

Peer Support

Bristol Autism Support is a charity that provides peer to peer support, information and advice to parents and carers of autistic children (diagnosed or suspected) in Bristol, South Gloucestershire, North Somerset & BANES.

Information Sessions

Join our support blocks, courses, information and discussion sessions designed to support parents and carers to learn more about supporting their children's needs. Examples of our sessions include:

- New to Autism
- Sensory Differences
- Autism & Eating
- Applying for Disability Living Allowance
- Autism & Masking
- Supporting Distressed Behaviour
- Autism & Sleep

'BAS has been a lifeline to us in the beginning steps of our journey into learning about our son's autism. I've learned so much, so quickly, and this is exactly what was needed in order to support my child.'

In Person Meet Ups

Come to one of our in person support groups in North and South Bristol.

Or join us for a casual chat at one of our meet ups / coffee mornings to speak with other parents and our team. Alongside our regular coffee mornings in a range of locations we also run BAS Dads and Grandparents meet ups

www.bristolautismsupport.org/whats-on/



Online Support

Visit our website: www.bristolautismsupport.org

Parents and carers of autistic children living in Bristol, South Gloucestershire, North Somerset & BANES can join our active Facebook group for peer support and information sharing.

Find us on Facebook:

www.facebook.com/groups/bristolautismsupport



Bristol Autism Support is the regional hub in the South West delivering the Autism Central Peer Education Programme. Families, Carers and Personal Assistants of autistic individuals in the South West can access groups sessions and 1-1s delivered by Peer Educators. Find out More on the Autism Central Website.

www.autismcentral.org.uk





Phone & Email Support

Need to talk to someone who understands
give our helpline a call for 1-1 chat with our
peer supporters

Helpline: 07835 727394

Email:

enquiries@bristolautismsupport.org
helpline@bristolautismsupport.org

Family Sessions

Monthly sessions are held at the Super Sense where parents and carers can chat with our team whilst their children enjoy the sensory room.

BAS also hold autism friendly family events

It was just lovely. Felt like I could really relax and my daughters could just be themselves with no judgment.

Visit our website:
www.bristolautismsupport.org



FOR PARENTS & CARERS

Charity Number 1186287