

PAPERWORK TOGETHER

Who is it for:

**Independent autistic
female and non-binary
individuals**

When:

**Thursdays 1-2.30 p.m.
Every other week**

FREE

Location:

**Resources for Autism
858 Finchley Rd,
London NW11 6AB**

What is it?

Resources for Autism will host a new small group for autistic adults struggling with their paperwork.

The goal is to create a space where participants can gather in a supportive, focused environment to work on their individual paperwork needs by using a method called "body doubling".

Body doubling is a productivity technique where you work with another person present to help you focus and stay motivated.

What is the format of these meetings?

Participants will bring their own paperwork and state their goal for accomplishing a small objective for that meeting.

Then they proceed to complete their task in the presence of other group members.

There will be a break halfway through the session. At the end of the session, we check in to see the progress.

Contact Us for More Information

Telephone: 0208 458 3259
Email: msimmons@resourcesforautism.org.uk
paperworktogether@resourcesforautism.org.uk
www.resourcesforautism.org.uk

What this group is NOT

- **Social group**
- **A drop in space for all**
- **We do not offer any advice or support or supervision**