

Community  **AUTISM**  
Support and Advice  
(CASA)

Drop ins and Groups in  
Gloucestershire.

## The Drop in Criteria:

The Drop In is for autistic adults over the age of 18, adults seeking diagnosis or who are on the waiting list for diagnosis and those who self-identify as autistic.

- **If you need support to attend the Drop In you're welcome to bring someone along.** Following your initial visit, we encourage you to consider coming independently.
- The Drop Ins are a diverse safe space for all. With the help of current attendees, we have co-produced a '**Group Agreement**', see below.

Please note: Due to the nature of the drop ins we are unable to provide reasonable adjustments to support those with a Learning Disability. If you are looking for community support for someone with a Learning disability we would be happy to signpost you. For further information please email us: [info@independencetrust.co.uk](mailto:info@independencetrust.co.uk).

## Group Agreement:

To participate in the group's **social activities please read and ensure you** adhere to the following:

1. Sometimes group situations can become overwhelming, there is space at our Drop Ins to take time out when needed.
2. There will be a social activity at every Drop In – participation is optional. You are welcome to watch if you are not able to participate.
3. There are subjects that we do not discuss at Drop In, for example sensitive subjects around death, sex, violence, abuse, etc. This is to ensure the Drop In is a safe space for everyone.
4. Be friendly and welcoming to new group members. Please be respectful that not everyone will want to participate in conversation straight away.
5. Respect **other people's opinions** – even when you disagree with something it is important that everyone feels like they have a voice within the group.
6. No insulting each other, using excessive swearing or making sexist/racist remarks.
7. Be respectful **of everyone's unique experience of Autism** – we are all experts on ourselves.

If you are unsure of any part of the agreement please see Lauren (Autism Peer Support Worker) and they will be happy to help you interpret **anything you're uncertain of.**



## Autistic Adult Drop in Gloucester

### What is a drop-in?

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism
- Creates a space to meet other autistic individuals.
- A member of CASA will be there to offer advice, support and sign-posting to other services
- We will be having at least one of the following each week; an ice-breaker, game, quiz, craft session or peer lead activity. We may also have visits from other services across Gloucestershire.

Location: The Warehouse (Café),  
Parliament Street, GL1 1HY

When: Bi-weekly on a Monday 10am-12pm

**Upcoming 2023 dates:** 16th & 30th January, 13th & 27th February, 13th & 27th March, 24th April, 22nd May, 5th & 19th June, 3rd, 17th & 31st July, 14th August, 11th & 25th September, 9th and 23rd October, 6th & 20th November, 4th December.

For more information please contact the  
Community Autism Support and Advice team at:  
[info@independencetrust.co.uk](mailto:info@independencetrust.co.uk)



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[@CASAGloucestershire](https://www.instagram.com/CASAGloucestershire)



## Autistic Adult Drop in Cheltenham

**What is a drop in?**

- The drop in provides a safe space for autistic adults 18+. This group is for those who are diagnosed, waiting for diagnosis, self-diagnosed or those exploring if they may be autistic.
- This group is a space to meet other autistic people
- A member of the CASA team will be there to offer advice, support and sign-posting to other services.
- We endeavour to have one activity such as; an ice-breaker, game, quiz, craft or special interest talk at each drop in. We may also have visits from other services across Gloucestershire.

**Location: School House Café, St Paul's Road,  
Cheltenham, GL50 4EZ**

**When: EVERY TUESDAY 12-2pm**

**(You do not need to book, you can turn up at any time  
inbetween)**

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[info@independencetrust.co.uk](mailto:info@independencetrust.co.uk)**



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## Autistic Adult Drop in Tewkesbury

### What is a drop-in?

- Provides a safe space for autistic individuals 18+ or adults who are considering a diagnosis of autism
- Creates a space to meet other autistic individuals.
- A member of CASA will be there to offer advice, support and sign-posting to other services
- We will be having at least one of the following each week; an ice-breaker, game, quiz, craft session or peer lead activity. We may also have visits from other services across Gloucestershire.

Location: Rosado Lounge, 103-105, Church Street,  
Tewkesbury, GL20 5AB

When: Bi- weekly on a Wednesday 12-2pm.

**Upcoming dates:** 1st, 15th & 29th March, 12th & 26th April,  
10th & 24th May, 7th & 21st June, 5th & 19th July, 2nd, 16th,  
30th August, 13th & 27th September, 11th & 25th October,  
8th & 22nd November, 6th December.

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## Autistic Adult Drop in Cinderford

**What is a drop in?**

- The drop in provides a safe space for autistic adults 18+. This group is for those who are diagnosed, waiting for diagnosis, self-diagnosed or those exploring if they may be autistic.
- This group is a space to meet other autistic people
- A member of the CASA team will be there to offer advice, support and sign-posting to other services.
- We endeavour to have one activity such as; an ice-breaker, game, quiz, craft or special interest talk at each drop in. We may also have visits from other services across Gloucestershire.

**Location: CANDI Community Space, 31, Market Street, Cinderford, GL14 2RT**

**When: Bi-weekly on a Wednesday 5-7pm**

**Upcoming dates: 20th September, 4th & 18th October, 1st, 15th & 29th November, 13th December.**

**For more information please contact the Community Autism Support & Advice Team at:**

**[info@independencetrust.co.uk](mailto:info@independencetrust.co.uk)**



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## Origami Craft Group

This beginner friendly group is aimed at neurodiverse individuals who would like to learn a new skill or continue their craft in company of others. What to expect:

- 2D and 3D model makes
- Modular origami - models made by folding lots of the same shape and slotting them together.
- Interactive models - ones that move if you tap/pull the right places, or can change shape.

**Where:** Gas Green Community Centre, 6, Baker Street, Cheltenham, GL51 9HQ

**Time:** 11am-1pm

**Dates:** Bi-weekly on a Monday, Upcoming dates: 11th & 25th September, 9th & 23rd October, 6th & 20th November, 4th December. This group will be led by Peer Volunteer Bev. Please get in touch with CASA Autism Peer Support worker Lauren to register your interest.

Call/Text: 07527 602786

Email- [lauren.woods@independencetrust.co.uk](mailto:lauren.woods@independencetrust.co.uk)



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## Online Information Group

This group is for autistic adults including those that are self diagnosed or on the waiting list for diagnosis.

### Reasonable Adjustments Series:

*At Work - 18th October 2023*

*In Education/Training - 29th November  
2023*

*When accessing services (such as  
health appointments or support  
services)- 24th January 2024*

*Family & Friends- 21st February 2024*

Sessions will be conducted **Online via Zoom** from **1-2:30pm** with links and set up details sent the day before. The session is divided into the info section (40minutes) and the discussion section (approx 30 minutes) with a 5-10 minute break inbetween. Please contact Lauren for a zoom link-

[lauren.woods@independencetrust.co.uk](mailto:lauren.woods@independencetrust.co.uk)



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# VOLUNTEER WITH US!

**Do you have experience working with autistic individuals? Perhaps you have family member, friend or colleague who is autistic?**

If this is you and you're looking for your next volunteering opportunity please get in touch with the Community Autism Support & Advice (CASA) team!

Email: [info@independencetrust.co.uk](mailto:info@independencetrust.co.uk)

Phone: 01452 317460



## Useful Contacts

		
Adult Help Desk Gloucestershire County Council	(01452) 426868	<a href="http://www.gloucestershire.gov.uk/health-and-social-care/adult-social-care-information-advice-and-support/">www.gloucestershire.gov.uk/health-and-social-care/adult-social-care-information-advice-and-support/</a> Email: socialcare.enq@gloucestershire.gov.uk
P3/ CCP (Community based support)	0300 365 8999	<a href="http://www.ccp.org.uk">www.ccp.org.uk</a> Please go to the website and fill out an enquiry form.
Forwards Employment	07825 024692	<a href="http://www.forwardsgloucestershire.co.uk">www.forwardsgloucestershire.co.uk</a> Email: forwards@gloucestershire.gov.uk
Healthy Lifestyles Gloucestershire	0800 122 3788	<a href="http://www.hlsghos.org">www.hlsghos.org</a> Email: glicb.hlsghos@nhs.net
Independence Trust	(01452) 317465	<a href="http://www.independencetrust.co.uk">www.independencetrust.co.uk</a> For details on current groups and drop-in's running across the County.
Life on the Spectrum		<a href="http://www.healthtalk.org">www.healthtalk.org</a> For support, real life experiences and research
National Autistic Society	0808 800 4104 For support, advice and information	<a href="http://www.autism.org.uk">www.autism.org.uk</a>
Gloucestershire Self Harm Helpline	0808 801 0606 Text 0753 741 0022	<a href="http://www.gloucestershireselfharm.org/">www.gloucestershireselfharm.org/</a>
PDA (Pathological Demand Avoidance) Society		<a href="http://www.pdasociety.org.uk">www.pdasociety.org.uk</a> Email: info@pdasociety.org.uk
People Plus	0300 111 9000 Providing Carers services in the county	<a href="http://www.gloucestershirecarershub.co.uk">www.gloucestershirecarershub.co.uk</a> Email: carers@peopleplus.co.uk
Qwell		<a href="http://www.qwell.io">www.qwell.io</a> Online counselling and emotional wellbeing support
Samaritans	116 123 Call free of charge	<a href="http://www.samaritans.org">www.samaritans.org</a> Email: jo@samaritans.org
Suicide Crisis	07975 974455	<a href="http://www.suicidecrisis.co.uk">www.suicidecrisis.co.uk</a> Email: <a href="mailto:contact@suicidecrisis.co.uk">contact@suicidecrisis.co.uk</a>
Your Circle		<a href="http://www.yourcircle.org.uk">www.yourcircle.org.uk</a> yourcircle@gloucestershire.gov.uk

