

PALMS really understands what it's like for the whole family to be living with autism, and have strategies that fit in with real life. My son has become much less pessimistic since working with PALMS and is appreciating and noticing the positives in his life much more. As a Mum, it's just really nice to see people who 'get it', know how to talk to my kids and always have a smile and a fresh perspective.

If you are new to PALMS, please believe that this process can help life to feel better!



Don't doubt yourself. No
matter what happens you know
your child better than anyone
& with the right support you
can use the tools to come
out the other side.

Believe in Palms
Believe in your child
Believe in YOURSELF.

You can do this &
you will do this.
Trust me.

I DID

X-X

The strategies that we have
been able to implement, as a
result of advice from PALM,
have transformed our family
life. The individualised &
specific plans ensure
that the service provided is of
massive benefit.

Stay strong, stay hopeful,
it does get better

HOW HAS HE HELPED

ME WITH MY

OLB BUT IT IS

SCARY BUT FIRST

BUT IT DOES

GET BETTER

THEY HAVE HELPED ME WITH

MY OCB BUT IT IS SCARY

AT FIRST BUT IT DOES GET

BETTER.

Palms doesn't give you the answers and is not some miracle cure, but does help parents to develop their skills to help to manage their child's feelings and behaviour better. The strategies suggested are helpful and empowering. We feel better equipped and more confident and hopeful for the future.

YOU ARE CAPABLE OF
BUILDING A LOVING FAMILY
UNIT. YOU ARE DOING THE
BEST YOU CAN. REMEMBER
THAT LOOKING AFTER
YOURSELF IS JUST AS
IMPORTANT AS LOOKING
AFTER CHILDREN & YOUNG
PEOPLE. ACCEPT SUPPORT
& DON'T STRUGGLE ALONE.
CHANGE CAN BE TOUGH,
BUT NECESSARY TO DEVELOP
NEW SKILLS & A POSITIVE
FAMILY UNIT.

It was great - Pams has helped me think about my future.

At first I did feel very nervous and worried and kind of scared and I was very rude.

But from now on I've got really used to it and I've always been looking forward to coming and seeing someone who understands my anger and my feelings and my happiness.

I feel a bit dumb that I'm not going to Pams anymore.
Don't be scared.

Be safe, be strong and don't be paranoid.

Take a step back from the situation and open your mind to try new strategies and old again. Think outside the box sometimes. It's a long hard Road but its worth the journey! You will end up in a better place as a family

I am a single parent and at first was in turmoil over how to handle my son. From seeing the PALMS team I have gained confidence, knowledge and a lot more understanding.

I found it very difficult to bond with my son for years but I am finally bonding and our life is 100% better.

Please trust that the more work you put into this process, the more you + your family will get out of it.

I cannot thank the team enough as they have changed our lives for the better. Thankyou XXX



Hi my name is _____ I have
~~been~~ been coming to palms
since last year and my
Anxiety Levels were high,
I wouldnt go out at all
and I couldnt face seeing
family and friends & face
to face, & by coming to palms
in stevenage has helped me
to overcome my anxiety and
I feel very grateful for
all that I have received, my
has been very helpful, I
have changed a lot over
the past 16 months, I wish
you all the best for the
future and your future with
palms I hope your voyage
is as good as ~~am~~ my
~~is~~ waiting you was with
palms