



Welcome To *No Limits 4 Autism*

No Limits is a registered charity. We aim to raise Autism awareness, to change community perceptions and understanding to gain social inclusion for our members.

Together we can achieve great things.

No Limits strives to create and improve opportunities for adolescents and adults with high-functioning Autism.

Members must be aged 18 or older and have left school.

We have no upper age limit for membership.

Have a look through our website to learn more about us and our projects.

If you're interested in our work and would like to support us, read about us and the projects we've contributed to in the past.

We run a membership scheme. Anyone wishing to become a member should apply via the referral form which can be found on the referral page or downloads page.

We are always looking for volunteers with some knowledge of Autism and able to make a regular commitment. The application form can be found on the support page or downloads page.

You have downloaded the full wallet of the information that is on the No Limits 4 Autism website which can be printed.



Our Charity's Prime

Aims & Objectives

1. *Promote Independence*
2. *Maximise Potential*
3. *Assist & Support in Working Towards Achieving Life Choices*
4. *Gain Social Inclusion*
5. *Experience Social Activities & Gain Friendship*
6. *Gain Confidence & Self Esteem*
7. *Provide New and Stimulating Experiences*
8. *Offer Representation for Our Members - where required*
9. *Change Community Perceptions of Autism*
10. *Assist with Employment Opportunities*



History of NO LIMITS

Community Project

No Limits began in September 2008 when seven like-minded people came together realising that when a young person with Able Autism/Asperger Syndrome left school, there were few services or resources in the community to meet their needs. Having higher-functioning Autism, they failed to meet Learning Disability of Mental Health eligibility criteria which resulted in them becoming more withdrawn, isolated, leading to depression, a loss of self-esteem and diminished confidence often resulting in self-harm and suicide attempts.

In January 2009, NO LIMITS became a registered charity. Our aims and objectives were to raise Autism awareness and to work with and for young people with AA/AS living in the Dudley Borough.

We are self-financing and are a small charity with small groups of no more than fifteen, offering a 1:4 staffing ratio with the intention of focusing on moving people forward providing opportunities and activities to enable growth and development. We have no desire to become a prop but to foster independence and encouragement to achieve their life choices. We are proud that we can make a difference and help our members to realise no limits.

NO LIMITS operates a membership scheme. Our Trustees are an experienced group of people, some neurotypicals and some on the Autistic Spectrum. They are joined by two elected buddies who represent members first-hand.

NO LIMITS has numerous hopes and dreams of our future development to be in a position to expand our membership and one day have our own premises.



Working 4 Autism

Registered Charity 1127368

LIMITS Community Project works with adolescents & adults with Able Autism/ Asperger Syndrome. Minimum age is 18 but must have left school.

We aim to raise Autism awareness to aid social inclusion, promote independence, maximise potential, assist & support in working towards achieving life choices, engage in social activities & make friends and gain self-confidence & self-esteem.



Autism is increasing and is the fastest growing disability in the world. It is a neurological condition affecting social communication, social inter-action and trying to make sense of the world.

It is the only disability with its own Act of Parliament in 2009.

It is lifelong as there is no known cure. Able Autism & Asperger Syndrome is the highest functioning end of the Autistic spectrum . It is often referred to as a 'hidden' disability because Able Autism/Asperger Syndrome is indistinguishable from anyone else. There is a mismatch of academic ability and being able to carry out every day daily living tasks. It is a misunderstood disability that often results in social isolation, depression, frustration and discrimination. Imagine if you couldn't do the things in life that you want to do. All our members want is to be accepted and have all the things in life that we take for granted.

Accept difference NOT indifference. Look for what an individual can do rather than what they can't do. Capitalise on the positives.

NO LIMITS Community Project exists to make a difference.

TOGETHER WE CAN ACHIEVE GREAT THINGS!

website :- www.nolimits4autism.org.uk or email :- chris-nolimits@hotmail.com



Autism Is More Common **Than You Think!!**

- *Autism is the fastest growing disability in the UK today. 1 in 75 have some form of Autism and year by year this figure is decreasing.*
- *At least 1 in 3 adults with Autism experience mental health problems due to lack of support or because their needs have not been addressed early enough.*
- *More than 40% of children with Autism have been bullied at school.*
- *There are more than half a million people with Autism in England. 60,000 of these live in the West Midlands.*
- *22% of young people with Autism admitted that they had no friends at all. 65% said they would like to have friends.*
- *28% of adults with Autism live with their parents.*
- *1 in 5 children with Autism has been excluded from school, many of them more than once.*
- *If you include their families, Autism touches the lives of 2.7 million people every day.*
- *Nearly 2 thirds of adults with Autism in England do not have enough support to meet their needs.*
- *78% of young people with Autism say that outside their families people do not know enough about Autism.*
- *34% of people with Autism have waited 3 years or more for a diagnosis.*
- *Only 15% of adults with Autism in the UK are in full time paid employment.*
- *Many people with Autism are left handed.*
- *Many people with Autism have larger head circumferences and have difficulty finding a hat to fit them.*
- *Autism is 4 times more common than Cerebral Palsy and 17 times more common than Downs Syndrome. (Care & Health Magazine issue 39 June 19th 2003).*



Common Features of Able Autism/ Asperger Syndrome.

Whilst these are common features it does not mean that all of them are present.

There may be several that apply but it depends on the individual.

- *Difficulty in making & maintaining eye contact. May look over a person's shoulder when speaking. This may give the impression of not listening.*
- *Monosyllabic speech, repetitive use of phrases, parroting, conversation dominated by their own topics of interest. Verbalising internal thoughts.*
- *Literal interpretation of language and think people always say exactly what they mean.
"Pull your socks up" or "It's raining cats and dogs".*
- *Can appear aloof or rude when they say things bluntly and to the point, but usually truthful.*
- *Often lack sensitivity to other people's feelings as they have difficulty understanding other people's emotions.*
- *Love of routines and great dislike of change or disruption to their set routines. Preparation and explanations of why change needs to occur is helpful.*
- *Dislike of crowded, noisy places. This can be indoors or outdoors.*
- *Difficulty in coping with social situations, particularly new or unfamiliar ones. This can cause extreme anxiety, panic attacks, stress, meltdown or shutdown.*
- *Socialising does not come naturally, it has to be learned. Often they prefer to communicate by text or email. This gives time to prepare a response.*
- *Fear of rejection/failure. Reluctance to try new things.*
- *Perfectionism & attention to detail which can block them from being able to see the 'bigger picture'.*

- *Sometimes lack of awareness of danger and inability to foresee consequences of their actions.*
- *Difficulties with time management and spacial awareness. There is a need to set clear parameters.*
- *Difficulties with understanding rules, particularly with those of social engagement.*
- *Body language can appear like a foreign language to someone with Autism.*
- *They have difficulty in understanding jokes, particularly sarcasm. They do like slapstick type humour, cause and effect. Need for clarity.*
- *Can have a high pain threshold, or extremely low threshold.*
- *May have obsessions.*
- *May need time to process a question.*
- *May prefer to be alone. Maybe not all the time, but sometimes need quiet, uninterrupted time.*
- *May go into a state of 'overload' and need time out.*
- *May wear the same clothes summer and winter regardless of weather conditions. May also need to be reminded to change clothes.*
- *May elect to eat only certain food or food of certain colours.*
- *May be apprehensive of dogs because of their unpredictable behaviour.*
- *May have a reluctance to use or answer the telephone. Prefer texting or using email, WhatsApp, Facebook, Tik Tok or Twitter.*
- *May relate and bond well with a pet as their affection is unconditional and does not require verbal response.*



Things That Can Help Someone With Able Autism/Asperger Syndrome

Someone with Able Autism/Asperger Syndrome is person who just wants to have everything in life that we take for granted.

With support they can achieve great things!

Most people who have Autism feel that they don't belong and don't fit in. They tend to think differently and see things differently and are frequently misunderstood which can make them withdraw and become even more socially isolated. Be tolerant and have patience, it is worth getting to know them better!! They have numerous qualities such as honesty, reliability and loyalty. Many have islands of brilliance in their areas of interest such as maths, computing, science, the arts, engineering and sport.

So, what can make their lives easier? And yours!

Reassurance.

You can never give enough reassurance as they have a high fear of failure and rejection. They are perfectionists so pay attention to the smallest detail. Praise is a boost to morale.

Support.

This is very important, as appropriate support given at the right time can avoid unnecessary anxiety and promote confidence.

Structure.

Changes happen but if you can give advance warning with details of why things need to change this will help the person to understand the need for their routine to be disrupted. Written information is also good particularly if the content is detailed. It enables the person to read and re-read to reassure themselves.

Consistency.

A consistent approach is really helpful. Anticipating potential difficulties can help avoid problems.

Limit changes. Try not to introduce too many different things at once.

Understanding.

Knowledge of the condition enables others to know why someone behaves, reacts and responds to situations in the way that they do.

Never Assume.

Just because they are proficient in one area, do not assume that they are able to transfer this knowledge to something similar. Always check it out and ask. Each new task has to be learned. Once learned it can be replicated.

Explain.

Just because they have a disability never underestimate the importance of explaining why, where, when, how and who, even if it seems obvious to you. Precise details are important.

Give Time For A Response.

For someone with Able Autism/Asperger Syndrome there can be a time delay. This time delay is required for thinking, processing, interpreting and formulating the answers and in which order. So there is a delay between asking a question and getting a response, a bit like a video link. Be patient. Try not to rephrase or ask another question. This creates panic and confusion.



Some Famous People Diagnosed With Autism

CHARLES DARWIN

*English Author of
'The Origin of the Species'*

SIR ARTHUR CONAN DOYLE

Wrote Sherlock Holmes

GEORGE ORWELL

*(Eric Blair)
Author of Animal Farm*

H.G. WELLS

*(Herbert Wells)
Science Fiction writer*

COURTNEY LOVE

*(Courtney Michelle Harrison) Singer,
Songwriter, Musician & Actress*

ALFRED HITCHCOCK

English Film Director & Producer

BOB DYLAN

American Singer Songwriter

MICHAEL PALLIN

English Comedian, Writer & Actor

WOODY ALLEN

*American Actor,
Writer & Film Director*

DARYL HANNAH

American Actress

ROBIN WILLIAMS

American Actor

CHRIS PACKHAM

*Wildlife Presenter
Campaigner & Author*

DAVID BELLAMY

*English Botanist,
Environmentalist & Author*

MARIE CURIE

*Polish-French Chemist, Physicist,
Pioneer of Research on
Radioactivity*

ALBERT EINSTEIN

*American Theoretical Physicist.
Wrote the Theory of Relativity*

SIR ISAAC NEWTON

*English Physicist, Mathematician,
Astronomer, Philosopher*

W.H.AUDEN

*(Wystan Hugh Auden)
Poet*

SUSAN BOYLE

*British Singer &
Britains Got Talent finalist*

CHARLES DARWIN

*English Author of
'The Origin of the Species'*

LEWIS CARROLL

*(Rev Charles L.Dodgson)
Wrote Alice in Wonderland*

DAN AYKROYD

American Actor

LADYHAWKE

*(Pip Brown)
Songwriter, Singer
& Musician*

GUY MARTIN

Champion Motorcyclist

ANTHONY HOPKINS

Actor (diagnosed in his 70's)

HENRY FORD

*American founder of the Ford Motor
Company, Self taught Engineer,
Inventor & motor racing champion*

BILL GATES

*(William) American co-founder &
chairman of Microsoft Corporation*

BEETHOVEN

*(Ludwig von Beethoven) Prussian
Composer & Pianist*

MOZART

*(Wolfgang Amadeus)
Austrian Composer & Pianist*

GARY NUMAN

English Electro-pop Music Pioneer

PAUL ROBESON

*American Singer & Civil Rights
Activist, Actor & Writer*

VINCENT VAN GOGH

Dutch Post Impressionist Artist

L.S. LOWRY

(Lawrence Stephen) Artist.

J.M. TURNER

(Joseph Mallord) Artist

STEPHEN WILTSHIRE

*English Artist with West Indian
Heritage*

ALAN TURING

*English Mathematician,
Cryptographer &
Enigma Code Breaker,
Pioneer of the Computer*

GORDON BROWN

*(James Gordon)
Politician & Prime Minister.*

CHARLES de GAULLE

French Statesman & Leader

SIR EDWARD HEATH

former Conservative Prime Minister

ENOCH POWELL

(John Enoch) Politician

ORSON WELLS

*American Film Director,
Actor & Broadcaster*

FIELD MARSHALL MONTGOMERY

Commander - Allied Forces - WWII

THOMAS JEFFERSON

3rd American President

BOBBY FISCHER

(Robert), World Chess Champion

DOC MARTIN

*fictitious doctor
(played by Martin Clunes)*

HERCULE PIOROT

*fictitious detective
(played by David Suchet)*

SHERLOCK HOLMES

*fictitious detective
(played by Benedict Cumberbatch)*



NO LIMITS Community Project

Referral Form

NO LIMITS is a small charity, Reg.no. 1127368. We work with & for young adults who have left school and have Able Autism/Asperger Syndrome. We can only accept individuals who live in Dudley Borough. This referral form will be viewed by our Trustees who will determine if we can meet the client's needs. They will then be sent an application form.

Referring agency

Telephone number Mobile number

Address

Email

Referrer's name

Status

Client details

Name Telephone number

Address.....

..... Postcode

Email

Mobile number

Date of birth

Is client aware & agreeable to this referral? Yes/No

Does your client have a diagnosis? Yes/No. Age at diagnosis

Who gave the diagnosis?

Any additional conditions/medical problems/phobias/allergies?Yes/No

If yes please specify

Which schools did your client attend?

.....

Has your client attended college?

If so which college & course?.....

.....

Is or has your client been in employment? ...YES/NO.

Was this paid employment?YES/NO

What nature of work?

.....

Reason for referral

.....

.....

.....

.....

.....

.....

.....

.....

.....

Any other comments?

.....

.....

Referral date

This Information is held in accordance with GDPR



“Meeting Place”
The Coach House

*Wednesday mornings,
10:30am to 12:30pm
at The Coach House, Oldswinford.*

It is an opportunity for members to meet friends, have a chat, have a drink, engage in activities, if they want to, or just chill out.

We are here to listen, support & help if we can.

Members can come and just enjoy themselves!

If you wish to apply for membership, please fill in the referral form.



Would You Like To Become An Approved Volunteer?

NO LIMITS Community Project is looking for some dedicated, reliable volunteers who have a knowledge of Autism, can accept responsibility and can encourage people with Able Autism/Asperger Syndrome to become more independent, increase their self-confidence and capitalise on their skills/talents. We are building up

a bank of volunteers willing to commit some of their time on a regular rota basis to assist in running various groups. If you are interested in applying, please complete the details below which will be viewed by our Trustees and if they feel you are what we are looking for, we will contact you. You will be asked to supply two references from people who have known you for at least two years. One needs to be on an official letterhead or from a professional person, the other can be from a friend or neighbour who knows you well. Being accepted, will be dependent upon a clear DBS check. If you already have a current DBS which is no older than two years, we can accept this.

Name.....

Address.....

Phone number

Mobile phone number

Email address

What skills can you bring to NL?

.....

.....

Do you have any previous experience?

.....

.....

Why would you like to become a NL Volunteer?

.....

.....

Any other information to support your application

.....

.....

.....

.....

If you require any further information contact Chris Morgan, NO LIMITS Community Project Manager @ chris-nolimits@hotmail.com

November 2021