

What's on April - July 2024

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 is the South West regional hub delivering the Autism Central Peer Education Programme.

Upcoming Online Group Sessions:

Online Information Sessions, Booking Required:

- **Online Drop In** | 19th, 29th April, 7th & 22nd May
- **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.
- **Understanding Autistic Overwhelm, Meltdowns & Shutdowns for PAs** | Friday 7th June 10am-12pm
- **Sensory Processing** | Friday 7th June 10am-12pm
- **Managing Anger** | Thursday 13th June 10-12pm
- **Applying for DLA** | Thursday 20th June 12.30-2.30pm
- **Understanding Autistic Overwhelm, Meltdowns & Shutdowns** | Monday 24th June 10am-12pm
- **Support in Education** | Tuesday 25th June 10am-12pm
- **Sensory Processing for PAs** | Monday 1st July, 1-2.30pm
- **Autism & Masking** | Wednesday 3rd July, 10am-12pm
- **Toileting Workshop** | Wednesday 17th July, 10am-12pm

In Person Group Sessions:

Coffee Mornings and Meet Ups happening in Bristol, Yate, Weston Super Mare, Keynsham, Stroud, Chippenham, Plymouth, Exmouth. For details and booking see: <https://www.autismcentral.org.uk/hubs/bristol-autism-support>

1-1 sessions

Book a 1-1 session with our wrap around coordinators for families and carers of autistic people. This is an opportunity to talk to one of our team who can provide support and signposting to further information. This 1-1 service is only open to families and carers of autistic people that live in South West England.

Find out more & book sessions here:

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

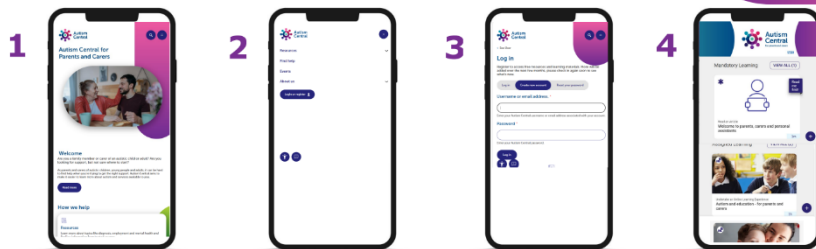
<https://www.autismcentral.org.uk/hubs/bristol-autism-support>

Online Learning

You can also access free online learning modules on the Autism Central Website. You will need to register with an email address to access the learning portal. See access instructions below and find modules on understanding autism, wellbeing and Autism & Education.



Register (mobile)



1
Go to
www.autismcentral.org.uk
Select the menu
(at the top right corner of the screen).

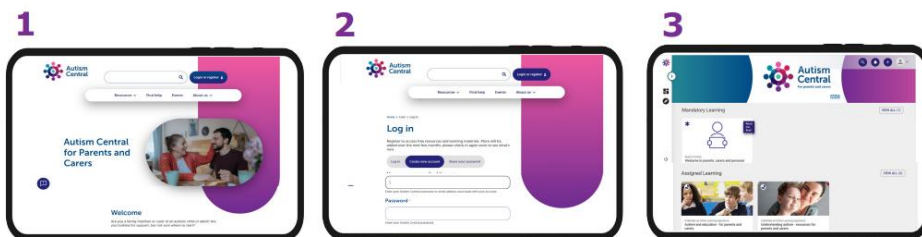
2
Click on
'Login or register'.

3
Click on
'Create new account'.
Add your details to register.

4
When you login you will be able to see your dashboard.
Select the resource you wish to view.



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