



## **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](http://www.nolimits4autism.org.uk) or email :- [chris-nolimits@hotmail.com](mailto:chris-nolimits@hotmail.com)