

SOUTH TYNESIDE'S



 The Toby Henderson Trust

What we offer....

TTHT at The Autism Hub provide support to parents and families of autistic children and young people up until the age of 18, without requiring a referral or even a confirmed autism diagnosis. TTHT at The Autism Hub, offer a combination of face-to-face and virtual support. If you would like to come and see us in person at The Hub, it would be advisable to make an appointment by ringing 0191 816 0550.

If you live in South Tyneside, our services include:

- Face-to-face family support appointments for parents/caregivers.
- One to one Zoom or telephone family support sessions.
- Follow up emails & Support.
- Targeted webinars (please see our website www.ttht.co.uk and our Facebook page: *The Toby Henderson Trust at The Autism Hub*- for more information).
- Monthly coffee mornings at the Hub.
- Monthly families of autistic girls support group via Zoom.
- Monthly a 'Grandparent's guide to autism' support group via Zoom.
- A range of autism specific resources, with some resources also available on our website which is continuously updated.

TTHT at The Autism Hub is open:
Monday-Wednesdays
9am-4pm.

Please get in touch
with any enquiries by
calling:

0191 816 0550

Or emailing:

autismhub@ttht.co.uk

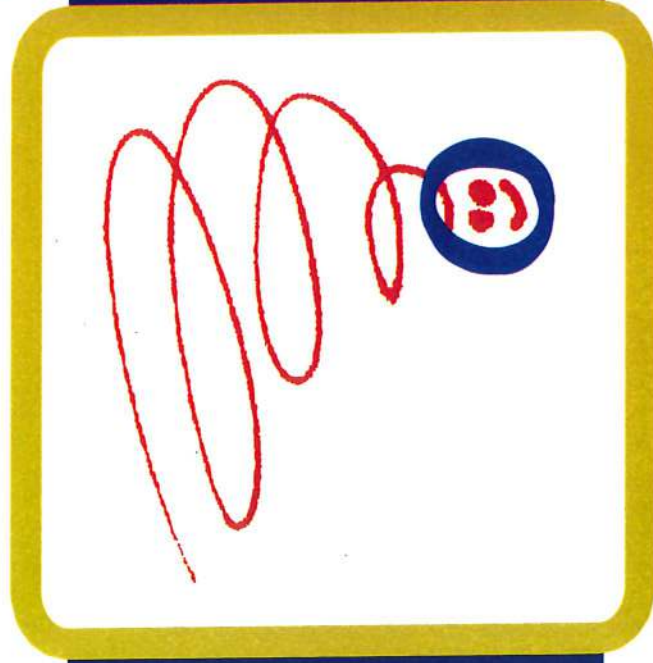
Website:

ttht.co.uk



South Tyneside Partnership

**TTHT ARE AT THE
AUTISM HUB
MONDAY,
TUESDAY &
WEDNESDAY
9AM - 4PM**



Follow us on Facebook:

 **ttht autism hub south tyneside**

 **The Toby Henderson Trust**

“

I can't tell you how much
it's been a great help to
have someone listen and
understand.

GET IN TOUCH



Contact: 0191 816 0550



autismhub@ttht.co.uk



10 Gordon Street,
South Shields,
NE33 4JP



www.ttht.co.uk



- Specialist support
- Listening Ear
- Family Centred Approach
- Safe Space
- Caring Staff
- Working in Unison with Families

South Tyneside Partnership



WHAT IS THE AUTISM HUB?

Our unique, innovative lifespan service is being provided with the financial support of the South Tyneside Clinical Commissioning Group in partnership with South Tyneside Council. We support families & individuals collaboratively with Autism In Mind. The Hub is free to all families in the area with a South Tyneside postcode. THT provide specialist support to parents and families of autistic children and young people up until the age of 18, without requiring a referral or even a confirmed autism diagnosis.

The Toby Henderson Trust

OUR SERVICE PROVISION. WHAT WE OFFER:



Family Support sessions - A chance for parents/ carers and families to have an in-depth chat with members of our family support team in a safe space, where you have access to specialist support, advice, strategies, suggestions & resources, as well as signposting to other relevant agencies and that much needed listening ear & understanding. These sessions can be face-to-face at the Hub, via Zoom, telephone call or even via email, to suit the needs and flexibility of each family. Sessions can be accessed by ringing or emailing the Hub to book an appointment.



Targeted Webinars



A range of monthly Support Groups
Please visit our website or Facebook page for details & upcoming events.



Follow up emails to appointments
including overview of suggestions, information & relevant resources.

● Families can access our services as many times as they need.

SO WHO IS THT?

The Toby Henderson Trust (THT) is an independently funded charity supporting autistic children, young people and adults, their families and carers in the North East of England. THT was started in 2001 by founder & CEO Lesley K Henderson who turned her care, lived experience & knowledge into an organisation with a team that all share the same ethos and dedication.

We provide relevant, appropriate and accessible support for autistic young people from two years into adulthood, whilst also empowering parents, families & carers by sharing knowledge, experience and understanding.

“

Thank you so much! In 9 years that's the most help I've had, your support is very much appreciated!

Walk and Talk With Us

WEDNESDAY 17 JULY 2024
10AM-11AM

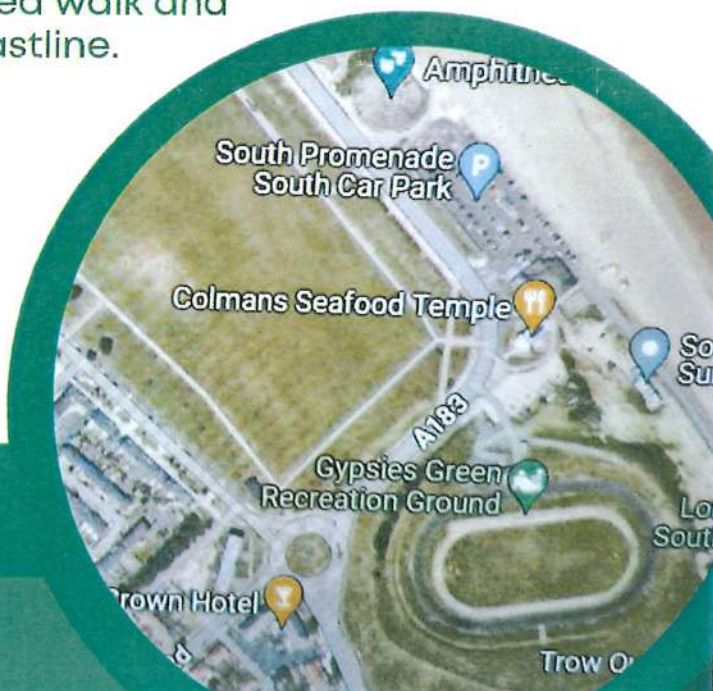
MEETING NEXT TO TONEY MINCHELLA @ SOUTH PROMENADE, CAR PARK.
JUST LOOK OUT FOR THE TEAM IN BLUE HOODIES!

This is a chance for anyone to meet and join the Autism Hub Team on a relaxed walk and talk along the South Shields Coastline.



For more information, please email autismhub@ttht.co.uk or call us on 0191 816 0550. No booking required.


The Toby Henderson Trust





Talk To The Hand
Makaton Training



AUTISM HUB

MAKATON FAMILY WORKSHOP

The Autism Hub, South Shields
Monday 24th June | 10-12.30pm

Start your Makaton journey on our bespoke workshops. In our friendly, practical sessions we will be covering 34 core concepts, signs and symbols in addition to concepts that support family and community day to day life. Suitable for parents, carers and family members (Over 14's only).

Spaces are limited so register your interest now.
Delivered by licensed Makaton Tutor Anna Melling.



Makaton
Tutor

Please contact the Autism Hub to book a place.
Email: autismhub@ttnt.co.uk
Call: 0191 816 0550



DROP-IN GARDEN PARTY!

**Do you want to know who
we are & what we do?**

The Toby Henderson Trust (TTHT) at the Autism Hub will be hosting a Summer drop-in Garden party, giving everyone the opportunity to come along to meet the team, whilst enjoying some refreshments in our 'Tranquility Garden'. If the weather is not on our side on the day, the event will be moved indoors. The Toby Henderson Trust provide specialist support to parents and families of autistic children and young people up until the age of 18, without requiring a referral or even a confirmed autism diagnosis.

The open day is to welcome anyone who would like to meet the team, learn more about what we do and what's available.

We also hope it will be an opportunity to help build on the communities understanding of Autism and inclusivity for all autistic individuals and their families. Whether you have a local business, work/live in the area, are a South Tyneside professional or parent/carer we would love for you to come along.

Join us at the Autism Hub, Gordon St, South Shields:

**Tuesday 18th June
10am – 2pm**

The Toby Henderson Trust



PARENT & CARER EVENTS AT THE AUTISM HUB



MONTHLY CUPPA & CAKE MORNINGS!!

**THIS GROUP IS FREE TO
ATTEND AND IS FOR PARENT
& CARERS OF AUTISTIC
CHILDREN/YOUNG PEOPLE
WHO LIVE IN SOUTH
TYNESIDE.**

**IT IS A CHANCE TO COME
ALONG AND MEET AND CHAT
WITH OTHER FAMILIES AS
WELL AS OUR EXPERIENCED
FAMILY SUPPORT TEAM.**



**TO FIND OUT MORE AND FOR UPCOMING DATES OR TO BOOK A
PLACE, PLEASE GET IN TOUCH VIA EMAIL, TELEPHONE OR
THROUGH OUR WEBSITE.**

**SCAN HERE TO VIEW OUR GROUPS ON OUR
WEBSITE AND TO BOOK YOUR PLACE.**



Specialist Autism

FAMILY SUPPORT SERVICE

We provide tailored pre diagnostic, throughout diagnosis and post diagnosis family support sessions which is a chance for parents/carers and families to have an in-depth chat with members of our family support team in a safe space, where you have access to specialist support, advice, strategies, suggestions and resources, as well as signposting to other relevant agencies and that much needed listening ear and understanding. These sessions can be face-to-face at the Hub, via Zoom, telephone call or even via email, to suit the needs and flexibility of each family.

Our support appointments are always carried out by two members of the team ensuring a broad spectrum of experience available at each session. We research and create new resources and stay up to date with local offers and services available to signpost and inform our families.

We send follow up emails for all sessions which include an overview of the conversation held and we attach resources and links, strategies, advice and recommendations and if necessary we print and post relevant resources to families.

If you would like to arrange a family support appointment, please email autism.hub@ttht.co.uk or contact us on 0191 816 0550.

Scan here to find out more about the Autism Hub and how we can support you: →



I can't tell you how much it's been a great help to have someone listen and understand.

It's helped me have a greater understanding and awareness of the struggles an autistic individual had and how you can support them. I was at a loose end until I found the Hub. It's a vital local service to those who need it.

A listening ear at the Autism Hub has really helped calm my anxiety and the seminars on various topics have been educational and really helped me to understand my son better.



 Gordon St, South Shields  autismhub@ttht.co.uk  www.ttht.co.uk  0191 816 0550

 The Toby Henderson Trust at The Autism Hub

