



# ASHLEY'S HOUSE

Supporting Autistic Girls

## Parent Brochure





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# Welcome to Ashley's House

Ashley's House is a dedicated life Skills learning centre for autistic girls aged 11 - 16, a term-time provision and a weekend respite club for 11+. We provide a safe, inclusive, and supportive environment where girls can develop essential life skills, build social connections, and reach their full potential.

Our goal is to equip each girl with the confidence and independence needed to navigate everyday life successfully. We do this through structured and personalised programs tailored to their unique learning styles. Our approach combines routine with flexibility, ensuring that each girl receives the support she needs while learning at her own pace.





## Who We Are

Ashley's House is a Life Skills Centre that offers a balance of structured learning and co-productive elements. Our trained keyworkers and mentors assess each girl's individual needs and tailor a program that supports her growth and success. Whether a child is verbal or minimally speaking, we ensure that she receives the right support to thrive.

At Ashley's House, we strongly believe that all girls can flourish in the right environment. If challenges arise, we work collaboratively to identify and address them, ensuring no girl is left behind.



# Our Vision

A world where autistic girls are empowered to thrive.

# Our Ethos

- To create a nurturing, safe environment where girls can learn and grow.
- To develop customised programs based on individual needs.
- To provide a sense of community and foster lifelong friendships.
- To celebrate achievements and milestones, making every girl feel special and valued.

# Our Values

- We aim to foster confidence and self-belief.
- We build a strong sense of community and lifelong friendships.
- We encourage emotional growth and independence.
- "You'll Never Walk Alone" – we are a foundation of support for every girl and their family.

# What We Do and Why We Do It

We recognise that mainstream education often does not cater to the unique challenges faced by autistic girls. Our provision is designed to:

- Offer specialised programs focusing on practical life skills.
- Create a safe and understanding environment for learning.
- Encourage parental involvement, allowing families to support their child's development.
- Build a structured yet flexible approach, catering to each girl's strengths.
- Provide mentorship and guidance to help girls gain independence.

Many autistic girls struggle with social interactions, daily living skills, and independence. Our program fills these gaps, ensuring they have the knowledge and confidence needed to navigate adulthood successfully.

# Schedule

## Weekend Respite Club

9:30 AM

**WELCOME & SETTLING IN:** GIRLS ARRIVE, FIND THEIR SPACE, AND ENJOY CALM ACTIVITIES (COLOURING, SENSORY PLAY, MUSIC).

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10:00 AM

**ICEBREAKER FUN:** GROUP GAMES AND GENTLE ACTIVITIES TO HELP EVERYONE GET TO KNOW EACH OTHER.

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11:00 AM

**CREATIVE TIME:** ARTS & CRAFTS, PAINTING, OR JEWELLERY MAKING, A RELAXED, HANDS-ON SESSION.

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12:00 PM

**MOVEMENT & MINDFULNESS:** LIGHT EXERCISE, YOGA, OR DANCE, FOLLOWED BY A SHORT MINDFULNESS/RELAXATION ACTIVITY.

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12:30 PM

**LUNCH TOGETHER:** SHARED MEALTIME IN A FRIENDLY, CALM SPACE.

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13:15 PM

**GROUP ACTIVITY:** DRAMA GAMES, STORYTELLING, OR A MUSIC SESSION TO BUILD CONFIDENCE AND CONNECTION.

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14:00 PM

**OUTDOOR/MOVEMENT BREAK:** TIME IN THE GARDEN OR STRUCTURED OUTDOOR PLAY (WEATHER PERMITTING).

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15:00 PM

**FREE TIME & SOCIAL CHAT:** A CHANCE TO CHOOSE FROM BOARD GAMES, READING, OR SENSORY SPACES.

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15:30 PM

**REFLECTION & CALM DOWN:** GIRLS SHARE HIGHLIGHTS OF THE DAY, JOURNAL/DOODLE, AND PREPARE TO FINISH CALMLY.

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16:15 PM

**TIDY UP & GETTING READY:** PACKING UP, ORGANISING BELONGINGS, AND CALMING TRANSITION BEFORE HOME.

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16:30 PM

**PICK-UP & GOODBYES:** PARENTS COLLECT THE GIRLS, STAFF AVAILABLE FOR QUICK CHATS.

## Additional Life Skills Covered

In addition to our daily activities, we provide education on:

- Public Transportation: Learning how to navigate buses and trains safely.
- Safety Awareness: Understanding personal safety and risk assessment in different environments.
- Self-Advocacy: Developing confidence in expressing needs and boundaries.
- Understanding Emotions: Recognising and managing emotional states.
- Planning for the Future: Setting personal goals and working towards independence.
- Time Management & Organisation: Helping girls develop routines and maintain a structured lifestyle.





# Why Provisions for Autistic Girls Are Needed

Autistic girls often experience unique challenges that require tailored support:

- **Under-diagnosis and Late Diagnosis:** Many autistic girls mask their traits, leading to delayed diagnosis and lack of proper support.
- **Unique Social Differences:** While they may have strong social desires, they struggle with social nuances, making friendships difficult.
- **Mental Health Risks:** Without the right support, autistic girls are at a higher risk of anxiety, depression, and burnout.
- **Sensory Sensitivities:** Sensory issues can create difficulties in daily life, affecting their ability to participate in activities.

Ashley's House bridges these gaps by offering a safe space where girls can learn, grow, and feel understood.

# How We Support Emotional Well-being

We understand that autistic girls often experience:

- Hyper-empathy: Feeling deeply for others while struggling with emotional boundaries.
- Alexithymia: Difficulty in identifying and describing their own emotions.
- Social Anxiety: Finding social interactions overwhelming.
- Our approach focuses on:
- Emotional Awareness Training: Helping girls identify and express their emotions.
- Mindfulness Techniques: Teaching relaxation methods to reduce stress.
- Social Communication Support: Providing guidance on reading social cues and building friendships.
- Safe Expression Spaces: Using art, journaling, and creative outlets for emotional expression.
- Resilience Training: Helping girls develop coping strategies to manage stress and anxiety.



# Meet Our Team

Ashley's House is run by a dedicated team of professionals, including keyworkers, mentors, and educators with experience in autism support. Our Board of Directors includes:



Founder  
**Dipaley Patel**



Trustee  
**Ameet Patel**



CEO  
**Mitesh Patel**



Trustee  
**Nandita Shah**