GROVE

SCAN ME

GROVE is an Autistic-staffed specialist organisation supporting Autistic young people aged 8–18.

Led by an experienced educator with an MA in Autism (Distinction), GROVE brings together Autistic lived experience, academic expertise and extensive professional experience. Our wider team includes specialists with postgraduate qualifications in autism through to PhD level and expertise across education, psychology, counselling, youth work, mentoring and research.

Our work is relationship-based, child-led and grounded in affirming research. We create spaces where young people can explore their interests, connect with others, develop self-understanding and, most importantly, belong as themselves.

BEING ME®

Knowing Myself Valuing Myself Being Myself



Information for Commissioners & Referrals

PROGRAMME OVERVIEW

Being Me provides a structured but low-demand, neuro-affirming group to support Autistic and PDA young people. Across ten sessions, young people explore three connected areas:

- **Knowing Myself**: Exploring what being Autistic means to me, including different ways of experiencing, communicating, thinking and relating.
- **Valuing Myself**: Exploring strengths, needs, differences and the things that make each young person who they are, without framing Autistic traits as problems to be fixed.
- **Being Myself**: Exploring identity, authenticity, self-advocacy and what it means to be able to be yourself in different spaces.

SUITABLE REFERRALS & POTENTIAL OUTCOMES

Being Me® if for any Autistic young person who would benefit from:

- Greater understanding of their Autistic identity
- Recognising and valuing their strengths and differences
- Exploring their needs and preferences
- Developing self-esteem and self-worth
- Understanding their experiences through an affirming Autistic lens
- Connecting with other Autistic young people
- Developing language for describing their experiences
- Exploring what helps them feel safe, comfortable and able to be themselves

WHAT IS IT LIKE?

- Ten weekly one hour online sessions.
- Cameras can be on or off
- Communication via speech, chat messages, AAC
- Small Autistic-only groups
- Delivered by experienced Autistic mentors
- Structured but low-demand
- Activities, discussion and opportunities for reflection
- Age groups: 8–12, 12–16 and 16–18

REFERRAL PROCESS

Being Me can be accessed through:

- Parent/carer booking online
- School referral or recommendation
- Local authority or commissioned placements
- Charity or organisation-funded places
- Other agreed support pathways

To refer, please complete this form.

WHAT'S INCLUDED

The programme fee of **£500** per young person includes:

- Ten live online group sessions delivered by Autistic Mentors tailored to suit the needs of the group
- Access to session recordings for parents/carers and the young people for the duration of the programme
- A detailed Parent/Carer Guide with information and educational resources to support understanding beyond the sessions
- A choice of Being Me activity booklets to scaffold participation, support reflection and continued learning
- A Summary Booklet on completion, capturing key themes explored throughout the programme
- A unique opportunity to connect with Autistic peers and mentors in and have access to the most up to date information about Autistic experience