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Themes: Advocacy, Health and Wellbeing, Healthier Lives, Learning Disabilities, Mental Health, Specific Health Conditions

Aimed at: Adults 18+

We are a registered charity, based in Nottingham, for the support and advancement of Autistic Adults. All of our charitable aims are related to supporting Autistic Adults who do not have an Intellectual Disability. (Conditions previously know as "Asperger's Syndrome" or "High Functioning Autism").

We are founded and run by Autistic adults without intellectual disabilities, to bridge the gap in provision for Autistic adults who are considered to have “low needs” and have no other appropriate services to access. Every member of our Executive & Trustee Boards has a diagnosed Autism Spectrum Condition, making us one of the only entirely “User Led” Autistic Charity’s in the UK

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