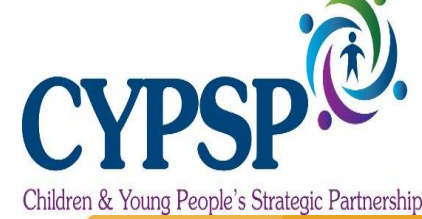




Western Health
and Social Care Trust



Health
Improvement,
Equality &
Involvement



Autism Social Café:

Findings

How did the Autism Social Cafes begin?

- Frequently coming up at meetings
- Being told Referrals on the rise.
- Identified need for practical support
 - ✓ who may have received an autism diagnosis,
 - ✓ are awaiting an assessment or
 - ✓ are displaying early indicators, suggesting their child may be neurodiverse.
- Focus was to raise awareness of local support
 - ✓ Bringing parents and services/ organisations together under one roof,
 - ✓ to learn what support can be offered to families, in an informal, friendly, none clinical environment.



Pilot

- Health Visitor (Melanie Daly) -wanted to support her caseload.
 - ✓ She felt families were struggling and craving support yet uncertain what support was available to them.

Stakeholders & Partnership Working

- A range of local statutory, community and voluntary services supported the events by providing information stalls, promoting the help that is already available, short workshops and the opportunity to meet face to face.
- Planning, coordinating purposes HIEI dept. took the lead.
- Each café meant liaising with a slightly different group of stakeholders based in local services.

Stakeholders:

- CDIC
- Locality planning coordinators
- Autism Early intervention coordinator
- Inclusion officer from FODC/ DCSDC/ CCGBC
- A local partner from another organisation
- Heath Visitor



Evaluation

To discover:

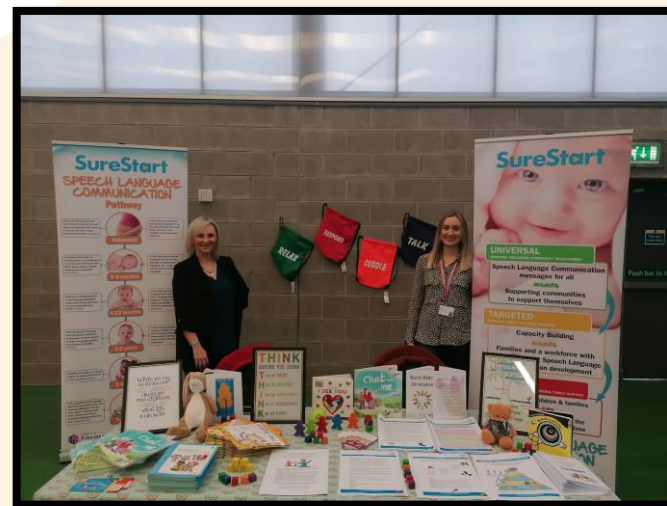
- If parents thought the social café was worth attending?
- What they liked best?
- What they liked least?
- What more or less parents would they like to see at these events?
- If we were to plan these on a monthly / quarterly basis with workshops rotated between organisations would they consider attending?



Feedback has been incredible, positive yet constructive. They have really helped shape the cafés and involved service users.

What resources needed:

- Strong Partnership working
- A lead coordinator:
 - a. Recruitment of services coordinating booking (stalls), local meetings.
 - b. Admin resources- looking after sign-in, RA, evaluations.
 - c. Venue
 - d. Refreshments
 - e. Advertising strategy & developing
 - f. Trust comms approval, Press releases
 - g. promotional literature.
 - h. Coordination of workshops
 - i. Staff on the day (HIEI 5x staff)



Quotes used for Press release

"The autism social café was a huge success and a real asset to the local community. It was a shining example of partnership working at its best. Parents received so much information and avenues of support, that most of them were unaware of. The feedback from parents has been phenomenal and will make such a difference to so many families. There is huge potential to extend this model and indeed to replicate it in other areas of work. Well done to all involved, it really illustrates the strength of joined up working."

~ Sharon Callaghan

Strabane SureStart Manager





“Fridays event was very helpful. I am currently waiting diagnosis for my son and there is times I feel so alone. I now know of many groups I can attend for help and support. The biggest comfort I got from Friday was during the workshop. Hearing other mothers worries and concerns knowing I am not alone. I have since exchanged phone numbers with a mum who is in a similar situation. We have chatted since and honestly it has helped me a lot”

~ Emma McGuinness

Parent

“I attended the autism social café in Melvin this morning And what an event it turned out to be, really informative and Interesting with representatives on hand to answer any queries professionally and knowledgeably. The turnout was really indicative of the needs in this area. Ten out of ten to the organisers and participants for a job well done”

~ Cllr Raymond Barr

Counsellor



"I found the social autism café very informative and helpful. It allowed me to meet parents in similar situations and interact with a range of professionals who were helpful and friendly"

~ Rachael Devine

Parent

"It was a great morning, well organised. I received a lot of information and learnt more about autism. I received a lot of contacts to help my son."

~Dypmna Maxwell

Parent





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Our last café- 24th March- Limavady



Lets Look at the findings from Evaluations

No smoking or drinking
alcohol during pregnancy

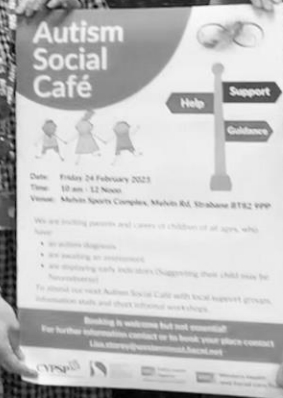
Breastfeed your baby

Read a story to your
child every day

Give your child love
affection and

Any Questions?

Western Health
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Data

	Derry (Pilot)	Fermanagh	Omagh	Derry	Strabane	Limavady
Age Range	0-5	0-18	0-18	0-18	0-18	0-18
No. Stalls	24	12	14	26	28	26
No. Families	38	34	45	96	66	92
No. Professionals	23	20	25	46	57	52
No. Workshops	NA	NA	NA	6	5	5
No. Attendance at workshops	NA	NA	NA	60	44	39

Total families: 371
Total Stalls: 130
Total Professionals: 223





Collated Evaluation feedback

MS forms from Parents

Collated Evaluation feedback

MS forms from Parents

1. Overall did you find the social café worth attending?

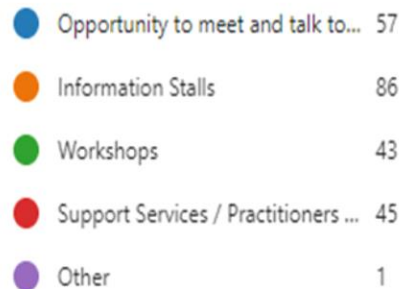
[More Details](#)

 Insights



What did you like best?

[More Details](#)

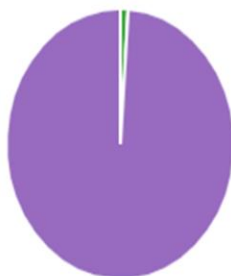




What did you like least?

[More Details](#)

● Opportunity to meet and talk to...	0
● Information Stalls	0
● Workshops	1
● Support Services / Practitioners ...	0
● Other	94



8. If we were to plan these on a monthly / quarterly basis with workshops rotated between organisations would you consider

[More Details](#)

● Yes	95
● No	0





What more or less would you like to see at these events?

(17%) answered **support** for this question.

A word cloud of responses to the question 'What more or less would you like to see at these events?'. The words are in various shades of blue and green. The most prominent words are 'support' and 'Great'. Other visible words include 'information', 'workshops', 'peer support', 'Great variety', 'carers support', 'Support services', 'services available', 'Good', 'strabane', 'older children', 'young people', 'stalls', 'support group', 'Community support', 'journey and great', 'support is available', and 'children'.

support is available
journey and great information
Community support children
support group stalls
Great services young people
workshops
strabane
older children
peer support
Great variety
Great
carers support
Support services
services available
Good



Written feedback from parents...

- Really helpful information, so many stalls and it's incredible how much support is available.
- Friendly/ well run
- Maybe slightly longer time to get around
- More speakers/ hands on sensory toys/ tools
- Definitely really helpful I'll bring my husband next time



- Nothing- it was very informative.

Great for fathers

100% will attend again

- Would like to see more experts present. More practical/
hands on therapies.
- Would benefit from info/ workshop on Autism and other co
existing



- Stalls were great.

More focus on sensory processing disorder

- I don't drive, so it was good to arrive and see all the services together at one time.
- I now know services to go to support my child
- I learned so much.
- I am so glad I came. I didn't know about these services
- Meeting other parents helped me a lot, I exchanged numbers with another mother and we have arranged to meet up.

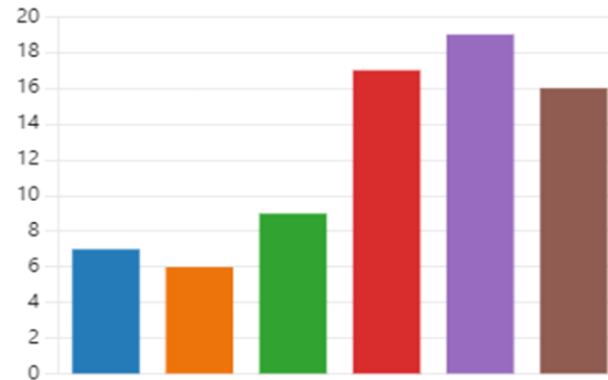
Feedback from stalls

Support organisations on attending the cafés.

Which Cafes did you attend?

[More Details](#)

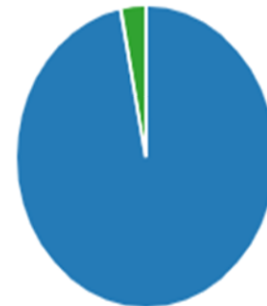
● Derry/Londonderry Pilot Cafe (S...	7
● Fermanagh Cafe (November)	6
● Omagh Cafe (December)	9
● Derry/Londonderry Cafe (Jan)	17
● Strabane Cafe (Feb)	19
● Limavady Cafe (March)	16



Do you think the Autism Social Cafes helped provide families with support?

[More Details](#)

● Yes	31
● No	0
● Maybe	1





Written feedback...

- After Derry/Londonderry one in Jan, our membership requests jumped. over 60 requested in two days. id say overall in the last three meet ups we've had almost 100 new registered families.
- The experience of being physically able to access services directly I believe was very useful for parents. The environment was relaxed and accommodating ensuring that people felt comfortable. The workshops were informative, succinct and accessible allowing an open two way conversation where people could explore and share experience related to the topic. The venues used for the cafes were excellent and the collaborative approach from providers really helped with the final delivery of the events.



- I feel that professionally and personally as a parent that these Cafes were an invaluable source of support and also a social opportunity for families. They were vibrant, positive and motivating and I was delighted to have been invited to be part of them. I congratulate and thank the whole team for the amazing effort that went into organising them.
I look forward to the next phase.in this invaluable support network for our families and young people.
- Provided families with much needed information and support all under one roof



Steering Group

- Codesign and coproduce going forward
- Involve everyone at table with an equal say
- Are we meeting need
- We will need to introduce a TOR at the next meeting.



Round table discussions

1. Name the Autism Social Cafés going forward.
2. How often the cafés can run going forward and when.
3. Location of large cafés.
4. Establishing peer support group and coordinating workshops
5. Organisations/ groups to partner with for local peer support groups.
6. The cafés including other areas of neurodiversity & how this could be achieved. eg: Sensory Processing / PDA / ADHD/ AUHD for those with a combination discovery?

Planning ahead- 'So what's next?'

- Cafes have been extremely popular with positive feedback to continue
 - 5 per year
 - Fermanagh
 - Omagh
 - Derry
 - Limavady
 - Strabane



- Support in local areas- feedback focussed heavily on localised support
- Peer support for parents and carers
 - Scoping exercise to see what is already in place that can be linked in to
 - A place where parents/ carers can talk, get support and information
 - Monthly workshops available by professionals to enhance knowledge and skills
- Working closely with our partners/ colleagues in the community to help get groups set up where required
- Continue to evaluate and listen to the needs of parents/ carers and how we can best meet them

Thank you for your time today!

No smoking or drinking
alcohol during pregnancy

Breastfeed your baby

Read a story to
child every day

Give your child love
affection and

Have fun and play
your child

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