



Being Me is an exciting new programme by The A Team hub with Leigh Community Trust for girls aged 11-14 with a diagnosis of Autism.

Specifically designed for girls (years 8-9) who have a diagnosis, or are awaiting a diagnosis of Autism, the programme helps those involved to gain life skills, emotional resilience and a sense of self and belonging - whilst providing safe space for their voices to be heard.

Being Me has an emphasis on confidence building and raising levels of self-esteem through a range of methods including self reflection, peer support and creativity.

Girls involved may be experiencing a range of issues, from low self-esteem, struggles to interact with others, lack of body confidence and anxiety issues. It may be girls who are struggling with the world we're living in and how they 'fit in', providing a safe space for them to meet others who may feel the same. This programme is not designed to replace any therapies or counselling but to support any mental health provision that is currently being accessed, working closely with schools, parents and carers and local services.

The young women involved will take part in a range activities to aid this, these include but aren't limited to:

- Mindfulness
- Pilates / Yoga
- Life Skills Workshops
- Creative Crafts Workshops
- Animal Therapy Workshops

Groups run for 10 weeks face to face, Wednesdays 9.30-2.30pm at Leigh Community Trust, A-TEAM hub, followed by 10 weeks of weekly drop in sessions and a final term of monthly virtual check-ins with each participants. Groups are maximum of 8 participants so as to ensure each individuals needs are met. To book please contact michelle@leighcommunitytrust.co.uk



