

# Autism post-diagnostic support

## By autistic, for autistic adults



*"I think it is that we are welcomed to turn up in the way that suits us best, that we are welcomed to give feedback and share as much or as little as we want, no cutting people off or telling them they are wrong to be the way they are. A safe and accepting place to be autistic."*

### Enrolment open to:

- Derbyshire autistic residents
- Diagnosed or self-identified
- adults 18+ (no upper age limit).

### Full info & REGISTER :

<https://bit.ly/3Y889Gz>

or scan below



**Funded by the NHS,  
delivered by autistic  
professionals and volunteers,  
peer-support**

### Starting in May 2025

A choice of 1:1 and group programmes

### Welcome, support and orientation

email: [marta.walkowski@ndsa.uk](mailto:marta.walkowski@ndsa.uk)

### Pathway Mentoring Programme

- 20 1:1 online mentoring sessions
- Online course
- A support group of autistic people

### ANC coaching

- Six 1:1 sessions on specific issues

### Wellbeing Whizz

- Up to two 1:1 support sessions

### i-Autistic support and learning group

- 6 sessions of exploring and discussing

**Local online and face to face** monthly  
drop-in social and information groups



# i-Autistic support and learning group

## a cycle of 6 group sessions



*"This has been ridiculously helpful."*

### Practical, Actionable Strategies:

We will introduce you to real-world, hands-on strategies that can be immediately applied in everyday situations. You will gain tools that can help improve well-being and enhance social and environmental links.

**When:** Every Thursday at 1 pm  
(or Tuesdays at 7 pm)

**SCAN or REGISTER :**  
<https://reg.ndsa.uk/>

Join us for a 6-week support group for autistic individuals, their families, and support networks.

This group is facilitated by autistic professionals with lived experience, offering expert insights into autism and practical strategies for thriving, better health and wellbeing.

### Why Attend ?

- The meetings programme covers a wide variety of topics, including:
- Neurodiversity and autistic people's rights
- Autism theories and communication strategies
- Sensory sensitivities, meltdowns, and burnout
- Wellbeing and mental health management tools
- Strengths-based approaches and resilience building
- Social prescribing and transition planning



# Pathway

## Peer Mentoring for Autistic Adults Derbyshire



*"They understood everything that we were struggling with and so they were able to help in the correct way"*

*'More connection and u feel completely understood ... more yourself'*

*Pathway mentees*

### INFORMATION MEETINGS

**Wednesday 11 June at 6 pm and  
Monday 16th June at 6pm  
on Zoom**

**<https://bit.ly/42FxAAV>**

Please register on this link or scan the below code to receive the link.



## By autistic, for autistic

### Starting in June 2025

**Pathway** is a peer mentoring programme centred around you, designed to help you process your diagnosis, achieve **your goals**, and significantly improve **your wellbeing, confidence, and sense of empowerment**.

Based on leading research it is transformative!

### Full info & REGISTER here:

**<https://bit.ly/42FxAAV>**

### Pathway Programme:

- 20 one-to-one online, 1 hour long mentoring sessions
- Online peer mentoring course
- A support group of autistic people
- Completely FREE

### Enrolment open to:

- Diagnosed and self-identified autistic adults 18+ (no upper age limit).

# Pathway for Post Diagnosis Peer Support

- Recently diagnosed or self-identified as autistic?
- Need guidance processing this or working towards your goals?

**Take a step towards better wellbeing and confidence! [Enrol](#) into our Pathway mentoring programme today!**

Pathway supports newly diagnosed individuals to process and embrace their diagnosis. It is based upon a study by renowned autistic researcher, Dr Damian Milton.

***"It is vital that a programme such as this is led by the people it seeks to support. By autistic people, for autistic people ..."***

***It also meant that the diversity of autistic people was emphasised, alongside the strengths we may have. Having an autistic mentor meant that my experiences felt validated- able to empathise with each other's experiences, ways of thinking, and for my mentor to explore possible strategies with my way of doing things in mind."***

**Enrol:** <https://bit.ly/42FxAAB> or scan the QR code

***"The programme content has been so great, and it really feels like an amazing space because (a) everyone understands (and I'd gone my whole life thinking no one could understand me), (b) I was \*so\* inspired, right from the start, by Marie & Co for setting it all up (seeing what amazing autistic individuals on a forum can do working together dispelled any feelings I was useless or broken or ineffective - we can be powerful), but ALSO by the other people in the group - I identified with them, saw how they were ND and really liked them for it (I could NEVER like myself before I knew I was ND) - just the first information session was a great start for a positive autistic ID! NDSA has made such an amazing difference to my life in such a short time. I really mean it. The discussions are so good too - there's a real hive mind thing going on. People saying things you thought were only ever in your head."***

- Explore your diagnosis
- Grow your **skills and confidence**
- Join the supportive autistic community





# Autism and Neurodiversity Coaching

## up to six 1:1 coaching sessions



*"Ben is a great coach. He has an excellent understanding of neurodiversity and autism, and I gained a lot from my coaching sessions with him. [...] As someone who, at the time, was fairly recently diagnosed with ASC and trying to come to terms with my diagnosis, Ben's support was really invaluable."*

**SCAN or REGISTER :**  
<https://reg.ndsa.uk/>

A service aimed at individuals who would benefit from short term coaching on specific topics, especially Autism & ADHD.

**Also available for:**

- **Dyspraxia**
- **OCD**
- **Anxiety**
- **Entrepreneurs & creatives**
- **Those who have had issues in workplaces such as office environments**
- **Those involved in sports**
- **Identifying strengths**
- **Coping mechanisms**
- **Executive functioning**
- **Life skills/hacks**
- **Social skills**

This is not an exhaustive list, our aim is to provide you with the best support possible. Delivered by a qualified Autism Practitioner with lived experience of Autism, ADHD, Dyspraxia, OCD & Anxiety



# Wellbeing Whizz

## up to two 1:1 coaching sessions



### One-to-one wellbeing sessions for autistic adults

Wellbeing support that works around you with no long-term commitment.

Abby offers one-to-one wellbeing sessions for autistic adults.

This includes an initial appointment and a follow up. These calm and supportive sessions offer space to process your diagnosis or any other aspect of your wellbeing, ask questions, and take empowering steps forward.

Abby works in a neuroaffirming, strengths-based way—helping you feel heard, understood, and supported to take steps toward a more balanced and empowered life.

*"It was exactly what I needed and you have given me food for thought. It was great to be vulnerable with you and share the limiting beliefs that have been stopping me from growing my business. Thank you for being so easy to open up to and I can't wait for our next check-in."*

**SCAN or REGISTER at :**  
<https://reg.ndsa.uk/>



# Local face-to-face social group support and information



**An autism-friendly space to connect, relax and feel supported**

**This group is facilitated by autistic professionals with lived experience, offering expert insights into autism and practical strategies for thriving, better health and wellbeing.**

Visit our web page for specifics:

<https://bit.ly/3Y889Gz>



## What does it involve?

- Meet other autistic people
- Learn more about autism and being autistic
- Socialise and have a laugh
- Play board games
- Have a discussion about practical autism thriving strategies
- Feel accepted and supported by the autistic community

## Locations:

Derby, Belper, Chesterfield, Matlock, Long Eaton, Swadlincote, also online

**SCAN or REGISTER :**  
<https://reg.ndsa.uk/>



# Derbyshire autism post-diagnostic support

Scan to learn more:

Contact:

Email:

[marta.walkowski@ndsa.uk](mailto:marta.walkowski@ndsa.uk)

Tel: 07907176827

