

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 28th February 10am-12pm.

Online Information Sessions, Booking Required:

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

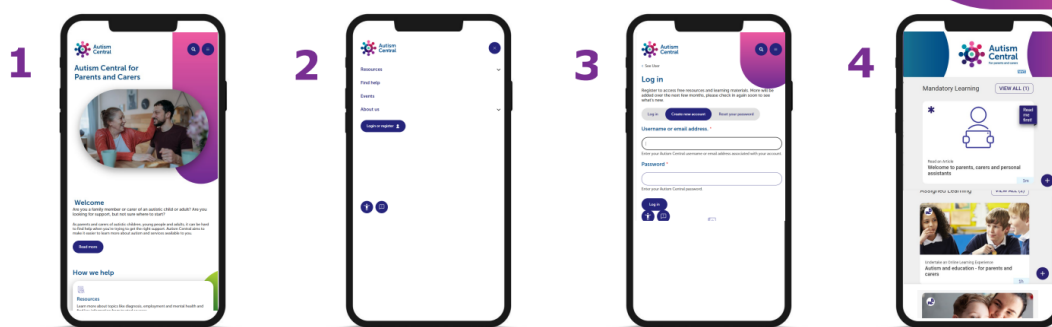
<https://www.autismcentral.org.uk/hubs/bristol-autism-support>

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)



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

Click on
'Login or register'.

Click on
'Create new account'.

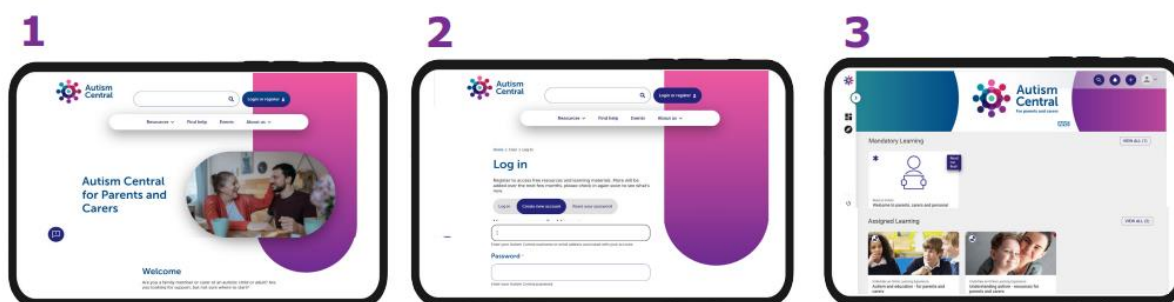
Add your details to register.

When you login you will be able to see your dashboard.

Select the resource you wish to view.



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