

Hello!

If you are reading or listening to this you may be wondering what GROVE is and what we do.

We are a team of people who all have the same aim: to help and support Autistic young people like you. Most of us are Autistic too and would have loved someone to help and support us when we were younger.

This is me, Jess, I am the person who started GROVE. I am Autistic and also an ADHD'er. I'm with my dog, Ben who is a really tiny Cavapool!

Autistic experience is my main interest but over the years I have had many - fairies, human biology, martial arts are a few!



What kind of help and support do you mean?

We are 'Mentors' (not teachers, counsellors or therapists when working with GROVE - some of us have done those in the past or do that as a 2nd job). A Mentor is someone who is there to guide, to offer help and support in a friendly, gentle and non-judgemental way.

Sometimes we spend time with people individually and sometimes in a group - it depends which way works best for each person. Some people like both approaches. This information is about Individual Mentoring.

We do everything online using Microsoft Teams. You don't have to have your camera on. We are happy for you to communicate in whatever way works for you - speaking, typed chat, using your AAC, actions, emojis, GIFs or a mixture of any of those or something different.



What happens in Individual Mentoring and what is it for?

We do not have any outcomes or expectations in mind for your sessions - we are not looking to teach you something, or to get you to change anything about who you are or push you to do anything. We do not have any hidden agenda.

We are here to create a space that feels safe, natural and comfortable for you to be yourself.

We'd love to just get to know you. We'd love to hear about your interests and maybe see your collections of things you are passionate about. We'll be there to help and support you however you want and need, whether it's for a bit of guidance, a friendly chat, or just being someone who will be with you and listen if you want to share anything. It may even be that your Mentor has gone through similar things to you. One of the things our Mentors have spent a long time learning about is what it's like to be Autistic so they can also help you to understand what this means to you if you want.



GROVE NEURODIVERGENT MENTORING & EDUCATION LTD
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It is just talking?



It can be if that works for you but we can also do other things. We can play games or do activities, listen to music, read or watch videos. As long as it is something we can do online and we have the stuff for then it'll be great to do something together. I wonder if you have any ideas? Do you have an interest you'd like to share with us? Perhaps a favourite song? Or maybe you love watching funny animal videos?

If your Mentor has an idea for doing something together you never have to agree - it will always be an invitation and never a requirement.



What happens before the first session?

Ahead of our first time together we can do various things if you think they might be helpful. For example, your Mentor could send a little bit of written info' about them, they could send some pictures or a video introducing themselves. If you think of anything that might help or if you have any questions then you can ask your parents or carers to get in touch with us.

We will ask your parents or carers to tell us a bit about you - if you feel you can get involved in that then that's great, but you don't have to. This helps us to try and understand what you may like us to do or not to do for you and help us try to match you with the right Mentor.



You may like your parent/carer to stay for the first session and that's completely fine, in fact it's fine for as long as you need.

What do I do if I want to try it?

Your parents or carers can get in touch with us to look at getting started when we have Mentor we feel would suit you and at the right time and day for you.



What if I need to know more before I decide?

That's absolutely fine, you can ask your parents/carers to get in touch with me and I'll do my best to answer your questions.

Thanks so much for reading or listening!



Jess
(she/her)