



## ABOUT PROJECT

**Target population:** Autistic people of African descent in Merseyside region.

**Aim:** To provide an inclusive and safe space for families of colour in Merseyside to share cultural experiences on bringing up children with a condition of autism.

**Duration:** 3yrs. October 2022 to October 2025

*more info on next page*

## CONTACT US

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# WATOTO ACTIVITIES PROJECT

[www.cphmindbodyandsoul.org.uk](http://www.cphmindbodyandsoul.org.uk)





Majority of people from African origin cannot recognise if a loved one is autistic or has a learning disability due to lack of knowledge about Autism, mental illness and Learning disabilities as these are barely talked about in the African community.

This lack of knowledge hence translates into failure to seek help early and even when one receives the diagnosis, majority isolate from friends and family due to the stigma attached with having a mental illness, learning disability or autism.

This project therefore aims to provide an inclusive and safe space for families of colour in Merseyside to share cultural experiences on bringing up children with a condition of autism. This is to allow them to feel understood and provide services such as culturally sensitive therapists and social workers, seminars and conferences about mental health, autism and learning disabilities, support with educational health care plans, and other forms of paperwork, social needs assessments plus any other support families may need.

Our Watoto activities project targets people of African origin and refugee status living in Merseyside with a diagnosis of autism/ learning disabilities or a family member with autism/learning disability.

The national autistic society and the mental health foundation 2020 have rightly recognised that autistic people from Black, Asian and other minority groups face massive barriers when accessing services, treatment, and events due to social stigma, cultural stigma, religious stigma, and other barriers such as language barrier and systemic racism among others.