

## WHAT IS 21 HIGH STREET?



21 High Street is a flexible support service based in a 4 storey building in Cardiff city centre for the use of people aged 16 and over, who have a diagnosis of high functioning autism or Asperger syndrome.

21 High Street is a service delivered by the charity Autism Spectrum Connections Cymru (ASCC).

### ABOUT ASCC

ASCC is a Welsh charity which provides specialist autism services. ASCC is part of the well respected Autism Initiatives group of charities.

We understand that each person's autism will impact upon them in unique ways and work in partnership with them and those close to them, to develop and achieve their own goals utilising a strength based model of support, shaped around each individual.



## IS 21 HIGH STREET FREE TO USE?

The 21 High Street Team offer focused 1:1 support, housing, employment and benefits advice. They can also meet with you to discuss problem solving in a number of areas, as well as providing a variety of social opportunities throughout each month.

You can also access independent advocacy through 21 High Street.



### HOW MUCH DOES IT COST?

The only cost to individuals is for certain social groups. For example if you attend a cinema trip you will pay for your own ticket and any refreshments you want. However, we always try our best to make as many of our social activities and opportunities free or as low cost as possible.

## HOW DO I REGISTER?

To self-refer email: [info@asc-cymru.org](mailto:info@asc-cymru.org) or call: 029 2022 8794. A member of staff will then arrange an initial meeting with you at 21 High Street.

### THE PURPOSE OF THIS MEETING IS TO:

- 1 Tell you about the service in more detail
  - 2 Give you the opportunity to ask questions
  - 3 Complete a short 'about me' form which includes your contact details & information which will help us support you in the future.
- This meeting should take around 30 minutes to an hour.

### YOU'LL BE ABLE TO:

- Visit 21 High Street during drop-in hours (check our website for up to date drop-in times).
- The building is a safe place where you can make use of the various facilities or just relax and meet other people.
- Access a variety of activity based social groups.
- Arrange 1:1 appointments with staff for specialist advice/ support.
- Receive a monthly newsletter keeping you up to date with our available services and one-off events.

## WE WANT YOUR INPUT!

It's important that 21 High Street is a true reflection of what people with autism want to see, so if you have any ideas we'd love to hear them. Perhaps you've had some thoughts about a social group you would like to start up or what we can do to promote a positive image of autism to others, including employers.

Some of the people registered with 21 High Street are part of a Think Tank and help to influence and shape the direction of our service. If you'd like more information about the Think Tank please speak to a member of staff.

If you would like to work with us to support people with high functioning autism or Asperger syndrome please get in touch.

### Autism Spectrum Connections Cymru

21 High Street, Cardiff CF10 1PT Telephone: 029 2022 8794 Email: [info@asc-cymru.org](mailto:info@asc-cymru.org)

Follow us on social media for a quick way to stay up to date with our work and the wider autism community.

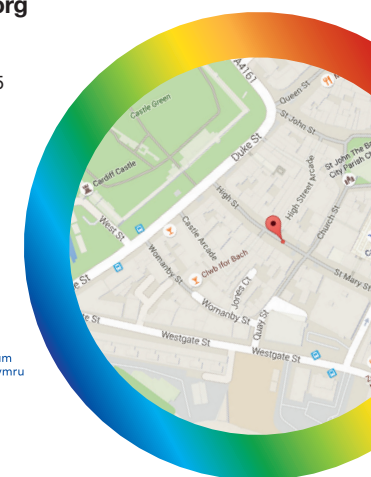
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[www.asc-cymru.org](http://www.asc-cymru.org)

Charity number 1158045

 autism spectrum connections cymru



# AUTISM SPECTRUM CONNECTIONS CYMRU

DDIOGEL  
EICH GWASANAETH  
CYMDEITHASU  
CYFLOGADWYEDD  
CYN AC AR ÔL DIAGNOSTIG  
**CYMORTH**  
GALW HEIBIO  
GRWPIAU  
GWEITHGAREDDAU  
CREADIGRWYDD



## BETH YW 21 HIGH STREET?



## ALLA I DDEFNYDDIO 21 HIGH STREET AM DDIM?

Mae tîm 21 High Street yn cynnig cymorth unigol â ffocws a chyngor am dai, cyflogaeth a budd-daliadau. Hefyd, gallant gwrdd â chi i drafod datrys problemau mewn nifer o feysydd, yn ogystal â darparu amrywiaeth o gyfleoedd cymdeithasol bob mis.

Cewch wasanaeth eirioli annibynnol drwy 21 High Street hefyd.

Mae 21 High Street yn adeilad pedwar llawr yng nghanol dinas Caerdydd ar gyfer pobl sy'n 16 oed a throsodd, sydd â diagnosis o awtistiaeth gweithredu lefel uchel neu syndrom Asperger.

Mae 21 High Street yn wasanaeth a ddarperir gan yr elusen Autism Spectrum Connections Cymru (ASCC).

### GWYBODAETH AM ASCC

Mae ASCC yn elusen a lywodraethir yng Nghymru ac fe'i sefydlwyd er mwyn darparu gwasanaethau awtistiaeth penodol ar gyfer pobl sydd ag awtistiaeth yng Nghymru. Mae ASCC yn rhan o Grŵp Elusennau Mentrau Awtistiaeth sy'n hirsefydledig ac yn uchel ei barch. Rydym yn deall y bydd awtistiaeth unigolion yn effeithio arnynt mewn ffordd unigryw, ac rydym yn gweithio mewn partneriaeth â hwy a'r rheini sy'n agos atynt er mwyn datblygu eu nodau eu hunain, a'u cyflawni, gan ddefnyddio model cymorth yn seiliedig ar gryfder sydd wedi'i lunio ar gyfer yr unigolyn.



### FAINT YDY O?

Dim ond am rai grwpiau cymdeithasol penodol y bydd yn rhaid i'r unigolyn dalu. Er enghraifft, os byddwch yn mynd i'r sinema, byddwch yn talu am eich tocyn eich hun ac unrhyw luniaeth yr hoffech ei gael. Fodd bynnag, rydym bob amser yn ceisio cynnig cymaint o'n gweithgareddau a'n cyfleoedd cymdeithasol â phosibl am ddim neu am gost isel.

## SUT GALLA I GOFRESTRU?

Er mwyn atgyfeirio eich hun, anfonwch e-bost at: [info@asc-cymru.org](mailto:info@asc-cymru.org) neu ffoniwch: 02920 228 794. Wedyn, bydd aelod o staff yn cynnal cyfarfod cychwynnol â chi yn 21 High Street.

### DIBEN Y CYFARFOD HWN YW:

- 1 Rhoi mwy o fanylion i chi am y gwasanaeth
- 2 Rhoi cyfle i chi ofyn cwestiynau
- 3 Cwblhau ffurflen fer 'amdana i', sy'n cynnwys eich manylion cyswllt a gwybodaeth a fydd yn ein helpu i roi cymorth i chi yn y dyfodol.
- Dylai'r cyfarfod hwn bara tua 30 munud i awr.

### BYDDWCH YN GALLU:

- Ymweld â 21 High Street yn ystod oriau galw heibio (edrychwch ar ein gwefan i weld yr amseroedd galw heibio diweddaraf).
- Mae'r adeilad yn fan diogel lle gallwch ddefnyddio'r cyfleusterau amrywiol neu ymlacio a chwrrd â phobl eraill.
- Mynychu amrywiaeth o grwpiau cymdeithasol sy'n seiliedig ar weithgareddau.
- Trefnu apwyntiadau unigol â staff i gael cyngor/cymorth penodol.
- Derbyn cylchlythyr misol sy'n rhoi'r newyddion diweddaraf i chi am y gwasanaethau sydd ar gael a'n digwyddiadau unigol.

## HOFFEM GAEL EICH MEWNBWN!

Mae'n bwysig bod 21 High Street yn adlewyrchu'r hyn yr hoffai pobl sydd ar y sbectrwm ei weld, felly os oes gennych unrhyw syniadau, byddai'n wych clywed amdanynt. Efallai eich bod wedi meddwl am grŵp cymdeithasol yr hoffech ei ddechrau neu'r hyn y gallwn ei wneud i hyrwyddo delwedd gadarnhaol yngly'n ag awtistiaeth i eraill, gan gynnwys cyflogwyr.

Mae rhai o'r bobl sydd wedi'u cofrestru â 21 High Street yn rhan o Felin Drafod, ac maent yn helpu i ddylanwadu ar gyfeiriad ein gwasanaeth a'i lunio. Os hoffech fwy o wybodaeth am y Felin Drafod, siaradwch ag aelod o staff.

Cysylltwch â ni i drafod sut yr hoffech fod yn rhan o'r gwasanaeth.

### Autism Spectrum Connections Cymru

21 High Street, Caerdydd, CF10 1PT Telephone: 029 2022 8794 Email: [info@asc-cymru.org](mailto:info@asc-cymru.org)

Dilynwch ni ar y cyfryngau cymdeithasol i gael y newyddion diweddaraf am yr hyn sy'n digwydd yn 21 High Street a'r gymuned awtistiaeth ehangach.

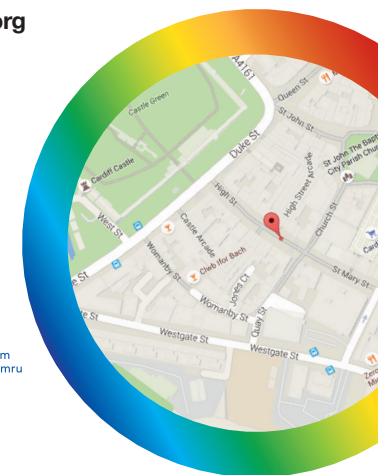
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# AUTISM SPECTRUM CONNECTIONS CYMRU

SAFE  
YOUR SERVICE  
SOCIALISING  
EMPLOYABILITY  
PRE & POST DIAGNOSTIC  
SUPPORT  
DROP-IN  
GROUPS  
ACTIVITIES  
CREATIVITY