



Bristol Autism Support

What's on January – February 2023

Bristol Autism Support is a registered charity (1186287) offering peer to peer support for parents and carers of autistic children in the South West of England.

BAS Support blocks

Bristol Autism Support run support blocks for specific topics for parents and carers of autistic children in Bristol, South Gloucs, North Somerset & BANES. Each session includes a presentation and time for discussion. No diagnosis is required to join these groups.

- **New to Autism**, Secondary, 6 weeks, online starting on Sunday 7th January
- **Supporting Autistic Girls-** 6 weeks, online starting on Friday 5th January
- **Supporting Distress and Behaviours that Challenge**, 5 Weeks, online starting on Wednesday 10th January
- **Supporting Communication with Non Speaking Children** 1 day workshop, in South Bristol on Tuesday 6th February

To book a space see - <https://www.bristolautismsupport.org/support-blocks/>

Understanding Autism for Personal Assistants

This free online information session is for people working as Personal Assistants (PA) with autistic adults and children. Wednesday 17th January 2-4pm.

In person support groups

Our in person groups are casual meetings where you can have a chat, talk through any issues and enjoy the company of others who really get what you are going through.

- Thursday mornings at the Imperial Sports Ground, West Town Lane BS14 9EA. Dates 4th & 18th January & 1st February - 10-11am
- Fridays at Zest Deli & Café, 130 Stoke Lane BS9 3RJ (will return to Hunters Café after refurbishment) Dates 12th, 26th January & 9th February- 10-11am

Sensory play and support sessions

A session for parents and carers with their children. Your child can play in the sensory space at Imperial Sports Ground (West Town Lane , Bristol BS14 9EA) whilst you chat with our support volunteers. Booking is required, upcoming dates:

- Any age child – 18th January 11-12pm
- Children aged 5-18 – 4th January & 1st February - 11-12pm

Coffee mornings / Meet ups

Join us for a casual cuppa and a chat with other Bristol Autism Support families. No booking required just turn up:

- BAS Dad's, Lodekka, Tramway Rd, Brislington BS4 3DS, Thursday - 4th January, 1st February 7.30-9pm
- Boston Tea Party, 293 Gloucester Rd BS7 8PE – Monday 8th January & 5th February 10-11am
- Grounded Bedminster, 66-68 Bedminster Parade BS34HL – Tuesday 16th January & 6th February 10-11am
- Fishponds Porto Lounge, 784&782a Fishponds Rd, Bristol BS16 3TT. Tuesday 9th & 23rd January & 6th February 10-11am.
- Thali Café, 64-66 St Marks Rd, Easton, BS5 6JH – Friday 12th January & 2nd February 10-11am
- Keynsham - Mokka, 34 High Street BS31 1DQ, Tuesday 23rd January 10.30-11.30am
- Yate, YMCA, Station rd, Yate BS374PQ, Tuesday 9th January & 6th February 10-11am
- Weston Super Mare – NSPCWT, The Firs, 89a Drove Road, BS23 3NX, Friday 19th January 9.30-10.30
- Grandparents Meet Up, Barranco Lounge, Unit 7, Abbeywood Retail Park, Stoke Gifford BS34 7JL – Friday 2nd February 10-11am
- Grandparents Meet Up, Grounded 747-749 Fishponds rd BS16 3UP – Friday 19th January 10-11am
- East Devon, The Deck, Ocean, Queens Drive, Exmouth EX8 2AY, Thursday 11th January 10am-12pm.

Online Information Sessions, Booking Required:

- [Autism & Disordered Eating](#) | Tuesday 9th January, 7-8pm
- [Applying for DLA](#) | Thursday 11th January, 10am-12pm
- [All About Autism](#) | Tuesday 16th January, 10am-12pm
- [Autism & Sleep Drop In](#) | Thursday 18th January, 11am-12pm
- [Visual Communication Basics](#) | Thursday 25th January, 10-11.30am
- [Managing Anger](#) | Friday 2nd February, 12-2pm
- [Autism & Associated Conditions](#) | Friday 9th February, 10am-12pm
- [Sensory Processing Differences](#) | Friday 9th February, 1-3pm

You can also book 1-1 sessions with our wrap around coordinators here:

<https://www.bristolautismsupport.org/autism-central/>

