



ASHLEY'S HOUSE

Supporting Autistic Girls

Parent Brochure



Contents

Welcome to Ashley's House	page 2
Who we are	page 3
Our Vision, Ethos and Values	page 4
What We Do and Why We Do It	page 5
What a Day at Ashley's House Looks Like	page 6
Additional Life Skills Covered	page 7
Why Provisions for Autistic Girls are Needed	page 8
How We Support Emotional Well-Being	page 9
Meet the Team	page 10

Welcome to Ashley's House

Ashley's House is a dedicated life Skills learning centre for autistic girls aged 11 - 18, a term-time provision. 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.

Timetable

What a Day at Ashley's House Could Look Like Morning Session (11-15 years old)

9:00 – 9:15 | Welcome & Morning Check-In Girls arrive, settle in, share how they're feeling and set a simple goal for the morning.

9:15 – 10:00 | Life Skills Activity: cooking & food prep (safety, hygiene, healthy snacks), personal care routine, time management games.

10:00 – 10:30 | Creative Expression: crafts, journaling, art projects to build confidence and communication.

10:30 – 10:45 | Break & Sensory Time: calm sensory tools, music, movement breaks, supporting regulation and focus.

10:45 – 11:30 | Social Skills & Group Games: structured small-group games encouraging turn-taking, communication and relationship skills.

11:30 – 12:00 | Outdoor/Movement Play: light physical activity outdoors or group movement inside (weather-dependent).

12:00 – 12:30 | Reflection & Pack Up: group reflection circle, celebrate achievements, transition support.

Timetable

What a Day at Ashley's House Could Look Like Afternoon Session (16-18 years old)

1:30 – 1:45 | Welcome & Check-In: relaxed arrival, sharing how the day is going, set intentions for the session.

1:45 – 2:30 | Independent Life Skills Workshop: meal planning & practical cooking tasks, money skills (budgeting activities), everyday problem-solving tasks.

2:30 – 3:00 | Wellbeing & Relaxation: mindfulness, gentle yoga/stretching, sensory breaks, emotional regulation focus.

3:00 – 3:15 | Break Time: snacks and relaxed social time.

3:15 – 4:00 | Project Time: creative challenges (e.g., design project, storytelling), group collaboration tasks, guest facilitators.

4:00 – 4:30 | Community & Social Skills: group discussions, role-plays, peer support activities.

4:30 – 5:00 | End-of-Day Reflection & Transition: recap successes, share hopes for tomorrow, pack-up with support.

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
Dipalee Patel



Trustee
Ameet Patel



CEO
Mitesh Patel



Trustee
Nandita Shah