

**Kids**

Disabled children  
say we can



# Kids Autism HUB

**Essex | Southend | Thurrock**

For young autistic people aged  
12-25 and their families.

**“It’s good that you’re not just focusing on the struggles, but also the positives.”**

**“It has been lovely to be able to communicate with people who really understand”**

**“Wow! It looks great. So easy and straightforward to navigate.”**



## Information | Connection | Support | Signposting

Are you a young autistic person? Are you a parent wondering how best to support your autistic child? Do you want to connect with other people like you? Then the **The Kids Autism HUB** is for you.

### What is it?

#### At our Autism Hub you can:

- Find accurate information about autism
- Hear from other young autistic people and their families
- Take part in weekly support groups
- Explore other autism services across Essex, Southend, and Thurrock

### Who is it for?

- Young people aged 12 – 25 who have just received a diagnosis of autism or are going through the process of diagnosis
- The families of those young people

### How do I join?

The Hub welcomes you to self refer. Follow the link:

[autismhub.kids.org.uk/self-refer](https://autismhub.kids.org.uk/self-refer)

Or scan the QR code [here](#):



The Kids Autism Hub was commissioned by the NHS for Essex, Southend, and Thurrock and created by Kids, a national charity for children and young people with special educational needs and disabilities.

