



# Spectrum

**Supporting young people with autism in the community**

- Support to access activities
- Life skills
- Autism Skills Award
- Autism training
- Advice and guidance



**Spectrum**

**130 Dorset Road, Bexhill TN40 2HT**

**Phone: 01424 724700**

**Email: [Spectrum@eastsussex.gov.uk](mailto:Spectrum@eastsussex.gov.uk)**

Spectrum works across East Sussex to support young people with autism to independently access their community. Our aim is to give young people with autism the same opportunities and experiences as their peers.

Whether you need support joining a club, learning how to catch a bus or guidance on getting a hair cut and a whole lot more we're here to help.

We also run small groups to help young people with autism to understand their condition and how it affects them.

With our wide experience and knowledge we can provide a range of autism courses too.

For more information please contact the team...

**Please send this form to:**  
**Spectrum**  
**130 Dorset Road**  
**Bexhill TN40 2HT**  
**01424 724700**  
**[Spectrum@eastsussex.gov.uk](mailto:Spectrum@eastsussex.gov.uk)**

**Young person's name**

**Date of birth**

**Parent/carer's name**

**Contact number**

**Address**

**Email**

**Referrer's details**