

# Talkback Autism Peer Support



A flexible, strengths-based service that supports adults with autism and/or a learning disability, to feel heard, valued and connected.

**Talkback**

DEVELOPING A WORLD OF POSSIBILITIES



# Listening. Connecting. Empowering Autistic Voices.

Autism Peer Support is a strengths-based engagement and peer support service for autistic and neurodivergent people, people with a learning disability, and those who support them. It creates inclusive, safe spaces where individuals feel heard, valued and able to connect with others who understand their experiences.

Designed to be flexible and scalable, the service supports individuals while helping commissioners deliver meaningful, preventative, community-based outcomes.

## What we do

Autism Peer Support brings people together through:

- 1 Peer support and shared experience**  
Reducing isolation and building confidence and self-esteem
- 2 Community connection**  
Enabling people to belong and participate
- 3 Creative and expressive opportunities**  
Celebrating identity, interests and strengths
- 4 Voice and co-production**  
Influencing local services and decisions
- 5 Family and carer support**  
Providing trusted spaces to connect, share and learn

All activity is grounded in lived experience and shaped by the people who use the service.

# Strength Based. Person Centred.

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## Our approach

We take a strengths-based, person-centred approach that focuses on what people can do. By creating safe environments, we support people to:

- Feel less alone
- Understand themselves better
- Build confidence and self-esteem
- Develop meaningful connections

This approach enables early intervention, prevention and long-term wellbeing.

# Evidence of Impact

## Real, Meaningful Outcomes.

Autism Peer Support delivers real, meaningful outcomes for individuals, communities and commissioners.

By creating welcoming spaces, supporting people at key moments and valuing lived experience, the work leads to stronger connections, greater confidence and lasting participation. The following highlights show how this support translates into measurable change.

1

### **Reduced isolation and increased confidence**

Over 130 individuals were supported in one year through peer groups, social activities and carer forums, helping people feel more connected and less alone.

2

### **Effective peer support at key transition points**

Adults awaiting or newly receiving an autism diagnosis report feeling better informed, emotionally supported and understood through structured peer-led sessions.

3

### **Stronger community participation and active engagement**

Members progress from supported groups into wider community activity, including nature-based programmes, cultural engagement and public consultations.

4

### **Meaningful lived-experience contribution to real change**

Participants help to inform the design of public spaces and services, therefore leading to richer insight and better long-term decision-making.

5

### **Creative talent nurtured, developed and proudly showcased**

People develop and share strengths through music, art, media and storytelling, building confidence and visibility with wider public audiences.

6

### **Carers feeling informed, connected and empowered together**

Carer forums provide trusted spaces for peer support and practical learning, reducing pressure and increasing resilience over the longer term.

# Real Outcomes. For People and Communities.



## Why choose Autism Peer Support?

- Co-produced and rooted in lived experience
- Inclusive, accessible and community-focused
- Flexibly delivered to align with local priorities
- Proven to engage people who are often unheard
- Delivering social value, wellbeing and connection

## Who is it for?

- Autistic, neurodivergent adults and people with a learning disability
- People awaiting or newly receiving a diagnosis
- Commissioners seeking preventative, community-based support
- Partners looking for authentic engagement and co-production
- Families and unpaid carers of neurodivergent adults and children

# Voices.

## What People Say.

“

The sessions were genuinely transformative. For the first time, my sensory needs were understood and respected. I felt validated, supported, and less alone. And the group still keeps in touch.

**Autistic adult, awaiting diagnosis**

“

This service fills a huge gap. It offers a safe space that simply doesn't exist elsewhere, helping people understand themselves and avoid burnout.

**Member Voice**

“

It was the first time in my life that my autistic needs were acknowledged. I felt part of something, rather than alone in my own head.

**Member Voice**

“

These groups help uncover and nurture autistic strengths — benefiting not only individuals, but the wider community.

**Member Voice**

# Talkback

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## Let's Work Together

Whether you are looking for support, partnership, or a trusted provider to deliver outcomes that matter, Your Voice can be shaped to meet your needs.

Together, we make sure every voice counts.

## Contact Us

-  01494 434448
-  [talkback@talkback-uk.com](mailto:talkback@talkback-uk.com)
-  [talkback-uk.com](http://talkback-uk.com)

-  Amersham Community Centre  
Chiltern Avenue, Amersham, Bucks HP6 5AH

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