

# Autism and ADHD support services

## Westminster HHCP - updated March 2026

This document aims to provide staff and service users with information on the autism and ADHD support services available in Westminster. You can download this at: [www.groundswell.org.uk/westminster-hhcp/health-directories](http://www.groundswell.org.uk/westminster-hhcp/health-directories).

Service	Details	Contact details/referral details
<b>Dynamic Support Register (DSR)</b>	<p>North West London NHS <b>Dynamic Support Register (DSR)</b> is available to work with clients who may need extra support. They could be refusing mental health support and be in and out of the criminal justice system.</p> <p>Criteria to refer to the DSR:</p> <ul style="list-style-type: none"> <li>• Need to have consent from the client</li> <li>• There is a risk of the client attending inpatient mental health</li> <li>• Doesn't need to have a diagnosis of autism, but staff referring need to explain why they think they require extra support</li> <li>• There needs to be a lead member of staff to attend monthly meetings to discuss the client</li> </ul>	<p>Contact Dianne Buchanan <a href="mailto:dianne.buchanan@nhs.net">dianne.buchanan@nhs.net</a> to refer a client to the DSR, and if you would like to talk about a client and see if they are suitable to be referred.</p>
<b>Education, training, and employment</b>	<p><b><u>Westminster Adult Education Services</u></b></p> <p>WAES offers a range of courses specially designed to encourage independent living, enhance social, educational and employment opportunities in a safe and supported environment.</p>	<p>Please contact the LDD (Learning difficulties and disabilities) team at WAES to make an interview appointment call <b>020 7297 7297</b> or e-mail <a href="mailto:info@waes.ac.uk">info@waes.ac.uk</a>.</p> <p><b>WAES centres (3 in total)</b> <a href="https://www.waes.ac.uk/contact">https://www.waes.ac.uk/contact</a></p> <p>219 Lisson Grove, NW8 8LW  Pimlico Centre, Lupus Street, SW1V 3EY  Amberley Road Centre, W9 2JJ</p>



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	<p><b><u>Westminster employment coaches</u></b>  The Westminster Employment Service is made up of a team of Employment Coaches who work closely with individuals and families who have struggled to get into employment, training, or volunteering.</p> <p><b><u>Westminster Enablement Hub – Learning disability network</u></b>  At the Hubs, a range of activities and workshops are provided, teaching essential life skills and supporting individuals with learning disabilities to play a greater role in their community. The aim is to address the inequalities faced by people with learning disabilities.</p> <p><b><u>Workshops include:</u></b></p> <ul style="list-style-type: none"> <li>• Health &amp; Wellbeing: Healthy living, exercise, mental health, mindfulness, sexual health</li> <li>• Life Skills: Money management, employment support, digital inclusion, safety at home and in the community</li> <li>• Creativity &amp; Environment: Art, creativity, recycling, and the environment</li> <li>• Community &amp; Voice: Self-advocacy (including voting), co-production, outings (e.g. British Museum, music events)</li> </ul> <p><b><u>Heart n Soul hub</u></b>  DEPTFORD Heart n Soul is an award-winning creative arts company and charity. We believe in the talents and power of people with learning disabilities, providing opportunities for people to discover, develop and share this power and talent as widely as possible. Projects include a creative taking part group (aged 18+), Heat and Soul Choir and other creative groups.</p>	<p>You can register for the service at:  <a href="https://www.westminster.gov.uk/westminster-employment-service-residents">https://www.westminster.gov.uk/westminster-employment-service-residents</a>  <b>Email</b> <a href="mailto:employmentteam@westminster.gov.uk">employmentteam@westminster.gov.uk</a> or 07971 026709 for more information or support.</p> <p><b>Website:</b> <a href="https://www.ldnlondon.org/find-support/ldn-community-hub/">https://www.ldnlondon.org/find-support/ldn-community-hub/</a>  <b>Phone:</b> 020 8968 2696.  <b>Venue:</b> 389a Harrow Road and Victoria Library in Westminster  <b>Refer:</b>  <a href="https://forms.office.com/pages/responsepage.aspx?id=1_QafdUJgUedGXCP_6MZOM8q1iSLKBdNntc-79iLGo1UN1VOSE41MVNEUU9VQzhLNE1SMIFPWjUxNiQIQcNOPWcu&amp;route=shorturl">https://forms.office.com/pages/responsepage.aspx?id=1_QafdUJgUedGXCP_6MZOM8q1iSLKBdNntc-79iLGo1UN1VOSE41MVNEUU9VQzhLNE1SMIFPWjUxNiQIQcNOPWcu&amp;route=shorturl</a></p> <p>Visit <a href="http://www.heartnsoul.co.uk/">http://www.heartnsoul.co.uk/</a> to find out further information. Their events are listed at <a href="https://www.heartnsoul.co.uk/whatson">https://www.heartnsoul.co.uk/whatson</a>  <b>Address:</b> Heart n Soul, The Albany, Douglas Way, London, SE8  For further information, phone: <b>020 869 41632</b> or email <a href="mailto:info@heartnsoul.co.uk">info@heartnsoul.co.uk</a></p>



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<p><b>Specialist Care packages</b> (Free Assist London no longer available unless in H&amp;F)</p>	<p><b><u>Resources for Autism</u></b> Resources for Autism provide packages of care for a fee, groups for adults, teenagers and children, home and community support, behaviour specialist support and arts therapies throughout Greater London. All staff are autism specialist trained. They can also offer training and have occasional parent and carer groups. They provide information and advice – this is charged for.</p> <p><b><u>Integrity care</u></b> Integrity care can provide support in various ways for a fee. Support provided includes:</p> <ol style="list-style-type: none"> <li>1. Community Support to help access the community safely and independently to do the things you want.</li> <li>2. Supporting you with home care in your home.</li> <li>3. Supporting you to live in your home and manage bills.</li> </ol>	<p>If you would like to find more information and discuss options with someone in the team, phone <b>020 8458 3259</b>. <b>Website:</b> <a href="https://www.resourcesforautism.org.uk/">https://www.resourcesforautism.org.uk/</a> <b>Email:</b> <a href="mailto:admin@resourcesforautism.org.uk">admin@resourcesforautism.org.uk</a></p> <p>If you would like to find out more information, phone <b>0208 960 8060</b> or email: <a href="mailto:admin@integrity.care">admin@integrity.care</a></p> <p><b>Website:</b> <a href="http://www.integritycaresupport.co.uk/">http://www.integritycaresupport.co.uk/</a></p>
<p><b>Grants</b></p>	<p><b><u>Wavelength</u></b> Wavelength is a charity that works to alleviate loneliness across the UK. They give technology to people who are lonely and living in poverty to help them reconnect. They support people with a wide range of needs, including disability, old age, homelessness, refugees and many more.</p> <p>To qualify for support, beneficiaries must be referred to them by a referrer. This could be a friend, a social worker, a housing officer, a charity worker or a member of a religious/ community organisation.</p> <p>Supporting documents will need to be provided and include proof of ID. If the applicant wishes to get a TV, please note that TV licence fees will have to be covered by the recipient.</p>	<p>If you would like to find out whether you would qualify for a grant, email: <a href="mailto:info@wavelength.org.uk">info@wavelength.org.uk</a></p> <p>The application form can be found at: <a href="https://wavelength.org.uk/apply-for-help/">https://wavelength.org.uk/apply-for-help/</a></p>



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<b>Family, Carer and Peer Education Support</b>	<p>Autism Central is a national peer-education programme commissioned by NHS England and delivered by Anna Freud. It provides free education, one-to-one peer coaching, group learning sessions, and high-quality autism resources for families, carers, and support networks of autistic people of all ages. The programme connects people with trained peer educators, who have lived experience and offer personalised guidance, practical strategies, and emotional support.</p> <p>Support includes:</p> <ul style="list-style-type: none"> <li>• One-to-one peer coaching (online or in person)</li> <li>• Group learning sessions, reflective spaces, and workshops</li> <li>• Access to digital resources, guides, videos, blogs, and podcasts</li> <li>• Autism education designed with families, carers, autistic people, and subject-matter experts</li> </ul>	<p>Book one-to-ones <a href="https://www.autismcentral.org.uk/one-one">https://www.autismcentral.org.uk/one-one</a></p> <p>Group learning events: <a href="https://www.autismcentral.org.uk/events">https://www.autismcentral.org.uk/events</a></p> <p>Resources: <a href="https://www.autismcentral.org.uk/resources">https://www.autismcentral.org.uk/resources</a></p> <p>Sign up for newsletter here: <a href="https://mailchi.mp/978d5e44ef42/autismcentral-sign-up">https://mailchi.mp/978d5e44ef42/autismcentral-sign-up</a></p>
<b>Floating support/befriending</b>	<p><b><u>ALAG – Asperger London Area Group</u></b>  ALAG is a community organisation working in partnership with local authorities and voluntary sector to highlight the needs of people with Autistic Spectrum Conditions. ALAG provides information, guidance, training, and a monthly peer support meeting.</p> <p><b><u>SHP (Single Homelessness Project)</u></b>  <b><u>Westminster Floating Support Service</u></b>  SHP Westminster is a support service focused on providing short-term support for clients around tenancy sustainment, benefits, social inclusion and ETE (Education, Training &amp; Employment). Previously commissioned to work with Mental Health, SHP Westminster cover the entire borough and are now a Generic service, working with multiple cohorts of clients. On referral to the service, an assessment is conducted, and a support worker is then allocated to work closely with each client to resolve their issues.</p>	<p>If you would like to find out more about ALAG or book a place on an event, visit <a href="https://alag.org.uk/get-in-touch/">https://alag.org.uk/get-in-touch/</a>  <b>Website:</b> <a href="https://alag.org.uk/">https://alag.org.uk/</a></p> <p>For more information about the Westminster service or to speak to the team about our work or the referrals process, please contact the team via email at <a href="mailto:westminstersupport@shp.org.uk">westminstersupport@shp.org.uk</a></p>

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LeDer	<p>LeDeR (<i>Learning from Lives and Deaths</i>) is an NHS programme that reviews the deaths of people with a learning disability and/or autistic people. Its aim is to learn from people's experiences, improve care, reduce health inequalities, and help prevent avoidable deaths.</p> <p>You'll need:</p> <ul style="list-style-type: none"> <li>• Name, date of birth, date of death</li> <li>• Whether the person was autistic and/or had a learning disability</li> <li>• NHS number (if known)</li> <li>• A contact who knew them well</li> </ul>	<p><b>How to report</b> Anyone can report a death to LeDeR, including staff, carers, and family members.</p> <p><b>Report online:</b> <a href="https://leder.nhs.uk/notify-a-death">leder.nhs.uk/notify-a-death</a> Please report as soon as possible after the person's death. For help or more info, visit: <a href="https://leder.nhs.uk">leder.nhs.uk</a></p>
Respond	Respond is a national charity providing therapy and specialist support services to people with learning disabilities, autism or both who have experienced abuse, violence or trauma.	<p><b>Phone:</b> <a href="tel:02073830700">020 7383 0700</a> <b>Website:</b> <a href="https://respond.org.uk/contact-us/">https://respond.org.uk/contact-us/</a> - <b>access the referral form via this link</b></p>
Specialist autism psychological service / diagnostic assessments	<p><b><u>Central London Adult Autism Service (CLAAS)</u></b></p> <p>The service is run by Dr Catherine Cheung (Highly Specialist Clinical Psychologist). We offer the following services for people who are 18+, without a global learning disability, and registered with a Westminster GP:</p> <ol style="list-style-type: none"> <li>1) A <b>specialist autism diagnostic assessment</b> and <b>post-diagnosis support</b>;</li> <li>2) <b>Consultation and advice</b> for people with an established or potential diagnosis of autism, their family members, and their professional network, in relation to autism-specific recommendations (e.g., engaging and communicating with people with ASD, managing mental health);</li> <li>3) <b>Social support workshop</b> for people with an established diagnosis of autism spectrum disorder.</li> </ol> <p><b>Online Autism Consultation clinics</b> are run for rough sleeping services <b>every two months</b> (July/ September/November/ January/ March/ May).</p>	<p>If you would like to find out more about the service or make a referral, please contact 020 8102 3889 (This telephone line is shared with the CLCH Learning Disability Health Service). <u>Please mention you are looking for the Adult Autism Service when calling.</u></p> <p><b>Address:</b> 215 Lisson Grove, London, NW8 8LW</p> <p>Service information sheet <a href="https://littlevenicemedicalcentre.co.uk/wp-content/uploads/2024/04/Central-London-Adult-Autism-Service-Leaflet-2023.pdf">https://littlevenicemedicalcentre.co.uk/wp-content/uploads/2024/04/Central-London-Adult-Autism-Service-Leaflet-2023.pdf</a></p> <p>Contact <a href="mailto:vaseervatham@westminster.gov.uk">vaseervatham@westminster.gov.uk</a> if you are interested in discussing a client. There are 2 x 45-minute slots available every 2 months.</p>
Specialist ADHD service	The <b><u>CNWL Adult Attention Deficit Hyperactivity Disorder (ADHD) clinic</u></b> offers diagnosis and treatment for adults with ADHD. <b>Referral is via the GP. Their waitlist is currently 18-24 months. At times the waitlist is shut if they are unable to take any more referrals.</b>	<b>Website:</b> <a href="https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/northwick-park-">https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/northwick-park-</a>



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	<p>Once treatment is stabilised, prescribing and monitoring will be transferred back to the GP.</p> <p>An ADHD self-report scale can be found <a href="#">here</a>.</p>	<p><a href="https://hospital/cnwl-adult-adhd-assessment-and-treatment-service">hospital/cnwl-adult-adhd-assessment-and-treatment-service</a></p> <p>Email: <a href="mailto:adhd.cnwl@nhs.net">adhd.cnwl@nhs.net</a></p>
<p><b>Centre for ADHD &amp; Autism Support's (CAAS) Adult Hub</b></p>	<p>(CAAS) Adult Hub works with <b>autistic adults only in Westminster</b> (over 18 years of age, without a co-occurring learning disability) and the professionals who support them. CAAS is a Bi-Borough service and provides additional services to other areas. This service is designed to support executive function tasks, like staying on top of paperwork, completing applications for financial support/benefits etc, and maintaining correspondence with statutory services that enhance independence. <u>If using substances, the client needs to be linked in and getting support to manage this.</u></p> <p>They can help with</p> <ul style="list-style-type: none"> <li>• Individual support for Autistic Adults</li> <li>• Creative coffee mornings – A twice-monthly drop-in to come and meet the team and ask any questions you may have about our services whilst enjoying a tea or coffee and biscuits.</li> <li>• Support to fill in forms, maintain correspondence with statutory bodies, apply for benefits/welfare/support from Mental Health and Social Care Teams - sessions are individually tailored around your needs and communication styles.</li> <li>• Women’s space to discuss a monthly topic.</li> <li>• PIP Workshop - Video guide for how to complete the PIP form and a live Q&amp;A session with CAAS staff (Age 16+ for PIP application/transition from DLA to PIP).</li> </ul> <p><b><u>For professionals who work with and support Autistic Adults</u></b></p> <ul style="list-style-type: none"> <li>• Autism Connect forum - Bi-Monthly Professionals Networking and Learning sessions to connect, network and share knowledge.</li> <li>• Regular Newsletter sharing latest services, knowledge, training, workshops and resources.</li> </ul>	<p>Email: <a href="mailto:adults@adhdandautism.org">adults@adhdandautism.org</a></p> <p>View our online Resource Board for Neurodivergent people here - <a href="https://trello.com/b/qVjC7adv">https://trello.com/b/qVjC7adv</a></p> <p><b>Website:</b> <a href="http://www.adhdandautism.org">www.adhdandautism.org</a></p> <p>Apply for support via this form <a href="https://adhdandautism.org/referral-form/#/">https://adhdandautism.org/referral-form/#/</a></p> <p><b>Nb. A diagnosis of autism is not required to access the service, but they do need be in the process of working with services for support around suspected autism.</b></p> <p><b>Training via Eventbrite</b></p> <p><a href="https://www.eventbrite.co.uk/o/centre-for-adhd-autism-support-11050662922">https://www.eventbrite.co.uk/o/centre-for-adhd-autism-support-11050662922</a></p>



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	<ul style="list-style-type: none"> <li>• Training sessions and workshops.</li> <li>• CAAS Adult Team staff to support you in working with your clients/patients.</li> </ul>	
<b>Autism training</b>	<ul style="list-style-type: none"> <li>• Homeless Link <a href="#">‘It’s all in the brain’ webinar</a></li> <li>• LNMN Autism training <a href="https://www.fairhealth.org.uk/course/autism">https://www.fairhealth.org.uk/course/autism</a></li> <li>• Free <a href="#">‘Understanding Autism’ course</a>, this is a 4-week course and takes 3 hours a week to complete.</li> <li>• Free <a href="#">‘Understanding ADHD’ course</a></li> </ul>	

**Useful links:**

Autism and homelessness tool kit: [https://groundswell.org.uk/wp-content/uploads/2020/10/Autism\\_Homelessness\\_Toolkit.pdf](https://groundswell.org.uk/wp-content/uploads/2020/10/Autism_Homelessness_Toolkit.pdf)

Homeless Link’s Homelessness and Autism factsheet: [https://homelesslink-1b54.kxcdn.com/media/documents/Autism\\_HomelessnesOct\\_2015.pdf](https://homelesslink-1b54.kxcdn.com/media/documents/Autism_HomelessnesOct_2015.pdf)

ADHD Foundation’s A teenagers guide to ADHD: <https://adhdeurope.eu/wp-content/uploads/V1-Teenagers-Guide-to-ADHD-ADHD-Foundation.pdf>

Brain in Hand app: Practical human support and digital tools to help you think about what you need and plan for the things you find difficult.  
<https://www.braininhand.co.uk/>

