

Values

- ▶ Diversity
- ▶ Equality
- ▶ Trust & Honesty
- ▶ Openness
- ▶ Shared Experience
- ▶ Not being judged
- ▶ Having fun

GO gave me the opportunity to get back into paid employment after a period of ill health

I have met new friends, gained confidence and have a sense of purpose through my volunteering

GO

Funded by:

The R S MacDonald Charitable Trust
The William Grant Foundation

Grampian Opportunities aims to open up learning, volunteering and employment opportunities for people with disabilities, mental health and long term conditions.

Our Services

- ▶ Providing Information
- ▶ Learning Programmes
- ▶ Volunteering Opportunities
- ▶ Employability Programmes
- ▶ Wellbeing Activities
- ▶ Voices for Change
- ▶ Peer Support & Mentoring

GO

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Listening to,
Respecting &
Understanding
Autism

If you have autism and live in Aberdeen City or Aberdeenshire

- ✔ Want to live well with autism?
- ✔ Want to manage and understand your condition?
- ✔ Want to feel respected, listened to and understood?
- ✔ Want to be more included in your community?



Be part of our new autism project and live well with autism

Join our themed discussion groups to talk about the autism issues important to people with autism:

- ✔ Sensory Processing
- ✔ Motor Processing
- ✔ Social Communication
- ✔ Anxiety
- ✔ Cognitive Processing

Increase awareness on:

- ✔ Why things affect you and create your own profile which helps to explain this to others

Work with others with autism, ask questions, get answers and information from an experienced autism presenter / facilitator.

Give autism a voice today and you can help.....

- ✔ Raise autism awareness in your community
- ✔ Promote good autism practice and services
- ✔ Develop quality autism information materials
- ✔ Improve professionals' autism knowledge

