

# Meet the Team



**Mike**

*Crisis Alternatives  
Coordinator*



**Jan**

*Crisis Alternatives Advocates*

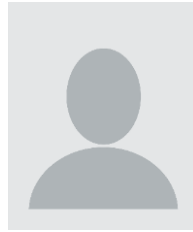


**Adrian**



**Lawrence**

*Crisis Alternatives Peer Supporters*



**Del**



# The Touch Base Project



**A Crisis Alternatives Service  
for Autistic Adults  
Kent & Medway**

## What we offer:

- Up to 8-weeks of 1-to-1 Self Advocacy Support
- Peer Support Groups with a Mental Health Focus
  - Seasonal Projects and Trips
- Some Face-to-Face Meetings in the Community
  - Phone, Text and Online Support via Zoom



Part of the SEAS Programme  
Run by Advocacy for All

**For enquiries about the Touch Base Project,  
please contact Mike Clarke**

**Mobile - 07548 829619**

**Mike.Clarke@advocacyforall.org.uk**

In collaboration with:



## The Touch Base Project is for:

**Adults** (aged 18 and over)

Who **live in Kent or Medway**

Who have **an official diagnosis** of autism or Asperger's or are on the waiting list for assessment

Who have additional **mental health needs**

Who are **at risk of reaching a crisis**

### Referrals Routes:

- Self-referral
- KCC or Medway Council Social Work Teams
- Kent and Medway NHS Trust Assessment Teams

[Please download our referral form from our website.](#)

## Our Aims

To offer support and inspiration to all individuals in a creative and stress-free environment.

To achieve an environment of stress-free creativity alongside an ethos, that we all have equality in our thoughts, reality in our visions and a future in our dreams.

To foster a space where we can make things happen, think bigger and speak out louder and be comfortable to act as ourselves.

To "live like no-one's watching."

## More About the Touch Base Project:

The Touch Base Project provides a detailed, individual, and specific mental health service for **autistic adults** experiencing **mental health distress**.

Our aim is to **prevent a crisis**.

We cannot support those who are already in a crisis and who need clinical intervention.

### 1-to-1 Self Advocacy

Each of our members is allocated an advocate, who can provide 6 weeks of self advocacy. Alongside your advocate you will discuss and agree a goal of a change that you would like to make which would improve your mental health and wellbeing. This support will either be face-to-face in the community or remotely via telephone, text, email, or Zoom. We do not work in people's homes. The intervention can be extended by an additional 2 weeks, if needed.

### Peer Support Groups

Our support groups are run with the help of Peer Supporters, staff with lived experience of Autism and mental health issues. These groups have a range of formats and cover a number of topics: from drop-ins to target-driven projects, from art to videogames. This is a chance to speak to people who might understand the issues you are facing.

### Signposting

We can support you to identify suitable sources of support from a range of local and national organisations and services. We can also suggest ways to help you communicate your needs effectively.

**The Touch Base Project is part of our SEAS (South East Autism Support) programme. Please ask for more information about what is currently available in your area.**