

# BACKGROUND INFORMATION

## VIRTUAL COFFEE AFTERNOON

THURSDAY APRIL 2ND 12-2

### What is Autism?

Autism is a lifelong, developmental disability that affects how a person communicates with and relates to other people, as well as affecting how they experience the world around them (National Autistic Society). There are over one million people in the UK who have a diagnosis of autism.

### What does it mean by “a spectrum”?

Everyone is different! It is important to not make assumptions about people and to treat people as individuals. Why are you talking about autism and employment? Currently just 16% of autistic adults are in full time employment, and only 32% in any sort of employment at all. We don't think this is right, and we want to change this!

### What does Café Track do?

As well as selling great food and drinks, we provide a place for people to come and develop their employability skills in a supportive environment. Working with TRACK we have now supported 26 people into paid employment, and over 50 people into work placements.

### Where can I find out more?

You can visit our website [www.track.org.uk](http://www.track.org.uk); we will also put some links up for you to see resources on the internet.

### How can we help?

You can join in with our Virtual Coffee Afternoon on Thursday April 2nd (which is World Autism Awareness Day). For more details visit [www.track.org.uk/coffee](http://www.track.org.uk/coffee) and if you want to support us financially you can buy us a Virtual Coffee on [www.buymeacoffe.com/cafetrack](http://www.buymeacoffe.com/cafetrack).

This costs just £3 and will help us to keep supporting people whilst our actual Café is closed.