

Neurodiversity Connections Hub

Bitterne, Southampton



About the hub

The Southampton Neurodiversity Connections hub is located in Bitterne and is a base for multiple services supporting neurodivergent people of all ages in the Southampton area.

The hub has been created to support individuals, families, parents, carers and professionals. Autism Hampshire can also help to signpost people to further advice and guidance. No diagnosis required.

Autism Hampshire

Autism Hampshire is co-ordinating and managing the hub to enable local services to use the space to meet people that they are supporting.

What services are available at the centre?



The Information Advice and Guidance team offers a wide range of free services to support individuals, families, and professionals.

www.autismhampshire.org.uk



A charity supporting young people up to the age of 26 with counselling services combining prevention, early intervention and crisis support.

www.nolimitshelp.org.uk



Providing Lego therapy, a crisis line and drop in service, parent support groups, advocacy and much more.

www.southamptonautismsupportservice.com



Delivering social communication groups for adults around self esteem, body language, conversational skills, assertiveness skills and more.

www.speakingspace.co.uk

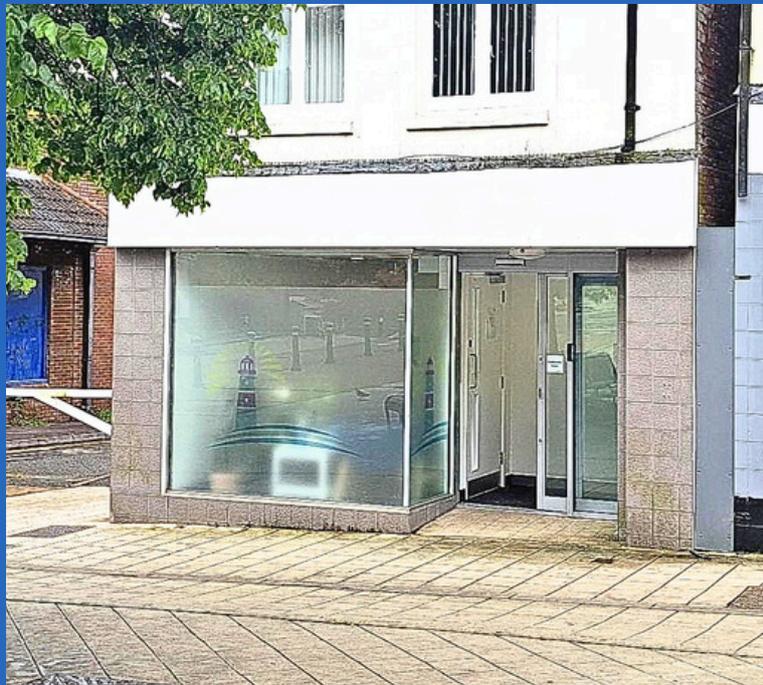


How to find us

Appointments **must** be made in advance with the relevant service.

The hub is located in main shopping area in Bitterne opposite Lloyds Bank. On the window, you will see a large lighthouse. Please ring the bell and someone will come down to meet you.

Address: 434 Bitterne Road, Bitterne Village, Southampton, SO18 5RT.



Professional or community group?

The Neurodiversity Connections Hub is available and free to use for all professionals and community groups supporting autistic people living in Southampton.

There are several rooms available to book including a sensory room and comfortable private meeting areas.

For more information on how to use or book the space as a professional or community group, please contact Autism Hampshire via nc-hub@autismhampshire.org.uk.

Thank you.



Scan the QR code to view a virtual tour of the hub or visit www.itandmediaunmasked.co.uk/bitterne/