

# Autism Group

**Fortnightly on Mondays 5:00 - 7:00**  
**Moorland House, Bark Street, BL1 2AX**



## Do you need support?

Do you want to meet people like you? Who understand what you are going through?

Contact: [christine.makinson@mhlist.co.uk](mailto:christine.makinson@mhlist.co.uk) or 01204527200

Do you have a NHS diagnosis of Autism?

Are you aged 18+, independent and can attend the group without support?

If the answer to the above questions is YES, then the Autism group may be for you. The Autism Group runs fortnightly on Monday evenings by appointment only.

For clarification –

Independent means you can attend the group without the support of a care worker, family, friends, or anyone else.

**1**

### HAVE A BREW

Come in, get comfortable and have a drink!

**2**

### CHECK IN

We have a weekly check in to speak to each group member individually.

**3**

### CHAT

Discuss what has been happening in your life, how has autism affected you?



### Group Setting

By having a group setting, people relate and support one another.



### Have A Brew

Tea, coffee, milk and sugar is available for all members.



### WhatsApp

We have a WhatsApp group for all members to chat outside of group times.

