



4 Me and My Friends

4MMF'S

This group is for young people who are on the Autistic Spectrum and aged 10 and up, they don't have to have been statemented or diagnosed but do need to be on the spectrum.

The aim of the group is to enable young people to come and socialise with their peers, through group games and discussions, our aim is to build friendships and confidence in a safe environment. Our focus is on social skills, communication and skills for life such as: healthy relationships cooking, budgeting, social interaction and CV and job support; plus a safe space for them to enjoy themselves and have fun, engaging in sports, cooking, arts & crafts and much more. We base all activities and changes of group based on more ability and development rather than just ages.

The group is supported by PCC Community Connections Community Youth Team youth workers and volunteers.

The group is broken down into two sessions by "age", the first being 10-14 years old at 4:30-6pm and the second being 14 years old and up at 6.30-8pm. All sessions take place on Wednesdays at the: Efford Youth and Community Centre, Blandford Road, PL3 6HU. Email being 4meandmyfriends@plymouth.gov.uk phone numbers 01752 307695//312503.

A young person can attend the group after making contact with ourselves, initial contact can be made by; the young person themselves, their School, parents, doctor or any other service. We are a closed group, so people can't just walk in off the streets. Once contact has been made and a date is set for your young person to attend we will ask for an in-depth form to be completed either by the young person or the parents/carer, depending on the depth of knowledge of the young person. We are more than happy to arrange a meeting or visit beforehand to help settle any young person if this is needed.