

As a parent or carer you will know just how tough it can sometimes be.

NEMFLA aims to:

- Give parents access to greater support services and information on Autism
- Offer practical strategies
- Increase levels of confidence in parenting Autistic children and young people
- Build stronger communities by enabling them to work together to manage Autism

NEMFLA aims to be the voice for parents and get you smiling again.



**Supporting Parents.  
Strengthening Families**

To find out more about NEMFLA.

You can visit us at:

**St Michael Associates**

**368 Old Kent Road**

**SE1 5AA**

**Opening Hours**

**Monday- Friday 9am-5pm**

Or alternatively contact us on:

**Tel: 0207 708 3939**

**Email:**

**[info@stmichaelassociates.org.uk](mailto:info@stmichaelassociates.org.uk)**

**[www.stmichaelassociates.org.uk](http://www.stmichaelassociates.org.uk)**



**Meeting the Needs of  
Ethnic Minority  
Families Living with  
Autism.**



**SMA**

## Who we are

Meeting the Needs of Ethnic Minority Families living with Autism (NEMFLA) is a new and unique project, which will provide free advice and support to Black and Ethnic Minority families living with Autism Spectrum Disorder (ASD).

NEMFLA is a part of St Michael Associates' (SMA), an established voluntary organisation concerned with the well being of disadvantaged, vulnerable and excluded communities. SMA creates better employment opportunities, greater independence and a better quality of life through education, support and training

## What is Autism?

Autism is a developmental disorder that affects people from all nationalities and cultural, religious and social backgrounds, with over half a million people in the UK affected.

The three areas autistic individuals have difficulty with are: Social interaction, Social communication, and Social imagination.

## What we offer

Through this project we hope to support, encourage, train, and increase levels of confidence in parenting skills.

### Our services will include:

- Home visits
- Ongoing telephone support
- Advice on how to access support services
- A lending library of toys and books
- Training and workshops for parents on autism and autism related issues.
- Trips, fun days and outings for families
- Network support with other parents
- Assistance with filling in forms such as Disability Living Allowance
- An advocacy service

## Areas covered by the Project

This support will be across four boroughs:

- **Southwark**
- **Lewisham**
- **Greenwich**
- **Bromley**

The project will establish network support groups, which will create opportunities for families to meet one another and provide emotional support.

We also provide support at our office located in Southwark.

## Who can refer?

Please feel free to get in touch with us.

Alternatively, you may ask someone else such as a friend, Teacher, Health visitor, Minister, GP, Educational Psychologist, Family support worker or Social Worker to get in touch with us on your behalf.