# Community Autism Support and Advice (CASA)

## Drop-Ins and Groups in Gloucestershire

infocasa@grcc.org.uk

01452 528491

# 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.

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# 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: Sept 21, Oct 5, Oct 19, Nov 2, Nov 16, Nov 30, Dec 14**
**For more information, please contact the Community Autism Support and Advice team**
**infocasa@grcc.org.uk 01452 528491**
**www.grcc.org.uk/CASA**

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

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# Autistic Adults Drop-In

# Forest of Dean

**What is a Drop-In?**

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- **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 Thursday, 5-7pm.**
**Upcoming Dates: Nov 19, Dec 3, Dec 17**
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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.**

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# 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: Rosado Lounge, 103-105, Church St, Tewkesbury GL20 5AB**
**When: Fortnightly on a Monday, from 3.30pm - 5.30pm.**
**Upcoming Dates: Nov 16, Nov 30, Dec 14**
**No need to book - just come along.**

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# Autistic Young Adults Drop-In

# Abbeydale

**What is a Drop-In?**

- **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: Sept 16, Sept 30, Oct 14, Oct 28, Nov 11, Nov 25, Dec 9**
**Bring your own refreshments or buy from the cafe!**
**For more information, please contact the Community Autism Support and Advice team**
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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: Every Wednesday, 6.30pm - 7.30pm.**
**Once a month, the online drop-in will be facilitated by a member of the CASA Team. No need to book - just come along.**
**For more information, please contact the Community Autism Support and Advice team**
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# Volunteers needed

**Do you have experience working with autistic individuals? Perhaps you are an autistic individual looking to volunteer, or have a 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 us at CASA!**


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# Useful Contacts and Information

**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

**Gloucestershire Carers Hub**
0300 111 9000
Email: carers@peopleplus.co.uk
www.gloucestershirecarershub.co.uk

**Qwell**
https://www.qwell.io/
Online counselling and emotional wellbeing support

**Rethink - Mental Health**
07570 343767
empoweringminds@rethink.org
https://www.rethink.org/help-in-your-area/services/community-support/empowering-minds/

# Useful Contacts and Information

**Life in the MiND - Podcasts about neurodivergence**
https://lifeinthemind.podbean.com/

**National Autistic Society - For support, advice and information**
0808 800 4104
www.autism.org.uk

**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

**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