

What is LIMA?

LIMA stands for Low Intensity Management for Autism.

By this we mean we support individuals on the autism spectrum on an on-going basis and do not limit the number of sessions available. We also work at your pace.

The LIMA project is based in Horsham but reaches individuals throughout West Sussex. This is because in addition to face to face appointments, we also offer appointments via email, Skype, telephone and social media. This helps us to reach those who, for whatever reason, are not able to travel to Horsham.

The support we offer is based on your needs. This means you tell us what you would like help with around your autism spectrum condition. This might be support to develop coping strategies, learning more about your autism or having someone to talk to, in confidence, on a regular basis who understands some of the difficulties experienced by you and who may be able to offer advice or a different perspective.

If you are not sure what you would like help with, we can help you to think about this and together we may come up with an answer.

How to contact us

How to contact us

Phone:
07502979707

Email:
r.millman@alongsideautism.co.uk

Post:
Alongside Autism, 2 Blackbarn, Cranleigh,
Surrey, GU6 8HP

Social Media:
See our Facebook Page and follow us on
Twitter

Face to face sessions take place at Lavina House, Age UK, Dukes Square, Horsham, RH12 1GZ. Please note we are only there on days when the service is open. At other times you can contact us using the details above.

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LIMA Project
(Horsham and West Sussex)

“With you, enabling individuals on the autism spectrum”

Who is the service for?

The service is for those who are:

- Age 18 or over
- Registered with a GP in West Sussex
- Have a diagnosis of autism spectrum condition (i.e. Asperger Syndrome, Autism, High Functioning Autism)
- Do not meet criteria for Mental Health Services
- Do not meet criteria for Learning Disability Services
- Parents, partners or carers who would like more information or support for those they care for

What do we offer at LIMA?

LIMA operates fortnightly on Tuesday evenings from 6-pm. Although we are based in Horsham for Face to face session, we can reach you in your home via Skype, telephone, email or Social Media.

Appointments are booked in advance and last up to 45 minutes.

You can attend on your own or bring someone with you.

You will usually work with one of our staff on a regular basis. This should help to build a trusting working relationship. However, we are happy for you to work with different members of staff. It's your choice!

What happens during your appointment will usually be lead by you. You may want to talk about things that have happened or you may want support to help you prepare for a particular event in your life; You may wish to work on coping strategies to help you cope better or you may want to learn more about autism.

We are willing to help and support you however best we can.

Who works at the LIMA Project?

All our staff have extensive experience of working with individuals on the autism spectrum, with a combined experience of over 50 years:



Howard Childs is an ASD specialist working for Surrey and Borders NHS Foundation Trust and a member of the Surrey ASD Diagnostic Clinic.



Lisa D'Costa is a Transition Development Officer for a leading autism charity. She also teaches the management of challenging behaviour.



Tini Riese-Stott is a Specialist Practitioner for the West Sussex Autism Spectrum Conditions Service (Sussex Partnership NHS Foundation Trust).



Ruth Millman is an Low Intensity Cognitive Behavioural Therapy Practitioner. Previously managing adult autism services and lecturing at Surrey University.