

Additional Support

Express CIC

Express CIC is a parent led voluntary organisation set up to support young people on the autism spectrum and their families. Express provide various family support groups.

Express provide various therapy groups for young people on the autistic spectrum, which are offered either online or face-to-face at the Express offices in Tolworth (for more information: counselling@expresscic.org.uk).

Cambridge House Advocacy

Cambridge House advocacy, which supports people to have more control over their lives, make decisions, be treated fairly and participate fully in community life. For more information:

Telephone contact number: 020 735 87007

Website (Kingston): <https://ch1889.org/kingston-advocacy>

Website (Self-advocacy service for Richmond): <https://ch1889.org/richmond-advocacy>

Email address (Kingston): imca@ch1889.org

Email (General): receptionist@ch1889.org

West London Outreach Service (The National Autistic Society)

Associated with NAS, this flexible outreach service offers 25 hours or more per week to help adults with Autism to take part in activities outside their home, build their confidence and become more independent in all aspects of life. For example, they can help people to take part in their favourite sport or attend a college course.

Email: services@nas.org.uk

Website: [West London Outreach Service \(autism.org.uk\)](http://West London Outreach Service (autism.org.uk))

Richmond Users Independent Living Scheme (RUILS) -Richmond Only

RUILS is a service run by and for disabled people living in Richmond. Their services include information and advice about budgeting, community involvement and befriending services.

Telephone contact number: 020 8831 6083

Email address: info@ruils.co.uk

Website: <https://www.ruils.co.uk/>

Richmond Carers Centre – Richmond Only

Richmond Carers Centre provides information, advice and support for carers living in or caring for someone living the London Borough of Richmond.

Telephone contact number: 020 8867 2380

Website: <https://www.richmondcarers.org/>