

## Contact us

### Bath and North East Somerset Autism Advice Service

The Percy Centre  
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[awp.BASSinBANES@nhs.net](mailto:awp.BASSinBANES@nhs.net)

[www.awp.nhs.uk/bass](http://www.awp.nhs.uk/bass)

## PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01249 468261  
Freephone: 0800 073 1778  
Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

## Other formats and languages

If you need this information in other formats such as large print, Braille) or another language, please call the PALS number.

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Avon and Wiltshire   
Mental Health Partnership NHS Trust

# B&NES Autism Advice Service

at the Percy Community Centre

**For adults with autism spectrum  
conditions**

## What we do at the B&NES Autism Advice Service

The Bath and North East Somerset (B&NES) Autism Advice Service runs on a Wednesday from 1pm-5pm at the Percy Community Centre.

We are here to:

- help people with autism spectrum conditions (ASCs) access a range of services and opportunities that suit them
- offer one to one support to people with ASCs
- offer a variety of groups for people with ASCs to attend
- provide a safe place where people with ASCs can meet & share their experiences
- offer support to carers and supporters of individuals with ASCs.

## When and where

The service takes place on: **Wednesday from 1pm-5pm in the Percy Community Centre.**

## How to get to the advice service

The Percy Community Centre is about a ten minute walk from the central train station and bus station.

There are buses which stop close to the Percy Community centre. The closest stops are James Street West (Eastbound) and Kingsmead, Monmouth Place (Westbound).

If you are driving, there is limited on street parking for non-permit holders. However, there are pay car parks nearby. The closest ones are Avon Street and Southgate Street which are short stay car parks.

## What the advice service is not able to do

Whilst we aim to offer a number of services to meet the needs of adults with ASCs, there are a number of things that as a service we are unable to do.

- We cannot coordinate or manage your care.
- We are not a crisis team, although will signpost you to the appropriate services who are set up to support people in crises.
- We do not prescribe medication.
- We do not conduct long term therapy.
- We are unable to reply to frequent email or phone messages.

## Your feedback

If you have any questions about the Advice Service, please ask a member of staff and they will do what they can to help.

We are always trying to develop and improve our services, so if you would like to provide some feedback (anonymous or otherwise), there is a suggestions' box for you to use.

We take feedback seriously and try to act on the things people tell us.

## Mindfulness group

### **What is Mindfulness?**

Mindfulness originated in Eastern meditation practices. It has been described as “bringing one’s complete attention to the present experience on a moment-to-moment basis” (Marlatt & Kristeller, 1999).

### **How can attending this group help me?**

Mindfulness is used by many people as a form of relaxation. There is evidence to suggest that mindfulness might be helpful for adults with autism spectrum conditions.

### **The aims of this group are to:**

- find out about mindfulness
- learn some mindfulness techniques

### **When do we meet?**

The mindfulness group runs on a Wednesday. It starts at 4.30pm and runs for 30 minutes.

It is run on a drop-in basis and open to anyone who is using the Advice Service.

**You don't have to book for the Mindfulness group**

## Record keeping and protecting your information

We are part of Avon & Wiltshire NHS Mental Health Partnership Trust and work to their guidelines on handling and protecting your information.

You will be given a more detailed booklet about this on your first visit. If you have not been given a leaflet, please ask a member of staff.

When you attend the Advice Service for an individual session, a member of staff will complete a form with your name, date of birth, address, GP, when and where you were diagnosed.

After your meeting, they will write a summary of the meeting that you had and this summary will be put on the AWP computer records. If you attend a group, this will also be recorded on the AWP computer records.

Staff will also give you some notes of the discussion and any actions that are agreed.

While we try hard to make sure you see the same member of staff for individual sessions, there may be times when this is not possible. In this case, a summary of the content of individual sessions will also be shared with the rest of the team. This is so that each member of staff is aware of the issues faced by people using the Advice Service and can respond to any queries.

## One to one sessions

These time-limited sessions are to provide:

- support to manage difficult emotions
- help to solve problems and difficulties
- help completing forms
- help with benefits or housing-related advice
- support related to education or employment (provided by specialist employment advisors)
- advice about difficulties relating to other people
- support to understand more about autism

We ask you to come to the 1:1 session with a specific issue in mind.

Please note, we are not able to offer weekly, on-going individual sessions or therapy. We aim to help people access the services they require; for example, if this means you require on-going psychotherapy, our role would be to help you find a service that could provide this. We realise that there will be times when people require short periods of more intensive 1:1 support, so this is something we can provide on a case-by-case basis.

**To book a one to one session**

Please call **01275 796200**

or email: **awp.BASSinBANES@nhs.net**

The more notice you give, the more likely it is that there will be an appointment. Occasionally there will be some available appointments on the day. Please ask and we may be able to book you an appointment for that afternoon.

## Post diagnostic support group

You can attend this group after you have received a diagnosis of ASC. This is a 6 week course (each session lasts 2 hours and there are usually about six people with two group leaders)

The aims of this group are to:

- learn about autism spectrum conditions
- learn about how autism affects you
- discuss the experience of receiving a diagnosis
- discuss telling people about your diagnosis
- find out what further support is available to you.

**To book for the post diagnostic support group**

If you received your diagnosis through BASS, we will automatically add you to the waiting list for this group. We will tell you when the next group is available. If you were diagnosed somewhere else, you can still access the group.

Call **01275 796200**

or e-mail: **awp.BASSinBANES@nhs.net**

and ask to be added to the waiting list.

## Problem Solving Group

This group will be occurring monthly so that adults with autism spectrum conditions can support each other to find a solution for a specific problem that they are experiencing.

The group is very structured and is facilitated by two members of the team. It will be 60-90 minutes long.

**To book for the problem solving group**

Call BASS on **01275 796200**

or e-mail: **awp.BASSinBANES@nhs.net**

and ask to be added to the list for the next group session.