

We are recruiting new members for our groups



Virtual Sessions via Zoom



Peer Support Group Looking for new members

Hosted by Mike

A monthly online programme consisting of workshops and peer support for employed neurodivergent people.

A safe, motivating and encouraging space for individuals to share their experiences.

'It's good to spend time with other people who've had similar experiences, where I can be myself without fear of judgement.'

COST: Self funded £35 or via current workplace support funding

For more information visit :

<https://forms.gle/tMSavkKB25moy44X6>



Recruiting Autistic women in work

Seeking members for the new year-long programme.

A MONTHLY PEER SUPPORT GROUP FOR AUTISTIC WOMEN IN THE WORKPLACE.

A VIRTUAL PLACE TO CONNECT WITH LIKE MINDED WOMEN.

TOPICS ARE CHOSEN BY THE GROUP BUT CAN INCLUDE MASKING, ASSERTIVENESS, ADVOCACY, WELL-BEING, AND MORE!

'Our WhatsApp group has been like having a team of cheerleaders in my pocket!'

COST: Self funded £35 or via current workplace support funding

For more info visit

<https://asmentoring.co.uk/women-in-work/>

Interested? Email workshops@asmentoring.co.uk

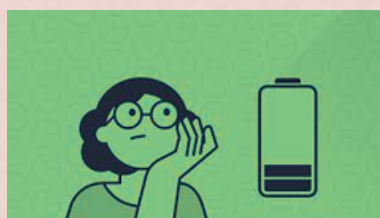
Upcoming Lunch & Learn Energy Accounting

Friday 17th October

12:00 - 1:00 PM

Virtual Session via Zoom

Learn how to track, balance, and optimise your energy. Discover which daily activities fuel you—and which secretly drain you—so you can make smarter choices, set boundaries that stick, and create a more energised and intentional life.



To register or enquire please email:

workshops@asmentoring.co.uk

Workshop Funding Options



Lunch and Learn

Self funded - £15

Autism Forward funding - £15 of current grant

Access to Work funding - 30 mins of current grant

Weekend Workshops

Self-funded - £25/£35

Autism Forward funding - £25/£35 of current grant

Access to work - 1 hr/1.5 hours of current grant



If you are interested in signing up for any of our current events please email workshops@asmentoring.co.uk to book your place.

All of our groups and workshop events are available to view on our website.

<https://asmentoring.co.uk/live-events/>



A Spotlight on....

Client stories of Success. Michelle Lyons

What job do you have, and how's it going?

I am the main technical support for ASM. I am mainly involved with anything to do with our website, and have been maintaining it for a couple of years now.

What made you come to ASM in the first place?

I was a mess beforehand, frankly. My life was just ambling off to nowhere. I had been on some sort of G4S course beforehand which hadn't resulted in anything helpful - I did feel like I was just a cog in a box-ticking exercise there. My parents were concerned, so they suggested a meeting with ASM.

What you were doing before ASM support and what you were hoping to get help with?

I was already doing things like making videos and writing, but I was unemployed and not exactly happy. The basic idea was to get a job, and we were doing a lot of groundwork - and then 2020 happened. Weirdly, as a result of such a traumatic event for absolutely everyone on planet Earth, it was at this point I started to make progress!

What kind of support did you get from ASM that helped you the most, and how did the job come about?

Gene worked very closely with me, and was of enormous help after the pandemic. The job market after Covid was not exactly a good one, of course, but then the stars aligned and everyone at ASM realised that with my knowledge of web tech I could take over the day-to-day running of the website. And so I joined ASM as the website maintainer and general techlady. (Is "techlady" an actual term?) As that bloke in 1966 said, it is now.

What would you say to someone who's just starting to have support with ASM and is looking for work?

Mentors at ASM are very skilled and kind people, and they're really good to have on your side. In my experience they go above and beyond to help you.



The ASM Neurodiversity Partner Programme

Building Inclusive Workplaces, Empowering Neurodivergent Talent

Your organisation now has the opportunity to join us through a transformative initiative designed to help organisations attract, support, and retain neurodivergent talent. Through expert-led training, mentoring, and tailored workplace solutions, we empower your teams to build a culture where everyone can thrive.

To hear more about this, or if you would like us to organise a meeting with your employer, get in touch : enquiries@asmentoring.co.uk

For more info visit : <https://asmentoring.co.uk/employers/neurodiversity-partner-programme/>

If you would like to share your success story with the AS Mentoring community, we would love to hear from you. Please contact lilian.fitton@asmentoring.co.uk

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All of our groups and workshop events are available to view on our website. <https://asmentoring.co.uk/live-events/>