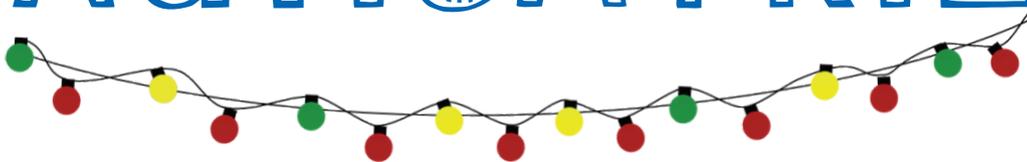




Become more..

AUTISM FRIENDLY

 this Christmas

Did you know that more than **1 in 100** people in the UK have autism? That's over **7000** children and adults in Dorset alone.

For someone with autism and their family, shopping and other leisure activities can be incredibly **stressful**.

The **noise**, **lights** and **crowds** can be overwhelming and cause stress and anxiety.



The feeling that others may not understand you or a family member and pass judgment can add to the stress.

Could your business become more **autism friendly** in the run up to Christmas?

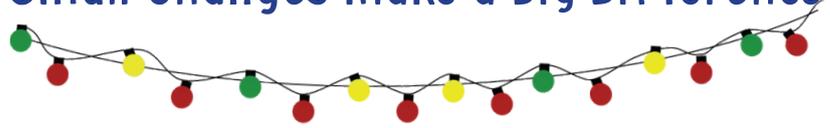
Not only will it open your doors to **thousands of new customers and their families** but...

you will help to create a **more inclusive community**.





Small Changes make a Big Difference



Small changes can make a big difference to someone with autism and their family.

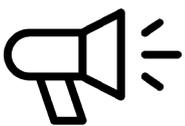
Become more **autism friendly** simply by:

1. Turning down music and reducing other noise e.g tannoy announcements;
2. Dimming or switching lights off where it's safe and possible to do so; and
3. Sharing information about autism with staff and the public to raise awareness and understanding.

Our **Autism Advice Factsheet** is free to download and display on staff and community noticeboards. Visit www.autismwessex.org.uk/factsheet.

You can **set aside a time and date** to make these small changes **or simply be mindful** of your customers who may have autism when they visit your business.

If you're doing something **autism friendly** - **Shout about it!**



Tell your customers & let us know what you are doing by sending us an email to enquiries@autismwessex.org.uk.

We'll share the news with our supporters and the wider community.

For more information about how to become more autism friendly please visit www.autismwessex.org.uk/autismfriendly

If you want more information, guidance and training, Autism Wessex offer dedicated autism training courses.

For details of courses on offer visit www.autismwessex.org.uk/events or for a tailored course for your business email enquiries@autismwessex.org.uk.

@autismwessex



#autismfriendly