

**Please be understanding and patient.
Speaking too much can make me
feel worse. Please allow me some
time and space to compose myself.**

Thank you.

hello

The logo for Grays Shopping Centre, featuring the word "GRAYS" in a large, bold, purple font above the words "SHOPPING CENTRE" in a smaller, purple font. The text is set against a light purple circular background with a subtle pattern.

My name is...

I have an autism spectrum condition

Having autism means I experience the world differently and I might react to certain social situations in an unusual way.

I may not understand everything that is said to me, even if it appears I do. I can be passionately interested in a particular subject and may talk about this a lot or become really engrossed in an activity or object. The world can sometimes be a scary place when you have autism.

Busy, crowded places can be over stimulating with lots of different noises, sights and smells. This can make me feel scared and anxious and I may behave in a way that could be difficult to understand.