

What's on April /May 2024

Bristol Autism Support is a registered charity (1186287) offering peer to peer support for parents and carers of autistic children in South West of England. BAS is the regional hub delivering the Peer Education Programme for Autism Central.

Details for all our sessions and links for booking can be found here - <https://www.bristolautismsupport.org/whats-on/>

BAS Support blocks

- **Supporting Distress and behaviour that challenges**, 6 weeks, in Knowle West starting on Thursday 18th April 9.45am-12.15pm
- **New to Autism (Secondary)**, 3 weeks online starting on Wednesday 8th May 10am-2.30pm.

To see more support blocks or to book a space:

<https://www.bristolautismsupport.org/support-blocks/>

Support groups - 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.

- South Bristol: Thursday mornings at the Imperial Sports Ground, West Town Lane BS14 9EA. Dates 18th April, 2nd & 16th May - 10-11am.
- North Bristol: Fridays at Grupo Lounge, 8 Canford Lane BS9 3DH Dates 26th April, 10th & 24th May - 10-11am *Venue will return to Hunter's Café after renovation so double check location on our calendar.
- Online Drop In 19th & 29th April, 7th & 22nd May

Online Information Sessions, Booking Required:

- **Understanding Autistic Overwhelm, Meltdowns & Shutdowns for PAs** | Thursday 18th April 12.30-2pm.
- **Support in Education** | Monday 29th April 12.30-2pm
- **Play Workshop** | Wednesday 1st May 12.30-2.30pm
- **ARFID** | Friday 10th May 10am-12pm
- **Understanding Autism** | Tuesday 14th May 10am-12pm
- **Autism & Sleep Online Drop In** | Thursday 16th May, 12-1pm.
- **Sensory Processing for PAs** | Friday 17th May, 10am-12pm
- **Autism & Eating** | Friday 24th May, 10am-12pm.

In Person Information Session, Booking Required:

- **Toileting Workshop** | Wednesday 15th May in Brislington



Coffee mornings / Meet ups

Join us for a casual cuppa and a chat with other families and our peer educators. No booking required, just turn up. Check details on our calendar -

<https://www.bristolautismsupport.org/whats-on/>

- BAS Dad's: Lodekka, Tramway Rd, Brislington BS4 3DS, Thurs 1st May, 7.30-9pm.
- BAS Dad's: Crafty Cow, Gloucester Rd BS7 OBJ, Thurs 18th April & 16th May 7.30-9pm.
- Easton Community Centre, Kilburn St, Easton BS5 6AW – Friday 26th April & 24th May, 10-11am.
- Boston Tea Party, 293 Gloucester Rd BS7 8PE – Monday 22nd April & 13th May, 10-11am.
- South Bristol Costa Coffee Imperial Retail Park, Wills Way BS16 3TT – Tuesday 16th April & 14th May, 10-11am.
- Porto Lounge, 784 & 782a Fishponds Rd, Bristol BS16 3TT. Tuesday 16th, 30th April, & 14th May 10-11am.
- Mokka, 34 High Street, Keynsham BS31 1DQ, Tuesday 16th April & 14th May 10.30-11.30am.
- YMCA, Station road, Yate BS374PQ, Tuesday 23rd April & 21st Yate, 10-11am.
- Post 16, Coffee Bristol Loaf, 96 Bedminster Parade, BS34HL Thursday 9th May, 11am-12noon.
- NSPCWT, The Firs, 89a Drove Road, Weston-Super-Mare, BS23 3NX, Friday 17th May 9.30-10.30am.
- Gloucestershire - The Curio Lounge, 9-11 King Street, Stroud GL5 3BX Wednesday 17th April 10.30-11.30am.
- Wiltshire: Rivo Lounge, 2-4 The Bridge, Chippenham SN15 1EX, Tuesday 23rd April 10.30am-12noon
- Plymouth: Leadworks, Plymouth Theatre, 170 Rendle Street PL1 1TP Wednesday 29th May 10am-12noon.
- Exmouth: Tuesday 30th April & Tuesday 4th June, venue details to follow
- Grandparents: Barranco Lounge, Unit 7, Abbeywood Retail Park, Stoke Gifford BS34 7JL – Friday 3rd May, 10-11am.
- Grandparents: Grounded 747-749 Fishponds rd BS16 3UP, Friday 19th April, 10-11am.

Sensory play and support sessions

For parents and carers with their children. Your child can play whilst you chat with our support volunteers. Upcoming dates:

Super Sense, Imperial Sports Ground (West Town Lane, Bristol BS14 9EA):

- Any age child – 2nd May, 11-12pm.
- Children aged 5-18 – 18th April & 16th May 11-12pm

Bradley Stoke SEND Soft Play, Bradley Stoke Leisure Centre, Fiddlers Wood Lane, BS32 9BS – Wednesday 8th May 11am-1pm.

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