

# **Community 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: [infocasa@grcc.org.uk](mailto:infocasa@grcc.org.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 speak to a member of the team and they will be happy to help you interpret anything you're uncertain of.

## **Autistic Adults Drop-In Cheltenham**

### **What is a Drop-In?**

- It provides a safe space for autistic adults 18+ who are diagnosed, waiting for diagnosis, self-diagnosed, or exploring whether they might 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 always aim to have at least one activity such as an ice-breaker, game, quiz, craft, or special interest talk. We might also have a visit from other services.

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

**When:** Every Tuesday noon until 2pm.

**No need to book - just come along.**

**For more information, please contact the Community Autism Support and Advice team**

**infocasa@grcc.org.uk 01452 317460**

**www.grcc.org.uk/CASA**



For Facebook, Instagram and Youtube find us via our handle: **@CASAGloucestershire**



## **Autistic Adults Drop-In Gloucester**

### **What is a Drop-In?**

- It provides a safe space for autistic adults 18+ who are diagnosed, waiting for diagnosis, self-diagnosed, or exploring whether they might 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 always aim to have at least one activity such as an ice-breaker, game, quiz, craft, or special interest talk. We might also have a visit from other services.

**Location: St Mary de Crypt Church, Southgate Street, Gloucester, GL1 1TP.**

**When: Fortnightly on a Monday, 10am until noon.**

**Upcoming dates: 8 Sept, 22 Sept, 6 Oct, 20 Oct, 3 Nov, 17 Nov, 1 Dec, 15 Dec**

**For more information, please contact the Community Autism Support and Advice team**

**infocasa@grcc.org.uk 01452 317460**

**www.grcc.org.uk/CASA**



For Facebook, Instagram and Youtube find us via our handle: **@CASAGloucestershire**

## **Autistic Adults Drop-In Forest of Dean**

### **What is a Drop-In?**

- It provides a safe space for autistic adults 18+ who are diagnosed, waiting for diagnosis, self-diagnosed, or exploring whether they might 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 always aim to have at least one activity such as an ice-breaker, game, quiz, craft, or special interest talk. We might also have a visit from other services.

**Location: The Barn, Littledean Tap House, Church Farm,  
Church Street, Littledean, Cinderford, GL14 3NL.**

**When: Fortnightly on a Wednesday, 5-7pm.**

**Upcoming dates: Aug 27, Sept 10, Sept 24, Oct 8, Oct 22,  
Nov 5, Nov 19, Dec 3, Dec 17**

**For more information, please contact the Community  
Autism Support and Advice team**

**infocasa@grcc.org.uk 01452 317460**

**www.grcc.org.uk/CASA**



For Facebook, Instagram and Youtube find  
us via our handle: **@CASAGloucestershire**



## **Autistic Adults Drop-In Tewkesbury**

### **What is a Drop-In?**

- It provides a safe space for autistic adults 18+ who are diagnosed, waiting for diagnosis, self-diagnosed, or exploring whether they might 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 always aim to have at least one activity such as an ice-breaker, game, quiz, craft, or special interest talk. We might also have a visit from other services.

**Location: Upper Meeting Room, Tewkesbury Baptist Church, Station Road, Tewkesbury, GL20 5DR**

**When: Fortnightly on a Wednesday, from noon to 2pm.**

**Upcoming dates: Aug 27, Sept 10, Sept 24, Oct 8, Oct 22, Nov 5, Nov 19, Dec 3, Dec 17.**

**For more information, please contact the Community Autism Support and Advice team**

**infocasa@grcc.org.uk 01452 317460**

**www.grcc.org.uk/CASA**



For Facebook, Instagram and Youtube find us via our handle: **@CASAGloucestershire**



## **Autistic Adults Online Evening Drop-In**

**Have you wanted to meet other autistic adults but not in a public setting? This online drop-in provides a safe space for autistic adults.**

**This group is for autistic adults 18+ who are diagnosed, waiting for diagnosis, self-diagnosed, or exploring whether they might be autistic. We always aim to have at least one activity such as an ice-breaker, game, quiz, or special interest talk.**

**Location: Online using Zoom, link is**

**<https://tinyurl.com/casa-drop-in>**

**Meeting ID : 871 2245 8267**

**Passcode : 519193**

**When: Alternate Wednesdays, 6.30pm - 7.30pm.**

**Upcoming dates: 3 Sep, 17 Sep, 1 Oct, 15 Oct, 29 Oct, 12 Nov, 26 Nov, 10 Dec.**

**[infocasa@grcc.org.uk](mailto:infocasa@grcc.org.uk)**

**[www.grcc.org.uk/CASA](http://www.grcc.org.uk/CASA)**

**01452 317460**



For Facebook, Instagram and Youtube find us via our handle: **@CASAGloucestershire**





# Autistic Young Adults Friendship Group

- A safe space for autistic adults (without a learning disability) aged 18-25 who are diagnosed, waiting for diagnosis, self-diagnosed, or exploring whether they might be autistic.
- An opportunity to meet and socialise with other autistic young adults.
- A member of the CASA team will be there to offer advice, support, and signposting to other services.

**Location:** Abbeydale Community Centre (Tickner Studio), Glevum Way, Abbeydale, Gloucester, GL4 4BL

**When:** Fortnightly on a Wednesday, 6.45pm to 8.15pm.

**Upcoming dates:** 3 Sep, 17 Sep, 1 Oct, 15 Oct, 29 Oct, 12 Nov, 26 Nov, 10 Dec.

**Bring your own refreshments or buy from the cafe!**

**For more information, please contact the Community Autism Support and Advice team**

**infocasa@grcc.org.uk 01452 317460**

**[www.grcc.org.uk/CASA](http://www.grcc.org.uk/CASA)**



For Facebook, Instagram and Youtube find us via our handle: **@CASAGloucestershire**





## Friends & Family of Autistic Adults Online Group

### Who is this group for?

- This group is for anyone who has an **adult** friend or loved-one diagnosed or seeking a diagnosis of autism.
- We offer advice, support, and sign-posting to other services.
- We encourage peer support within this group.

Location: online via Zoom, via this link

<https://tinyurl.com/casa-fandf>

Time: noon - 1 pm

This group will usually be held on the **first Monday** of every month. The upcoming dates 2<sup>nd</sup> June, 7<sup>th</sup> July, 4<sup>th</sup> August, 1<sup>st</sup> Sept, 6<sup>th</sup> Oct, 3<sup>rd</sup> Nov and 1<sup>st</sup> December.

For more information, please contact the Community Autism Support and Advice team: [infocasa@grcc.org.uk](mailto:infocasa@grcc.org.uk)

[www.grcc.org.uk/CASA](http://www.grcc.org.uk/CASA)

01452 317460



For Facebook, Instagram and Youtube find us via our handle: **@CASAGloucestershire**

# 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: [infocasa@grcc.org.uk](mailto:infocasa@grcc.org.uk)

Phone: 01452 317460



## Useful Contacts

		
<b>Adult Help Desk Gloucestershire County Council</b>	(01452) 426868 Email: <a href="mailto:socialcare.enq@gloucestershire.gov.uk">socialcare.enq@gloucestershire.gov.uk</a>	<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>
<b>CCP</b>	0300 365 8999	<a href="http://www.ccp.org.uk">www.ccp.org.uk</a>
<b>Forwards Employment</b>	07825 024692 Email: <a href="mailto:forwards@gloucestershire.gov.uk">forwards@gloucestershire.gov.uk</a>	<a href="http://www.forwardsgloucestershire.co.uk">www.forwardsgloucestershire.co.uk</a>
<b>Healthy Lifestyles Gloucestershire</b>	0800 122 3788 Email: <a href="mailto:glicb.hlsglos@nhs.net">glicb.hlsglos@nhs.net</a>	<a href="http://www.hlsglos.org">www.hlsglos.org</a>
<b>Rethink Mental Health</b>	07570 343767 <a href="mailto:empoweringminds@rethink.org">empoweringminds@rethink.org</a>	<a href="https://www.rethink.org/help-in-your-area/services/community-support/empowering-minds/">https://www.rethink.org/help-in-your-area/services/community-support/empowering-minds/</a>
<b>Life in the MiND</b>		<a href="https://lifeinthemind.podbean.com/">https://lifeinthemind.podbean.com/</a> Podcasts about neurodivergence
<b>National Autistic Society</b>	0808 800 4104	<a href="http://www.autism.org.uk">www.autism.org.uk</a> For support, advice and information
<b>Gloucestershire Connect and Offload</b>	0808 801 0606 Text – 07537 410022 Email – <a href="mailto:cando@rethink.org">cando@rethink.org</a>	<a href="https://gloucestershireselfharm.org/">https://gloucestershireselfharm.org/</a>
<b>PDA (Pathological Demand Avoidance) Society</b>	Email: <a href="mailto:info@pdasociety.org.uk">info@pdasociety.org.uk</a>	<a href="http://www.pdasociety.org.uk">www.pdasociety.org.uk</a>
<b>Gloucestershire Carers Hub</b>	0300 111 9000 Email: <a href="mailto:carers@peopleplus.co.uk">carers@peopleplus.co.uk</a>	<a href="http://www.gloucestershirecarershub.co.uk">www.gloucestershirecarershub.co.uk</a> Providing Carers services in the county
<b>Qwell</b>		<a href="http://www.qwell.io">www.qwell.io</a> Online counselling and emotional wellbeing support

<b>Samaritans</b>	116 123 Call free of charge	<a href="http://www.samaritans.org">www.samaritans.org</a> Email: jo@samaritans.org
<b>Suicide Crisis</b>	07975 974455 Email: <a href="mailto:contact@suicidecrisis.co.uk">contact@suicidecrisis.co.uk</a>	<a href="http://www.suicidecrisis.co.uk">www.suicidecrisis.co.uk</a>
<b>Your Circle</b>		<a href="http://www.yourcircle.org.uk">www.yourcircle.org.uk</a> yourcircle@gloucestershire.gov.uk