



**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.

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 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: Apr 8, Apr 22, May 6, May 20, Jun 3, Jun 17, July 1, July 15, July 29, August 12, August, 26, September 9, September 23

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: Apr 20, May 18, Jun 1, Jun 15, Jun 29, Jul 13, Jul 27, Aug 10, Aug 24, Sep 7, Sept 21

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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**

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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: 1 Apr, 15 Apr, 13 May, 27 May, 10 Jun, 24 Jun, July 8, July 22, August 5, August 19, September 2, September 16, September 30

Bring your own refreshments or buy from the cafe!

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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: Apr 1, Apr 15, Apr 29, May 13,
May 27, Jun 10, Jun 24, July 8, July 22, August 5,
August 19. September 2, September 16,**

September 30

infocasa@grcc.org.uk

www.grcc.org.uk/CASA

01452 317460



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. Upcoming dates: Apr 13th, May 11th, Jun 1st, Jul 6th, Aug 3rd, Sept 7th, Oct 5th, Nov 2nd, Dec 7th

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

infocasa@grcc.org.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: infocasa@grcc.org.uk

Phone: 01452 317460



Useful Contacts

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

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| Samaritans | 116 123 Call free of charge | www.samaritans.org Email: jo@samaritans.org |
| Suicide Crisis | 07975 974455 Email: contact@suicidecrisis.co.uk | www.suicidecrisis.co.uk |
| Your Circle | | www.yourcircle.org.uk yourcircle@gloucestershire.gov.uk |