

## Carer's awareness sessions

These give an understanding of what an Autism Spectrum Condition is and a chance to talk with people in similar situations. These are run in:

**Bristol** Petherton Resource Centre. For information about upcoming dates, contact BASS. (See back of leaflet.)

**B&NES** (Delivered by BASS but organised by the Carers' centre.) To be informed of future dates, please sign up to the B&NES carers' centre newsletter or contact BASS by email

### North Somerset and South Gloucestershire

To be informed when these will start, sign up to our mailing list.

### Other carer's support

**Bristol & South Gloucestershire**  
Carers' Support Centre  
0117 965 2200  
[www.carerssupportcentre.org.uk/](http://www.carerssupportcentre.org.uk/)

**B&NES:** The Carers' Centre  
0800 0388 885  
[www.banescarerscentre.org.uk/](http://www.banescarerscentre.org.uk/)

**North Somerset:** Crossroads Care  
01934 411840  
[www.crossroadscare-ns.org.uk/](http://www.crossroadscare-ns.org.uk/)

## Contact

**Bristol team**  
01275 796 200  
[gemma.allen5@nhs.net](mailto:gemma.allen5@nhs.net)

**B&NES team**  
[awp.bassinbanes@nhs.net](mailto:awp.bassinbanes@nhs.net)

For information on Trust services visit [www.awp.nhs.uk](http://www.awp.nhs.uk)

## PALS

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

Tel: 01225 362900  
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 in another language, please call the PALS number.

Lead: Clinical psychologist  
Leaflet code: AWP-July 2014-355  
Review due: July 2017



Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

# BASS Partner Support



# Autism Services for Adults

## Who is this group for?

This group is open to people in Bristol, Bath & North East Somerset, South Gloucestershire and North Somerset, whose partner has a diagnosis of an autism spectrum condition. This includes Asperger syndrome.

## Where and when?

Monthly, alternating between Petherton Resource Centre and the Create Centre.

Petherton: 1<sup>st</sup> Tuesday of every 2<sup>nd</sup> month. 6.30-8.30pm

Create Centre: 1<sup>st</sup> Friday of every 2<sup>nd</sup> month 10am-12pm

## Who runs the group?

Two of our team will run each session. The facilitators may vary, but they will all be working together to deliver the programme.

## What will happen?

Each session will be on a specific topic. The facilitators will introduce the topic by providing some education on it and then some group discussion. There is then time to share experiences with other group members and to support each other.

You are welcome to attend some or all of the sessions.

## Dates and topics

This is a rolling programme over a few months, with a break in between each session.

Date	Time	Location	Topic
Tuesday 05.08.14	18.30- 20.30	Petherton	Communication
Friday 05.09.14	10-12	Create	Self-care Mindfulness
Tuesday 07.10.14	18.30- 20.30	Petherton	Managing and understanding emotions
Friday 07.11.14	10- 12	Create	Carers' Centre
Tuesday 02.12.14	18.30- 20.30	Petherton	Routines, repetitive behaviour and interests
Friday 06.02.15	10-12	Create	Parenting
Tuesday 03.03.15	18.30- 20.30	Petherton	Sensory differences, adapting environments

The topics run in the evening in this programme will be offered during the day in the next programme.

## How do I sign up?

Please let us know if you are intending to come to a Partner Group session, by phoning Gemma Allen on 01275 796 200 or emailing [gemma.allen5@nhs.net](mailto:gemma.allen5@nhs.net)

## Join our mailing list



If you would like to keep up to date with information about BASS services, then please visit the BASS website and subscribe to our mailing list. <http://www.awp.nhs.uk/services/specialist/autism-spectrum/mailing-list/>

Please remember to **choose your geographical area from the drop down list.**