

resources for
autism

Our vision and purpose

From 2026 and beyond



Our strategy is rooted in our vision and our charitable aims. Building on our history and strengths, and responding to the changing external environment, we are committed to supporting autistic people and their families in a sustainable way - ensuring Resources for Autism (RfA) can thrive long into the future.

Through a blend of in-person and virtual services, we will reach more people and increase understanding of autism across society.

This strategy is ambitious and sets out new approaches to funding our work. We are taking forward this vision with flexibility, recognising that external factors may influence our plans. However, the strategy provides clear direction on what we want to do, what we aim to achieve, and how we will deliver it.

A world where autistic people live fulfilling lives, with equal chances to their neurotypical peers...

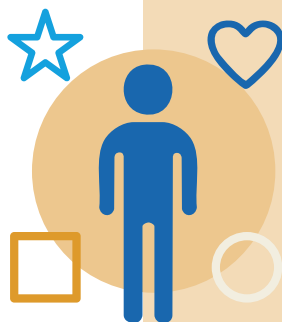
Everything RfA does in the new strategy will align with and strive to achieve one or more of these aims.



The charity aims to:
Improve independence for autistic individuals



Improve emotional wellbeing for autistic individuals and their families



Improve the life skills of autistic individuals



Raise awareness about autism

Service strategy focus

Parents and Carers

- Advice and Guidance: digitally and in-person
- Short Break Respite
- Peer Support Groups

Parents and Carers. Together with Children

- Early Help Programmes
- Transition, Life Journey, Planning and Coping

Education Support for Families and Schools

- School Liaison and Support
- Home Schooled Support
- *EBSNA and **EOTAS Support

Autistic Children, Young People, and Adults

- Building skills, Confidence, Self identity
- Social connections, Empowerment, independence

Organisations and Individuals

- Professional Training

Autism Hubs

- When opportunities arise / are created

* Emotionally Based School Non-Attendance

**Education Other Than At School



Virtual resources on our website

RfA will have a selection of pre-recorded materials and resources available on the website. Some will be free, some will be pay-to-view content.

Content type	Who will benefit	Detail	Themes (below are examples)
Workshops for Families/ Parents and Carers and their children	Families and Children and Young People	Pre-recorded workshops, no more than 1 hour in length for people to pay to view	Communication, sensory needs, transitions, coping skills
Workshops for Parents and Carers	Parents and Carers	Pre-recorded workshops, no more than 1 hour in length for people to pay to view	Autism & MH, PDA, transitions, behaviour support
Free 5 minute hints and tips videos for parents and carers	Parents and Carers	Short sharp useful information on a selection of different subjects	Sensory differences, seeking diagnosis, social interactions, sleep, eating, screen time etc.
Workshops for autistic adults	Adults	Pre-recorded workshops, no more than 1 hour in length for people to pay to view	Understanding my diagnosis, communication, mental health, relationships
Free 5 minute hints and tips videos for autistic adults	Adults	Short sharp useful information on a selection of different subjects	Daily life, masking, self care, identity

For parents / carers, families and children

Service	Target audience	Detail
Family Early Help Project	Families and CYP	Currently delivered in Barnet, this project works with the local authority to support/empower families with autistic children. We want to provide this in more areas.
Family interventions service	Families and CYP	Families can book a specialist assessment/ review with an autism expert who will provide bespoke advice for immediate and wider family members.
Therapies for children and families	Families and CYP	We currently provide play therapy in Birmingham, we will explore options to expand this offer in the future.
Virtual parent and carer Peer support – free offer	Parents & Carers	Free on line peer support sessions on a rolling cycle of themes. RfA act as facilitators. 1 hour in length.
Virtual parent and carer Peer support – paid for offer	Parents & Carers	More in depth on line peer support sessions with expert speakers, Q&A and peer support time. 1.5 hours in length. People pay to attend.
Virtual parent and carer workshops live – paid for offer	Parents & Carers	Live workshops aimed at parents and carers on a variety of different subjects, delivered by experts. Free for hub users, others pay unless funding is secured.
In person parent and carer peer support	Parents & Carers	Delivered in the Hub areas: Barnet and Lewisham*, or in other areas subject to funding.
Virtual parent and carer 121's	Parents & Carers	Parents/ carers can book and pay for 1 hour with an autism expert to gain help, support, advice.
Niche Parent & Carer groups - in person, in communities	Parents & Carers	RfA will establish themed/ niche groups connected to race/ethnicity, sexuality, faith, bringing people together, providing advice/ information and encouraging connections to create self sustaining peer support groups.

*Current hub contracts in place as of Jan 2026

RfA will provide a range of services for parents and carers, and for families together.

For children

Service	Target audience	Detail
Short break services	CYP with med/ high support needs	The market continues to change regarding short break provision. Short breaks will be carefully designed to ensure full cost recovery and positive experiences for children.
CYP Building 4 the Future	CYP Lower support needs	B4TF will support and empower children and young people and connect and introduce them to existing mainstream community groups/ organisations. This may involve support/ awareness raising with leaders/ organisers of the community groups/ organisations.
CYP Community Access Project	CYP Low/Medium support needs	Over a set number of sessions/ weeks, this project will build confidence and skills in areas such as travel, money, shopping, organisation, staying safe etc. Delivered in hubs and in other areas subject to funding or funded via service user contributions.
CYP groups for ages 10-13	CYP Lower support needs	Term time weekly age appropriate groups with a mixed focus of fun activities and skills/ development. Families pay a termly subscription for the CYP to attend. Mainly in person, could also be online. Could include a girls only group and a mixed group.
CYP groups for ages 14-18	CYP Lower support needs	As above but for the next age up.
CYP summer camps	CYP Lower support needs	Specialist summer camps/ schemes for autistic children with lower level needs. Focus mainly on fun, autism inclusive activities, with some life skill development time. Family's pay for their children to attend.

RfA will continue to support autistic children across the spectrum.

Provision of services will be subject to securing funding.

Our schools / education offer

Service	Target audience	Detail
School EOTAS packages	CYP Med/Higher support needs	Specialist packages of support for children not in school to be provided across the areas we cover.
School Home Schoolers project	CYP Low/Medium support needs	RfA will create and facilitate spaces for parents and home schooled autistic children to come together build social connections and for parents/carers to support their emotional wellbeing.
School Crisis intervention service	CYP any level of support needs	For children in crisis/ at risk of exclusion, RfA will undertake observations of children in classes, provide assessments and plans/ recommendations for schools/ child(ren). Recommendations would be modelled, reviewed and followed up.
School Early intervention service	CYP any level of support needs	An early intervention version of the above: RfA will undertake observations, school set ups, layouts, classes and children that are or maybe autistic. RfA would provide plans/ recommendations to improve attendance, learning and social opportunities.
School EBSNA service	CYP any level of support needs	A service that works with schools, and families and children, to keep children in school/ support children to stay in school.
Transitions project	CYP Lower/ Medium level of support needs	With three focus areas, primary to secondary, secondary to further education and education to the world of work, RfA will support schools and children to navigate these transition times.

RfA will have a comprehensive offer to support children of varying levels of support needs, and for schools / education establishments to support autistic children better.

For adults

Service	Target audience	Detail
Adults with higher support needs	Adult Higher support needs	The provision of groups for adults with higher level support needs gives a space for parents and carers to get some time out and provides attendees with a fun safe environment.
Adults AuStruck – up to mid 20's and 25+	Adults with Lower/ Medium support needs	Weekly groups, alternating meeting at a venue, then meeting in the community. Adults pay to attend, the groups will build confidence, social connections and life skills.
Independence Programme	Adults with Lower/ Medium support needs	An independence and life skills project that runs for circa 8-10 weeks at a time. Covering a selection of topics predesigned but selected by adult attendees this project will also build confidence and social connections. Adults will pay to attend or funding will be sourced.
Community Connections project	Adults with lower/ Medium support needs	Supporting and empowering adults to connect and introduce them to existing mainstream community groups/ organisations. This may involve support/ awareness raising with leaders/ organisers of the community groups/ organisations.
Virtual Adults 121's	Autistic adults	Adults can book and pay for 1 hour with an autism expert to gain help, support, advice.
Adults monthly social	Adults with Lower/ Medium support needs	A lite touch, volunteer run programme. Volunteers will act as hosts/ facilitators to connect autistic people, meeting in a community venue.
Virtual workshops for adults - live paid for	Adult with any level of support needs	Live workshops for autistic adults on a variety of different subjects, delivered by experts. Free for hub users, others pay unless funding is secured.

RfA will continue to support autistic adults with all levels of need.

For adults continued...

Service	Target audience	Detail
Autistic adults Counselling service	Adults with Lower/ Medium support needs	Trained counsellors will provide this service to adults who will pay to access the service.
Adult Community Access project	Adults with Lower/ Medium support needs	Over a set number of sessions/ weeks, this project will build confidence and skills in areas such as travel, money, shopping, organisation, staying safe etc. Delivered via hubs and in other areas subject to funding or families could pay to access this.
Virtual themed social sessions	Adults with Lower/ Medium support needs	Adults pay to attend, this service will provide a safe space, build social connections and could be based on virtual gaming opportunities.
Adult peer support groups	Adults with Medium level support needs	Adults pay to attend or funding will be sourced. These groups will focus on empowerment, resilience, coping strategies alongside social connections and a space for people to be themselves in order that they can remain independent whilst away from RfA.



There will be strong focuses on groups and outcomes.

Professional Training

Service	Detail
Corporates	We will look to partner with businesses to provide them with a suite of training to grow awareness and understanding of autism in the workplace.
Individuals	Our existing offer of training will continue for people to book, pay and attend.
Other organisations	Including voluntary, public, schools and NHS – this will not be a priority focus area unless opportunities arise or enquiries are received. These organisation will pay to access our training offer.
Pre-recorded materials	As highlighted in slide 3, we will use our website to build up a range of free and pay per view resources and workshops for people to access.
Partner offer	For existing partners/ funders we will offer 4 lunch and learns per year as a good will offer to further raise awareness of autism and 'give something back' to them.



RfA has established a successful and growing professional training offer. The intention is to grow and expand this achieving the 4th objective of Raising awareness of autism.

resources for autism

Talk to us about commissioning, partnering or funding us



Talk to us about commissioning, partnering or funding us



Explore our online resources (toolkits, guides, videos)



Get in touch
to learn more
about this
strategy

View and book our training offers



Stay involved...

DONATE



Support our work through
donations or fundraising
every contribution helps us
reach more families

Tell others about RfA
to help build understanding
and change the
conversation around autism

Sign up to receive our quarterly newsletter



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