

# THE AWARDS 2021

## Outstanding Support for Students

<b>Institution name</b>	University of Portsmouth
<b>Submission title or project name</b>	Living Well With Autism (LWWA) group
<b>Nominee/key personnel</b>	Joel Gisborne, second-year student; Ryan Harris, second-year student; Dr Abigail Tolland, Clinical Psychologist in Student Wellbeing Services
<b>URL</b>	
<b>Submission</b>	<p>As more autistic students access university, it is essential they receive the support they need to engage fully in university life.</p> <p>The student-led Living Well With Autism (LWWA) group is held weekly, led by a specialist Clinical Psychologist, with students invited to attend as they need. For many students, the group has provided the first opportunity to meet other autistic students and hear about their experience of autism and university.</p> <p>The group produced a series of resources for new students about university life and the lessons they learnt in the first year, including practical advice about university services, how to structure your time, and a recipe guide for those who were unsure about cooking.</p> <p>Students have reported they value the group as a safe and supportive environment, which facilitates personal development. It has reduced isolation, and students have been able to access timely support for mental health needs.</p>