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.

Individual MENTORING



Information for Commissioners & Referrals

MENTORING OVERVIEW

GROVE's mentoring combines Autistic lived experience with specialist academic and professional knowledge. Our work is informed by research relating to positive Autistic identity, self-acceptance, community connection, contemporary autism theory and neurodiversity-affirming practice.

We offer individualised, relationship-based support, guided by consent, curiosity and the young person's own interests, needs and preferences. There is no prescribed programme or adult-imposed goals.

SUITABLE REFERRALS & WHAT MENTORING CAN SUPPORT

Mentoring may be particularly suitable for Autistic and PDA young people who would benefit from:

- Autistic-to-Autistic connection and understanding
- A safe, accepting relationship beyond their family
- A mentoring relationship where their autonomy is prioritised
- Exploring identity and developing self-understanding
- Greater self-acceptance and self-worth
- Exploring communication, needs and self-advocacy
- Connection, belonging and space to explore their identity, experiences and interests
- A consistent, low-demand relationship rather than a short-term intervention with a prescribed goal

Mentoring may be particularly helpful for young people who feel isolated or misunderstood, are exploring what being Autistic means for them, find relationships or communication difficult to navigate, or would benefit from a consistent Autistic adult who understands their experience.

The young person must know they are or might be Autistic. No formal diagnosis is required. Online support must be suitable for the young person.

WHAT MENTORING LOOKS LIKE

Format: Individual online mentoring (parent/carer support is welcome)
Duration: 30, 45 or 60 minutes per session, at least once per week
Age range: Approximately 8–18 years (age 19–25 only via EHCP)
Delivered by: Specialist Autistic Mentors, all holding Enhanced DBS with Children's Barred List checks

There is no lengthy tie-in period, but GROVE mentoring is intended as longer-term support rather than a short-term, goal-based intervention.

COSTS & FUNDING ARRANGEMENTS

£50 per hour (£25 for 30 minutes; £37.50 for 45 minutes)

Mentoring can be commissioned through EOTAS/EOTIS, Section 19, EHCP provision, Local Authorities, schools, charities and other organisations as well as self-funded by parents/carers.

REFERRAL PROCESS

To refer, please complete this form once you have permission and approval from parents/carers.