

What is Spectrum?

Spectrum is a free, county-wide service that helps children and Autistic young people aged 5-18 to join in activities in their local community, develop their independence and build confidence in developing key life skills.



“ Our vision is that all Autistic young people will have the confidence and self-belief to embrace and achieve their full potential. ”

Spectrum Successes

A few of our Spectrum families have shared their success stories with our team:

“ Spectrum have managed to communicate with him at exactly the right level to understand him and to build up a trusting relationship. ”

“ The opportunity to build skills in exploring her emotions has been amazing. Her self-esteem has definitely increased. The impact from the Spectrum support has been more than I expected, thank you. ”

“ The support Spectrum have provided for her has been more than I expected, she is finding it hard to engage with anyone, but has started to with Spectrum in some small way... I'm sure the help and support spectrum can give will help her. ”

CONTACT US

If you would like to find out more information or make a referral to Spectrum, visit us at:

www.eastsussex.gov.uk/spectrum

SPECTRUM

Spectrum provide practical, empowering support packages to enable Autistic young people to reach the best outcomes for their future.



Skills Award Modules

Friendships and Social Skills

- Making, maintaining and repairing friendships
- Exploring social skills
- Building positive relationships
- Self awareness
- Social meet-ups

Inclusive Activities

- Supported engagement in after-school clubs
- Community activity engagement
- Saturday club engagement
- Knowing and exploring my local area and community

Independence

- Travel training for secondary school or college
 - Travel training in my community
 - Using money
 - Keeping myself safe in my community
 - Building my confidence to take the next step
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Identity and Self-care

- Health and Hygiene
- Healthy routines
- Understanding changes to me and my body
- Social media and safety online
- Understanding myself and my identity

Exploring Emotions

- Understanding my emotions
- Exploring my emotions through Drawing and Talking
- Zones of Regulation
- Self-awareness and awareness of others
- Exploring my anxieties and worries

Every child will receive a Skills Award Certificate as recognition of their achievement over 6 weeks in completing their individual Skills Award.

Skills Award

Spectrum support children and young people in 5 Key areas, offering a range of Skills Award modules, which can be tailored to meet the specific needs of your child.



Once a Spectrum practitioner has identified your child's priority key area with you, they will develop a specific, tailored 6-week Skills Award module within this area. You will get regular updates on progress and how their learning can be supported at home.

Spectrum adopt a child-centred approach and will involve children in decisions that affect them throughout.
