

Community Autism Support Service (CASS)

Service offer for adults as of April 2022

Who is it for?

Autistic adults (*diagnosed, awaiting diagnosis or those that think they may be autistic*)

* Age 18 years + * Living in Coventry & Warwickshire (*registered with a GP in this area*)

* Individuals not currently accessing or eligible for learning disability support

What We Offer

Support is aimed at providing individuals with the opportunity to:

- Understand autism and how it affects them individually
- Increase self-help strategies to better manage their emotional and mental wellbeing
- Feel more confident to engage with others and community activities
- Positively move forward independently to a more fulfilling life

Support Available

Peer Support Groups

Informal safe spaces to meet others who may be experiencing similar difficulties. We offer fortnightly groups as follows:

- 18 years+ groups, in **Stratford, Nuneaton, Rugby and Coventry**
- 18-25 year old (Young Adult) Peer Support Groups in **Stratford, Nuneaton and Coventry.**
- A fortnightly **online group** (18+) for those who may not be able to access the face-to-face groups.

Individuals are invited to join one session per fortnight. Please contact us to find out more about these sessions.

Autism Education Course

This programme is for autistic adults (diagnosed, awaiting diagnosis or those that think they may be autistic) and looks at how adults are affected by autism; what challenges it brings (along with the positives); and where to seek support, with room for discussion and learning from each other.

For current availability of our courses, and to book a place visit <http://caass.eventbrite.co.uk>.

For further course updates or to find out about courses that are not listed on Eventbrite please contact us.

Information and Signposting

We can provide one off information and signposting support via telephone or email, with one of our support workers via email or a pre-arranged 10-15 minute telephone call.

Family/Carer Support

Run with [Act For Autism](#), we offer sessions for partners/family members/informal carers of autistic adults. Please visit [Act for Autism and Coventry & Warwickshire Mind Events | Eventbrite](#)

If you would like to access any of the above, or have further questions please call us on

024 7771 4545 and leave your name, contact number and postcode or email us at

caass@cwmind.org.uk

<http://cwmind.org.uk/diverseortypical/>

We also have autism support available for **Children and Young People**, please visit our website for further information