



FEBRUARY

NEWSLETTER


GROUPS & WORKSHOPS



ASMENTORING.CO.UK

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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>

EXPLORING YOUR AUTISM



AS MENTORING PRESENTS A TWO-PART ONLINE WORKSHOP FOR AUTISTIC ADULTS SEEKING TO UNDERSTAND & EMBRACE THEIR UNIQUE NEURODIVERGENCE WITH OTHERS

What is autism and how does it affect you?

Coping with later diagnosis
If, how and when to share with those around you

What autism specific support is out there?

Connect with others on similar journeys in a safe, inclusive space

Part 1 - Saturday 14th March 2026 11 am - 1pm

Part 2 - Tuesday 17th March 2026 6.30pm - 7.30pm

For more information or to sign up contact us at

workshops@asmentoring.co.uk

or visit

www.asmentoring.co.uk

15 places only so please book in advance to confirm your attendance.

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/>

Workshop Funding Options



Workshop/group funding options

Self-funded - £35

Autism Forward funding - £35 of current grant

Access to work - 1 hr 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/>



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A Spotlight on.... Jo

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

I'm now working as a mentor for neurodivergent students in HE! It feels great, and I'm eternally grateful for the help I've received!

Why did you first reach out to AS Mentoring

I was looking for support to help me get back into work. Being newly diagnosed at the time and having reached burnout in my last role, I needed someone to help me work through the various questions and uncertainties that I had about returning to work as an autistic person; I needed someone to help me build my confidence again, understand why I found certain aspects of work challenging and a strain and help me identify work that would be sustainable and in line with my strengths.

I was hopeful that AS Mentoring had the knowledge and experience I so desperately needed.

What support have you received that has been most useful?

My mentor met me exactly where I was at. She helped me understand, in relation to autism, why I had struggled with certain aspects of my last role, and really helped me to see strengths in myself that I often overlooked. Not only that, but she was relentless in her encouragement that I had something to offer the workplace!

How did Autism Forward's support make a difference?

If it wasn't for Autism Forward's funding, I wouldn't have been able to access AS Mentoring.

Was there a moment you felt things started to turn around for you?

I grew in confidence gradually over the weeks. Things suddenly changed when my mentor suggested pursuing the very role that I'd been considering privately for a few years.

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