



## Walsall Befriending Pathway of Support

### Information about our groups

Updated January 2024

#### 2:1 Activity sessions

You will be allocated a volunteer and sessional worker to support you to access Walsall local community.

You will have one session per month which can last up to 3 hours per session.

This activity will be something that you want to do.

You can access this service for **3 months**.

Once you have finished this support, you can then access our New Starters Group or Core group.

#### New Starter Group

In this group you will meet up once per month at our base at Walsall Hub.

The sessions will include wellbeing activities and autism related topics.

This is a small group of up to four group members and is supported by two staff members.

You will access this group for **3 months**.

Once you have finished this support, you can then access our Core group.

## Core Group

This group is a bigger group compared to the New Starters group.

This group will be supported by two staff members and volunteers.

You will have one session per month based at Walsall Disability Hub. During some months there will be additional sessions that you are welcome to attend.

During these sessions, we will either play games together, discuss autism related topics, learn more about independent living topics, and plan for your trip for the following month together.

Once every two months there will be a group trip to an attraction in the West Midlands area together.

You can access this service for **5 months**.

Once you have finished accessing support in this group, you can then transition to our Move Forward group which is the last group in our pathway.

## Move Forward Group

In this group we will be supporting you to transition onto accessing other organisations and social groups within the local area.

You will have two sessions per month.

During the group sessions we will visit local social groups together, autism friendly cafés, we will also connect with and signpost you with a variety of organisations that can support you with volunteering opportunities and employment talks/ opportunities (if that's something you would like)

You can access this service for **2 months**.

Once you have finished accessing support in this group, you will no longer receive support from our Walsall Befriending Service.

We will arrange a 1:1 appointment with you in the last month and give you a signposting booklet which contains information about a variety of organisations in Walsall for you to contact for further support.

## **Walsall Evening Discussing Group**

In this group we meet on the evening and discuss a variety of topics that relate to autism. We share our own experiences and share coping strategies that might help you with any challenges that you are experiencing.

You will have one session per month on the third Wednesday of each month.

This session will be at Walsall Disability Hub on the evening from 5:45pm- 7:15pm.

Refreshments like tea, coffee and biscuits will be provided.

There will also be handouts for you to take home with you.

**If we have a waiting list for this group, then we will need to review how long you will be accessing this group for.**

## **Parent/Carers Coffee Group**

This group is for Parents/Carers of group members that attend one of our Walsall Befriending groups.

In this group we discuss a variety of topics that relate to autism. Parents/Carers share theirs and their children's experiences with the group and share coping strategies with each other. This is a very welcoming and supportive group. We also have guest speakers that attend our group.

This group meets once per month on the first Friday of each month at Walsall Disability Hub at 1:30pm-3pm.

Refreshments like tea, coffee and biscuits will be provided.

There will also be handouts and resources provided to take home.

**If we have a waiting list for this group, then we will need to review how long you will be accessing this group for.**

## **Walsall Online Monthly Group**

We have an online group that meet on the last Friday of each month. 1:30pm- 3pm via Microsoft Teams.

During this group session we do a themed online quiz together or watch a film together via You Tube.

Group members from all our befriending groups have access to this online group. People that are waiting on our waiting list also have access to our monthly online sessions.

**You can access this online group whilst you are attending any of our befriending groups or if you are on our waiting list waiting to attend our groups.**

**Please let me know if you would like to be added to our online group list.**