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| **CALM and QUIET Sessions** |

**For people with autism or learning disabilities/difficulties aged 18 + to find out about benefits, jobs and support at the Jobcentre**

**Please come to an introductory session at a Jobcentre to see how we can support people with autism and/or learning disabilities into employment, or help them move towards it.**

* **Find out about volunteering, part-time or full-time employment, or changing jobs.**
* **Parents/Carers welcome too, or come alone to explore opportunities for those you support.**
* **Meet specially trained staff who will explain what help is available.**
* **Meet organisations that may be able to help you get the support you need.**
* **Find out about benefits, including Universal Credit, and what you are entitled to.**
* **Find out about Access to Work, a scheme to help you with support in employment and with travelling to work**

**NO COMMITMENT - NO ASSESSMENT - JUST INFORMATION**

**autism-friendly help and advice in a calm and peaceful session. Help us to help you!**

**You do not need to live in Elgin or live near the jobcentre – anyone can attend.**

**Where? Elgin Job Centre, Trinity Road, Elgin, IV30 1RJ.**

 **We are just a short walk from the bus station**

**When?**  **Tuesday 11th June 10.00 – 12:00.**

 **We will refund fares for any Job Centre Customers who attend**

**If you would like an appointment with a trained Work Coach, please email** **elgin.jobcentre@dwp.gov.uk** **or call 01343 528088 for a personal time to come, so that you will not have to wait. You can also use this email to ask questions.**

 **There will be staff to help you, and a quiet area.**

 **Together let’s make a difference!**