October 2026

Bristol Autism Support (BAS) is a registered charity (1186287) offering peer support for parents and carers of neurodivergent children, support for neurodivergent adults and guidance for professionals in this field. We cover Bristol and the surrounding areas and offer a wide variety of sessions both in person and online.

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

BAS Support Groups and Coffee meet ups: 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. These are drop-in sessions with no need to book.

- Thursday, 01/10/2026, 19:30-21:00 — BAS Dads South — Lodekka, Tramway Road, Brislington, Bristol, BS4
- Friday, 02/10/2026, 10:00-11:00 — North Bristol Support Group — Grupo Lounge, 8 Canford Lane, Westbury-on-Trym, Bristol. BS9 3DH
- Monday, 05/10/2026, 8.45 - 11.00 — Cafe Conscious — 182 Avonvale Rd BS5 9SX
- Wednesday, 07/10/2026, 13:00-14:00 — Fishponds Coffee Morning — Porto Lounge, 784 & 782A Fishponds Road, Bristol, BS16 3TT
- Thursday, 08/10/2026, 10:00-11:00 — South Bristol Support Group — Imperial Sports Ground, West Town Lane, Brislington, Bristol. BS14 9EA
- Friday, 09/10/2026, 10:30-11:30 — Redfield Coffee Morning — Rubino Lounge Church Rd BS5 9HT
- Tuesday, 13/10/2026, 14:00-15:00 — Broomhill Coffee Afternoon — St Peter's Methodist Church, 170 Allison Road, Bristol. BS4 4NZ
- Monday, 14/10/2026, 13:00-14:00 — Emersons Green Coffee Morning — Emersons Green Village Hall, Emerson Way, Bristol BS16 7AP
- Thursday, 15/10/2026, 13:00-14:00 — Hanham Coffee Morning — Hanham Community Centre, 118-124 High St, Hanham, Bristol BS15 3EJ
- Thursday, 15/10/2026, 19:30-21:00 — BAS Dads North — Crafty Cow, 635 Gloucester Rd, Bristol BS7 0BJ
- Friday, 16/10/2026, 10:00-11:00 — North Bristol Support Group — Grupo Lounge, 8 Canford Lane, Westbury-on-Trym, Bristol. BS9 3DH

- Wednesday, 21/10/2026, 10:00-11:00 — South Bristol Coffee Morning — Costa Coffee, Unit 12, Imperial Park, Bristol. BS13 7TJ
- Wednesday, 21/10/2026, 13:00-14:00 — Fishponds Coffee Morning — Porto Lounge, 784 & 782A Fishponds Road, Bristol, BS16 3TT
- Thursday, 22/10/2026, 10:00-11:00 — South Bristol Support Group — Imperial Sports Ground, West Town Lane, Brislington, Bristol. BS14 9EA
- Friday, 23/10/2026, 10.00 - 12.00 — AuDHD Coffee Morning — Ritorno Lounge, Harbourside, BS1 5UH

Family Sessions: Sessions for the whole family to enjoy together, including our Lego Club and Supersense sensory sessions.

- Sunday, 18/10/2026, 11:00-12:00 — Lego Club — The Vassall Centre, Gill Ave, Bristol BS16 2QQ

Information Sessions and Online Support: Online group sessions delivered by our trainers on a variety of subjects, booked via Matterpay.

- Thursday, 01/10/2026, 10.00-12.00 — Distressed Behaviour — Online
- Thursday, 01/10/2026, 12- 2.00 — Independent Living Pathway — Online
- Thursday, 01/10/2026, 5.00-6.00pm — Transgender online chat — Online
- Thursday, 08/10/2026, 10.00-12.00 — Applying for DLA — Online
- Thursday, 08/10/2026, 12.00 - 2.00 — Education and Training Pathway — Online
- Friday, 09/10/2026, 12.00 - 1.15 — Education and Training Pathway — Online
- Wednesday, 14/10/2026, 19.00 - 21.00 — AuDHD Monthly Support Group — St Werburgh's Community Centre, Horley Road, BS2 9TJ
- Thursday, 15/10/2026, 12.00 - 2.00 — Employment PFA — Online
- Thursday, 22/10/2026, 12.00 - 2.00 — Health and Wellbeing PFA — Online
- Thursday, 22/10/2026, 10.00 - 12.00 — Anxiety and Masking — Online

Coaching Sessions: Online 1:1 and small group sessions for parents, adults and professionals delivered by our coach, booked via Matterpay.

- Friday, 16/10/2026, 12.00 - 1.15 — 1:1 Coaching Session — Online

Sensory Training: Training at Supersense for parents and professionals with our specialist, booked via Matterpay.

Find out more about Bristol Autism Support here -www.bristolautismsupport.org

To book sessions and see future dates see - www.bristolautismsupport.org/whats-on/

Facebook: For parents and carers of autistic children (no diagnosis required) living in Bristol and the surrounding areas. A place to connect with other families.

Helpline: Contact the helpline on **07835727394,** leave a message and one of our team will get back to you.