

## What's on February - March 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 Sessions:

#### Understanding Autism for Personal Assistants

This free online information session is for people working as Personal Assistants (PA) with autistic adults and children. Wednesday 28<sup>th</sup> February 10am-12pm.

#### Online Information Sessions, Booking Required:

- [Managing Anger](#) | Friday 2<sup>nd</sup> February, 12-2pm.
- [Autism & Associated Conditions](#) | Friday 9<sup>th</sup> February, 10am-12pm.
- [Sensory Processing Differences](#) | Friday 9<sup>th</sup> February, 1-3pm.
- [Support in Education](#) | Tuesday 20<sup>th</sup> February, 10am-12pm.
- [All About Autism](#) | Wednesday 21<sup>st</sup> February, 10am-12pm.
- [Autism & Masking](#) | Thursday 29<sup>th</sup> February, 10am-12pm.
- [Applying for Disability Living Allowance](#) | Wednesday 6<sup>th</sup> March, 10am-12pm.
- [Supporting Distress](#) | Wednesday 13<sup>th</sup> March, 10am-12pm.
- [The Interoceptive Sense](#) | Thursday 14<sup>th</sup> March, 10am-12pm.
- [All About Autism](#) | Tuesday 19<sup>th</sup> March, 12-2pm.
- [Autism & Sleep Online Drop In](#) | Thursday 21<sup>st</sup> March, 1-2pm.

### 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/>

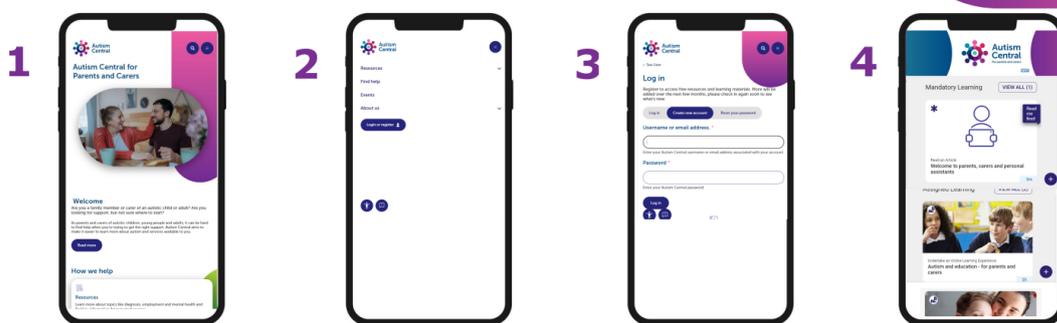
<https://www.autismcentral.org.uk/hubs/bristol-autism-support>

## 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](http://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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