

Support Groups for Autism and Aspergers Syndrome

Cheltenham and Gloucester

A) Cheltenham Pub Group

167 Bath Road

GL53 7LX

CONTACT Steven Spalding

steven_spalding@msn.com

01684 290640

Third Tuesday of each month at 7pm

B) Informal Parent Get-togethers

Springbank Centre

Cheltenham

CONTACT Amanda Jenkins

NAS Glos

Second Thursday of month

Alderman Knight School

Tewkesbury

CONTACT Janet Davies

NAS Glos

Second Friday of month

www.nas-gloucestershire.com

gloucestershire@nas.org.uk

C) Gloucester Autism Supporting Parents

Spring Centre Gardner House

CONTACT 01452 725935

Olympus Park

info@springcentre.org

Quedgeley

GL2 4NF

Second Monday of month 10am til noon

D) Cheltenham Autism Support

CONTACT 01242 462219

Family Group Support

cheltenhamautismsupport@outlook.com

FOREST OF DEAN

A) GloS Autism Support Group

CONTACT 01594 543978

Mitcheldean Surgery

sonofcoker@hotmail.com

Brook Street

GL17 0AU

Second Tuesday of month 1.30pm til 4pm

B) Autism Support

Forest Pulse

CONTACT familyservices@forestpulse.co.uk

Aspergers Awareness
Support Group

The Main Place
Old Station Way
Coleford
GL16 8RH
01594 834436

Last Tuesday of month 2pm - 4pm

SOUTH GLOUCESTERSHIRE

Support Groups

CONTACT southgloucestershire@nas.org.uk

COTSWOLDS

Cirencester Pub Group

CONTACT steven_spalding@msn.com

Fleece Inn

01684 290640

Market Place

Cirencester

First Wednesday of month 7pm



Welcome to the May Newsletter for those involved in running Support Groups.

Coping with caring

Quite a few groups have asked about coping strategies for times when caring triggers unhelpful and unwanted responses in the carer, such as anger, low mood & going-round-in-circles.

It would be helpful to have a list of suggestions of things that carers have found helpful in such circumstances - could you ask your group to make a list of suggestions about how they manage? – if this list came to me I could put together a document to send out...., all responses welcome!

Alternatively maybe your group has someone who has proved helpful in commenting on this sort of thing or making helpful suggestions? Would they be willing to go and visit another group to talk about this? Just let me know.

CarerSmart - making life a little easier for carers

CarerSmart is a new club from Carers Trust, the UK's largest carers charity, and is open to carers, people with care needs and staff and volunteers across the Carers Trust network.

Joining is easy and free, once you're a member, you can benefit from a wide range of offers including:

- Cash back on shopping from numerous high street retailers.
- Best rates from energy providers.
- Reductions on insurance renewals.
- Discounts on holidays and travel arrangements.
- Reduced price lifestyle activities.
- Free legal advice services.

And much much more . . . there really is something for everyone. Register at www.carersmart.org or for those without internet access phone 'Carers Trust' on 0844 800 4361



Hi,

Welcome to the Spring newsletter for Support Group Organisers.

Caring Matters Directory

Just to let you know about a change to the Groups Directory published in our quarterly magazine. Quite a few Groups have commented that there isn't enough room for a proper description of the groups and that many groups are open to people across the whole County not just those living in the location where the group is listed. These comments coincided with the magazine's Editor saying the Directory has run out of space!

So for the meantime we're directing readers interested in Groups to our website directory or to phone/email me for information. There will continue to be features about Groups in the magazine though, as well as details of any new ones.

Advocacy

'County Community Projects' (CCP), based in Cheltenham, operate a Statutory Authority commissioned Advocacy Service in Gloucestershire. This is to ensure that the needs of vulnerable adults are made known, their views respected and their rights protected. This is a free and independent service.

An advocate can take action to help

- Say what the person wants and make sure that their voice is heard
- Secure rights and help the person exercise freedom of choice
- Represent their interests
- Obtain the services needed
- Regain or retain personal dignity and independence
- Gather information to help in thinking about choices
- Make sure that the person is involved in decisions affecting their life

An advocate will not tell people what to say or make decisions for them. Advocacy is not a counselling, mentoring, advisory or befriending service. CCP can be called on 0800 644 6448 (free from landlines) or 01242 694526 from a mobile (normal call rates apply).

There are also drop-in advocacy sessions at the following locations. You can call to make an appointment.

GLOUCESTER DROP IN

2 Three Cocks Lane, Westgate Street, Gloucester, GL1 2QU.
Services available by appointment, call 0800 644 6448

DIAGNOSIS

Gloucester

NHS 2gether Foundation Trust

Rikenel Montpelier

Gloucester GL1 1LY

01452 894000

jill.tyler@glos.nhs.uk

Bristol

Annie Alexander

Bristol Autism Service

Petherton Resource Centre

3 Petherton Road

BS14 9BP

01275 796249

Wales

<http://www.wales.nhs.uk/siteplus/866/home>

jacquelyn.bradshaw@wales.nhs.uk

FAMILY SUPPORT

Carers Gloucestershire

Parent Partnership Service

0300 111 9000

Challenging Behaviour Family Support

01452 386283

Facebook

Aspergers Gloucestershire

[AspergersGloucestershire@groups.facebook.com](https://www.facebook.com/AspergersGloucestershire)