum Conditions between the ages of 18 and 25, Beechwood College in South Wales is currently accepting enquiries for new student placement assessments.

Regardless of ability, we believe every student leaves Beechwood College with greater confidence having acquired a range of skills which allow them to transition successfully into the wider community.

👉 A fantastically caring, happy College. 👈

Creating confidence and self-esteem

Our multidisciplinary team of education specialists, therapists and care staff ensure our students are supported to access meaningful learning opportunities in a way that takes account of their unique learning style and the impact their ASC has upon them.



To find out more about Beechwood College go to our website www.beechwoodcollege.co.uk. Or you can contact our Admissions Coordinator by phoning **029 2053 2210** or emailing referrals@beechwoodcollege.co.uk.



Looking for a rewarding new career?

Beechwood College is expanding its teams and we are currently recruiting for LSAs, Support Workers and Managers. To find out more visit: www.iriscaregroup.co.uk/careers

We are looking forward to seeing you In the support space table 16. Come and say hello - we'd love to meet you and you will be entered into our prize draw!

Nicola will be speaking in SEMINAR ROOM 3 (Fred Keenor Suite) from 12.45 to 1.30pm about her experiences as a child, not knowing she was autistic and often referred to as 100 much . . ?

Supporting Professionals and Families with all Aspects of Neurodivergence.

You are one step away from exclusive content

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Scan the code now

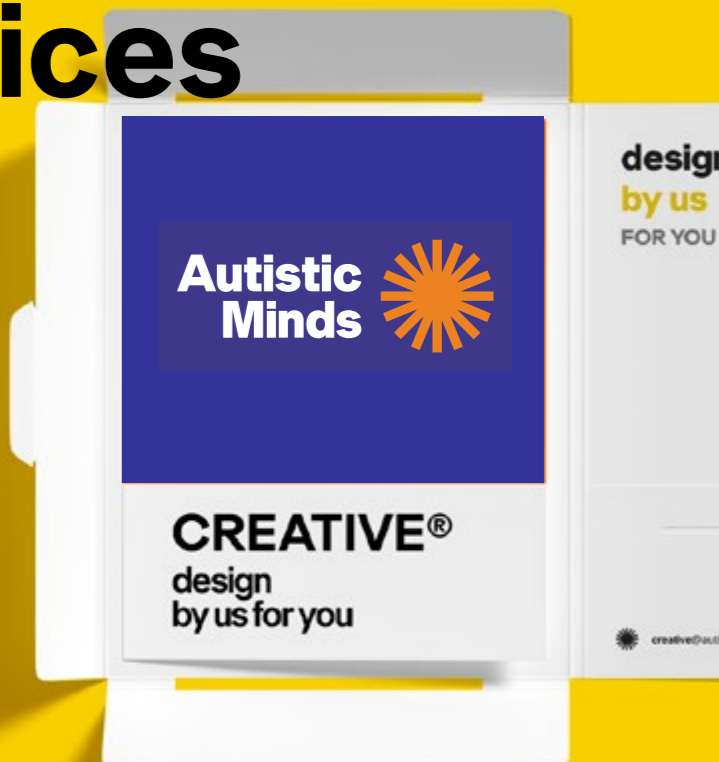
design services

Our Creative team provides commercial design services at competitive rates to organisations so that they can communicate with their audiences via beautiful graphics, video and online content.

An example is the autistic guide to Cardiff's St Davids Shopping Centre to support autistic customers to have a more positive experience when shopping there.

In fact all of the audio visual and promotional material you see from us is designed in-house by our Creative team.

From branding, corporate stationary, leaflets, brochures and posters to exhibition banners, displays, video and animation **talk to us** about your promotional needs.



our enterprises

We're proud to have a range of charity enterprises powered by Autistic Minds which provide skills training and employment opportunities for autistic adults that have found it difficult to find employment elsewhere. They are:

Green Valley Workshop



Green Valley Workshop is an Autistic Minds Enterprise that aims to repurpose waste materials and create products that helps us sustain employment for over 10 neurodiverse individuals.

We have a wide range of products that keeps growing as we develop the abilities and skills of our workforce including: Birdboxes, Hedgehog Homes, Wood Burner Briquettes, Planters, Refuse Stations, Animal Bedding, Mulch, Lasered Plaques, Scent Bags and Tooth Fairy Bags

We believe we grow as individuals, crafts people and communities through learning and making together.

Contact:
GreenValleyWorkshop@AutisticMinds.org.uk
or Scan the linktree code.

Ambition Prints

Is a social, creative enterprise which provides voluntary and employment opportunities to autistic adults managed and run by a talented autistic team.

It provides a range of personalised gifts and products all designed by our autistic art team of autistic staff and volunteers.

Ambition Prints is a reliable and dedicated sales service to both domestic and business customers while offering opportunities for work-based learning and training.

Our product range currently includes mugs, badges, tote bags, t-shirts, greetings cards and mouse mats. These products are available to purchase directly from our Etsy page or in person at our Charity Shop, based in the Autistic Minds Caerphilly Community Hub.



Get social with us! You can share, like and follow us on our social media pages to view new content, products, giveaways, Q&As, photos, videos and behind the scenes insights.

Resin Rat



Resin Rat is a new, 3D printing social enterprise from Autistic Minds.

Our goal is to empower people on the autistic spectrum by providing training and skills through creativity, 3D modeling and design.

We make and sell fine detail 3D models for tabletop and roleplaying games with our resin and FDM technology. Our profits go towards supporting the charity to achieve its goals of helping and improving the lives of neurodivergent people.



Contact:
resinrat@autisticminds.org.uk
or Scan the linktree code.

Safe Shred Wales

Safe Shred Wales is a social enterprise which provides voluntary and employment opportunities to autistic adults.

We provide a secure and accredited shredding service for paper and confidential waste alike.

As a by-product of the shredding part of the enterprise, we use the shredded material to provide a range of eco-friendly products, all of which were originated by the team.

These products include briquettes for barbecues or wood-burning stoves, animal bedding, eco-friendly seed-potting, and dehydrated blocks for use in the creation of small-scale model landscapes, such as model railways.



At Safe Shred Wales we believe in providing a reliable, friendly and dedicated sales service to both personal and commercial clients alike. Our enterprise is led, managed and run by a talented team of autistic staff and volunteers while also offering opportunities for work-based learning and upskilling in a safe and collaborative environment, as well as enhancing the team's current skills.


To find out more Scan the linktree code.


Autistic Minds

the power of potential



 www.autisticminds.org.uk/

 +44 (0) 01443 844764

 hello@autisticminds.org.uk

 Unit 21, Business Development Centre
Treforest | Pontypridd | Wales | CF37 5UR

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 www.pinterest.co.uk/AutisticMindsUK

registered charity no. 1143855