

Futures

inspiring and empowering young people

What will Futures do for you?

- Develop your **independence**
- Improve your **communication** skills
- Help you to find **work**
- Prepare you for **adult life**
- Give you the **confidence** to make friends and join your local community

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A new
beginning
A fresh
perspective.



Employment

Help you to find work or work experience



Health

Help you to stay fit and healthy and develop a healthy lifestyle

Friends & Community

Help you solve problems and make good choices



Independence

Teach you the skills you need to look after yourself at home

Accepting new applications now
Futures@Autism-Unlimited.org

Contact us now for further information.



Registered charity number 1000792