



## Background to Diverse and the ABC Project

**Established in 1986, Diverse is the sexual health charity for Cambridgeshire and some surrounding areas. We provide support, information, training and education around sexual health, HIV, sexuality, sexual identity, sex and relationships, sexual trauma and keeping safe.**

**What is ABC?** ABC stands for '**Awareness, Balance and Choice**'. The Project is funded by a Big Lottery Reaching Communities grant and is a high demand service. The project has two main strands:

**'The ABC Programme'** is a 6 week modular programme for anyone with a learning difficulty (LD) or autism who needs support and information around relationships, sex, sexual health and keeping safe both online and in the community. The programme is often delivered in groups but can be modified to be delivered to individuals and couples.

**'Understanding ABC'** is a workshop for parents, carers and professionals. The aims are to help participants understand that many people with LD or autism want and need to form relationships, and have a right to do so, to give participants increased confidence when talking to the people they support about these topics and equip them with better strategies for managing related issues for the people they support.

**Why ABC?** Like most people in society, many adults and young people with a LD or autism want and need to form personal and sexual relationships; relationships are as important to them as they are to anyone. They have a right to form such relationships, make choices and have the information to help them do this. ABC will work with people with a LD or autism and their parents, carers and professionals, to make this happen.

**As an ABC Facilitator** you will have experience of supporting people with a LD or autism, delivering workshops or similar and of designing resources. You will have a knowledge and understanding of the needs of people with a LD or autism across the spectrum and the ability to communicate with them on their level. You will be proficient in Microsoft Office, have good written and verbal skills, the ability to organize, manage and plan effectively and the ability to work both on your own initiative and as part of a team. You will have an understanding of safeguarding, confidentiality and boundaries. You will have an enthusiastic, innovative and professional approach to work, but you will also have the ability to inject fun into your