

# Community Asperger Support Team (CAST)



Information for service users,  
relatives and friends  
**Easy Read**



**A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.**

## **What is CAST?**



Community Asperger Support Team (CAST) are a specialist community service for adults with diagnosis of asperger.



CAST is a small team of professionals who have experience of supporting adults with asperger.

We work with people in the community.



Sometimes we work with people who are in hospital receiving mental health services.

## What do we do?



We promote positive mental health by helping people cope with anxiety and try new and challenging experiences.



We work closely with community mental health and social care services and with parents and carers.

## How will we help?

### We can:

- Help people create predictable and enjoyable routines.
- Get a good picture of the sources of anxiety and stress for any particular person.
- Help people to solve problems.
- Help people to try new and challenging experiences.
- Help people to monitor their own health.
- Help people to learn new social skills or coping mechanisms.
- Help others to understand a person's communication style or sensory problems.

## Appointments



Referrals are accepted from professionals working within social and health services.

If accepted we will contact you by phone or letter within two weeks.

We will complete an assessment within four weeks.

## Consent



We will discuss any plans or ideas we think might help.

We will only proceed if you agree.

## Contact details



If you have any questions contact:

Community Asperger Support Team (CAST)  
Central and South  
Northumberland CTT  
Greenacres Centre  
Green Lane  
Ashington  
Northumberland  
NE63 8BL

Tel: 01670 844 700  
Fax: 01670 844 765

Email:  
[GreenacresWAACMHT@ntw.nhs.uk](mailto:GreenacresWAACMHT@ntw.nhs.uk)

Please note that information sent to the Trust via email is sent at your own risk.

## Problems, complaints or suggestions



Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.





Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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