



National  
Autistic  
Society  
Scotland



# Moving Forward+

With CashBack for Communities

For young people aged 16-25

Our programme offers a flexible and person-centred pathway to help young autistic people **build their confidence** and resilience and **move forward** into their preferred positive destinations.



[Moving.Forward@nas.org.uk](mailto:Moving.Forward@nas.org.uk)

## Our programme covers:

- Understanding autism
- Managing anxiety
- Building social confidence
- Developing resilience
- Exploring career options
- Practical work experience

## Who is eligible?

In order to be eligible, you need to be:

- On the autism spectrum or seeking a diagnosis
- Aged 16-25
- Not already in education, training or employment
- Living within a **West Central Scotland** postcode identified as being within the 20% most deprived on the Scottish Index of Multiple Deprivation

## Our funders

Moving Forward+ is funded by the Scottish Government's Cashback for Communities initiative.



**Interested? Contact us to make a referral!**

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The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).

