



ABOUT US

We are a registered charity started in the latter part of 2010, by Julie, who has over 30 years of experience of supporting autistic children and adults. Julie has two sons and a husband who is diagnosed with Asperger's Syndrome. She found a distinct lack of support services for Autistic people, especially across Norfolk, UK.

ASD Helping Hands began with two support groups for families and we have now grown to be the biggest charity supporting those with Autism within Norfolk. Our services include an Information and Advice service, offering support on an individual basis to parents/carers, young people, and adults. Our Support groups provide ongoing support to those in need, as well as Residential Holidays and Activity Days. We can also provide accredited training to parents/carers and professionals.



GET IN TOUCH!

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Empowering You, Every
Step of the Way

Reg charity: 1175729





OUR SERVICES

All our services are available to those with and without a diagnosis, people of any age, and from any in Norfolk.

- Information and Advice Service
- Support and Social groups for all Ages
- Resource Booklets
- Screening tools and reports
- PIP Support Service
- Training (Online and In-person)
- Activity days and Residential Holidays

There may be a charge for some of these services

MISSION STATEMENT

Empowering autistic individuals and those around them, ASD Helping Hands is dedicated to fostering confidence, independence, and inclusion at every stage of life. We provide guidance, education, and resources to help individuals, families, and professionals navigate autism with knowledge and empowerment.

We champion the rights of autistic people, striving to create a more inclusive society while ensuring our services remain accessible, reliable, and built on trust.

FAMILIES TOGETHER

Thanks to funding from Norfolk Community Foundation's A Better Childhood Fund – Supporting Families with SEND programme, ASD Helping Hands is delivering a free, whole-family support project for families in Norfolk who have an autistic child or young person (or who are currently on the waiting list for an assessment).

The Families Together programme brings together parallel support for parents/carers (practical guidance, understanding and strategies) and a structured group offer for young people, helping families build confidence, reduce stress and strengthen day-to-day wellbeing— together, in a supportive and autism-informed way.

