



Bristol Autism Spectrum Service

Stuff to do

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This is a listing of various things you may be interested in, with sections on the following topics:

- Social, gaming and interest groups
- Physical health, sport and activity groups
- Creative and arts
- Volunteering
- Online learning
- Employment contacts and work experience
- Useful websites and links

The Bristol Autism Spectrum Service has obtained this information from various sources. Please make your own judgement as to whether a listing in this document will be of value to you, as we may be unable to make specific endorsements.

If you have other listings you think we should include or if you find data that requires amending or deleting, please let us know.

Ask the staff at Bristol Autism Spectrum Service (BASS) if you want more information
Phone 01275 796 204

Email awp.bass@nhs.net

Web www.awp.nhs.uk/bass

Social, gaming and interest groups

Pub meet up - The Bristol Asperger Social Group

www.meetup.com/South-West-Aspergers-Syndrome-Social-Group

This is a safe, friendly, independent group for people with Asperger syndrome and high functioning autism that meets in a pub for informal meal/drink/chat.

The group meets every second Tuesday of the month 7.30-9.30pm. Back room of the Commercial Rooms (Wetherspoons) pub in Corn Street.

Please contact Andrew Powell if you wish to come on 07795 490 730
hello@bristolaspergersocialgroup.org.uk

Diverse - The Bristol Asperger Social Group

Diverse is run by Marie: 07538 152626

This is a club night usually on a Tuesday night 7-9.30pm end of most months. It is at basement 45 Frogmore Street Bristol, BS1 5NA

There is music, opportunities to DJ, karaoke, quiz etc

Facebook: Diverse Aspergers Social Group

Email: eventdiverse@gmail.com

Creative writing - The Bristol Asperger Social Group

This group is monthly at Central library or similar venue in the city.

Contact Andrew Powell if you wish to come on 07795 490 730
hello@bristolaspergersocialgroup.org.uk

Network social group

Bristol University run social group for adults with Asperger syndrome. Contact Kerry before attending, as places are limited. <http://networkbristolsca.yolasite.com>

Runs fortnightly on Sunday evenings 6-8pm

Contact

bristolsu-development@bristol.ac.uk

Time to Share - Zookah! Group

This is for young people /young adults, mostly 16 years plus up to about .

6.30pm-9pm Friday on monthly basis. Ryan Fraser runs this. There is sometimes a waiting list. Activities like going out for meals, Laser Quest, Youth Club night. Contact groups@time2share.org.uk or 0117 941 5868

Meetup.com

Meetup is a social networking site that allows people with a specific interest to organise meetings in their area. You can search for all groups in a specific area, or search for specific interests. Existing groups at the time of writing include:

Bristol Video Games Social - <http://www.meetup.com/bristolgamers/>

Geek Out South West - <http://www.meetup.com/GeekOut-South-West/>

'Werewolf' (Social Deduction Game) - <http://www.meetup.com/Werewolf-the-Social-Deduction-game-Bristol/>

Café Philo (Discussion group on a range of topics)-

<http://www.meetup.com/Cafe-Philo-Bristol-Bath/>

There are many other groups as well, including languages, cooking, walking, coding...

Board Games and RPGs

There are a variety of games groups in Bristol. The Video Games Social (mentioned above) hosts board games nights. There is also:

Bristol Board Games Group meet regularly in Bristol city centre. See <http://www.eeanonline.co.uk/games/>, or search for them on Facebook or Meetup

Excelsior, a board games shop that has regular games evenings, including Star Wars X-Wing, collectible card games, and RPGs. Search for them on Facebook or see www.excelsiorcomics-bristol.co.uk/comics-collectibles

Area 51, comics and board games shop on Gloucester Road. Area 51 have a games night, and run Yu-Gi-Oh tournaments. Search for them on Facebook for further details.

RPG Group – Meets regularly in the Stag and Hounds, and the Old Duke. Search for “Roleplayers in Bristol” on Facebook or “Bath and Bristol RPG Meetup” on Meetup.com.

Board Game Café South Bristol – monthly meetings near Bath Road
<http://www.andrewschuman.macmate.me/BoardGameCafe/Welcome.html>

Bristol Board Games meet Wednesdays at Drawbridge pub from 6.30pm.

Weekly board games meeting, open to all. Bring your own games, or join in with others.

<http://www.eeanonline.co.uka> for map and directions

So Board last Sunday every month @ Drawbridge pub

<http://www.meetup.com/Bristol-Board-Games-Meetup/events/233354157>

8-bit Planet gaming shop in Broadmead

Bristol Video Games Social

Regular meetings for people to play social, simple, multiplayer videogames. Attracts a lot of people, so can be overwhelming, but a very friendly group that is welcoming to everyone. Also organises events called "Side Quest", which tend to be more board game focussed.

Werewolf: the Social Deduction Game

A game of talking, thinking, pointing, bluffing and lying! Ten to twenty people sit in a circle, usually in the back room of a pub. The moderator gives everyone a secret role (villager or werewolf), and then over an hour or so we try to figure out who is who. It's a great way to meet people, you don't need to know how to play (we explain each time), and whether you're a thinker or a talker, you're very welcome. Facilitated by Kyle Nutland, who also has Asperger syndrome.

South West LANs

Details of upcoming LAN parties in the south west area.

www.swlans.co.uk

Bristol Skeptics in the Pub

Bristol Skeptics in the Pub is a monthly meeting and talk for those interested in science, history, psychology, philosophy, investigative journalism, and how to examine extraordinary claims of all types.

Meets: Every fourth Wednesday of the month at the Smoke and Mirrors, Denmark Street, Bristol.

<http://www.bristol.skepticsinthepub.org> or their Facebook page.

Bristol Astronomical Society

Offer a variety of events and talks for those interested in astronomy.

www.bristolastro.org.uk

Café Philo

Café Philo is a way of meeting interesting, inquiring people who enjoy talking about life's big issues and conundrums in a convivial atmosphere in the Bristol area.

<http://www.meetup.com/Cafe-Philo-Bristol-Bath/>

Bristol Sci-fi and fiction convention

www.bristolcon.org

Bristol Naturalists' Society

Exists to stimulate a greater awareness of natural history and geology in the Bristol area. Has Botany, Geology, Ornithology, Invertebrate, Mammal sections, and hosts a variety of talks, events, and research.

www.bns.myspecies.info

Brickish Association

www.brickish.org

For adults fans of Lego

Avon Valley Railway

www.avonvalleyrailway.org

Great Western Society

www.gwsbristol.org

Dr Who appreciation society

www.dwasonline.co.uk

Dr Who experience in Cardiff

<http://www.doctorwho.tv/events/doctor-who-experience/>

Bristol Anime meetup

<https://www.meetup.com/BASS-Bristol-Anime-Screenings-Specials/>

Autscope

This is an annual weekend event for adults with Asperger syndrome and autism to meet and learn more about the autism culture.

www.autscope.org.uk

Asperger United

This is a magazine produced for and by people with Asperger syndrome

0808 800 4104 for your free copy.

Or download at www.autism.org.uk/aspergerunited

Or email asp.utd@nas.org.uk

Aspie Village

Social Networking for Adults in the UK & Ireland with Diagnosed or Suspected Asperger Syndrome

www.aspievillage.org.uk

National Autistic Society e-befriending

This is a friendly way to have social contact with another person by email. It means you can talk online without having to see someone face to face, develop your social confidence and help reduce social isolation.

e-befriending@nas.org.uk

02920 629 318

Bristol and me

This is a website for people who have a disability or vulnerability to meet safely online in a moderated community and have opportunity to meet up face to face. It also has information about person centred planning.

www.bristolandme.org.uk

There are many links to autism communities at:

www.autism.org.uk/community

General Directory

www.milestonetrust.org.uk/community-links has a very large list of community groups in Bristol, including drama, crafts, sports, book groups, and many more.

Festival Spirit

Festival spirit matches a support worker to go along to festivals for those who would like to go but require some support.

www.festivalspirit.org

SPICE Bristol & Cardiff – adventure, leisure & social group

What they do: Organises a wide variety of social events (e.g. meals out, cinema trips, parties), adventure trips (e.g. flying helicopters, white water rafting, abseiling) & workshops (e.g. flirting workshops) for adults living in Bristol & Cardiff.

£12 per month, or £144 for 1 year.

Some activities cost extra on top of this.

www.spicebristolcardiff.com

email: info@spicebristolcardiff.com

Eighty adventures free or low cost in Bristol area

www.bristol80by18.org.uk

Physical health, sport and activity groups

Lifecycle UK

Cycling charity that provides bike maintenance courses, free 1:1 cycling tuition, and low-cost (eg £30) second hand bikes. Also provides a regular group bike ride led by trained leaders called Bike Minded, which is open to anyone who has experience of mental ill health, such as anxiety, depression or other emotional difficulties. See www.lifecycleuk.org.uk for general information on Lifecycle and www.lifecycleuk.org.uk/mental-wellbeing-group-rides for information about the group rides.

Sociable Cycling Group

This is a group for those that love cycling and who would like to meet up with others for bike rides. Includes regular sociable meetups exploring a selection of routes easily accessible from central Bristol, suitable for most levels of cyclist and keeping to quiet roads/cycle paths.

Bristol Bike Project

Charity offering very cheap second hand bikes – for more details see

www.thebristolbikeproject.org/our-workshops/earn-a-bike/

Other cycling

All abilities cycling sessions to individuals and groups using specialist bikes and equipment at St Paul's adventure playground every Tuesday and Thursday 1100-1200 during term time, there is no need to book and it costs just £2.50 per person (no charge for carers). Emma Downey 0117 922 4383 or 0117 922 4123 Road.safety@bristol.gov.uk

Redpoint Climbing Centre offer a guaranteed partner scheme and beginners courses. See www.redpointbristol.co.uk

Bloc and The Climbing Academy provide bouldering centres in Bristol (indoor, ropeless climbing - no partner needed). See www.blocclimbing.co.uk and www.theclimbingacademy.com

Undercover Rock offer courses and a climbing club to help you find a partner. See www.undercover-rock.com

Lazyboys' Basketball Club

Bristol's least serious sporting outfit!

Meets weekly at The Park, Knowle. Contact through Facebook or www.lazyboysbasketball.co.uk

There may be a waiting list.

Various Sports on Bristol City Council website

Info on a variety of accessible sport opportunities (football, athletics, swimming etc). Many will be open to people with autism, but might be more focussed on people with physical disabilities or learning difficulties. Check the individual groups for further info.

www.bristol.gov.uk/page/leisure-and-culture/disability-sport

Access Sport – Ignite Programme

A variety of inclusive sports offered to people with disabilities, including sailing, climbing, football and more. Many of these are open to people with a diagnosis of autism or Asperger's. Different groups are run by different organisations. For more information please see www.ignitesport.org.uk

Walk For Health

Organised group walks which are led by trained leaders. There are over 30 walking groups and weekly walks listed here: www.bristol.gov.uk/page/adult-care-and-health/led-health-walks-walking-groups

The CREATE Centre Friday stroll is one of the monthly walks listed here, and is supported by BASS Autism Service.

Brunel Walking Group

There are different groups for different age groups eg 20-30s, 40+ with walks all over the Bristol area.

www.brunelwalking.org.uk

Sportivate Golf

For young people with autism and other disabilities aged 14-25 years

01275 856 626

Usually Wednesday evening 6.30pm or 7.30pm. First come first served. Usually about 12 people are there to practice and play. £20 for eight weeks.

play@tickenhamgolf.co.uk

Clevedon Road, Tickenham, Nr, Bristol BS21 6RY

Linkage

Provide a variety of services for people aged 55 and over, including a number of sporting/exercise groups such as walking, aerobics, walking football, Tai Chi, and more. See www.linkagebristol.org.uk/whats-on.aspx for further details.

Riding for the disabled

0845 241 1354

admin@avonridingcentre.org.uk

www.avonridingcentre.co.uk

Creative and arts

Creative writing - The Bristol Asperger Social Group

This group is monthly at Central library or similar venue in the city.

Contact Andrew Powell if you wish to come on 07795 490 730

hello@bristolaspergersocialgroup.org.uk

Acta

Community theatre based in Bedminster. Acta aim to be inclusive for all, and welcome people who might otherwise feel excluded from the cultural life of Bristol.

www.acta-bristol.com

Kumiko Community Arts

Kumiko Community Art School is a series of art classes to support adults in the community who would benefit from a long term art class with a social aspect.

Meets: Fridays, St Werburghs Community Centre

www.kumikocommunityarts.org

Bristol Drawing Club

A social platform for drawing enthusiasts, who encourage 'drawing for everyone'. Hold regular, structured/themed meetings for people to meet and draw together.

bristoldrawingclub@blogspot.co.uk

Bristol Community Big Band

Local ensemble with an aim of being inclusive, rather than exclusive, and a desire to bring big band music to the fore of Bristol's jazz and blues scene.

Meets: Wednesday evenings on Coronation Road

www.bccb.co.uk

Arts on Referral

Creative activities for people experiencing low to moderate mental health difficulties. Based in Lawrence Hill.

www.wellspringhlc.org/arts-on-referral

Volunteering

You can volunteer and still claim JSA or ESA so long as you are available for work or attending any work related group activity /interviews. You must tell your Jobcentreplus adviser if you are doing voluntary work

Some voluntary organisations contacts:

www.volunteerbristol.org.uk or phone 0117 989 7733

www.csv.org.uk and see what opportunities there are in Bristol area.

www.do-it.org.uk

Local charities for voluntary jobs: www.charityjob.co.uk/volunteer-jobs/?location=bristol

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Some voluntary organisations contacts:

www.volunteerbristol.org.uk or phone 0117 989 7733

Info@volunteerbristol.org.uk

jan.snook@rsvp-west.org.uk – volunteering to help older people active

If you are interested in environmental and green issues the following organisations may be of interest:

Windmill Hill City Farm www.windmillhillcityfarm.org.uk

National Trust www.nationaltrust.org.uk

Bristol Friends of the Earth www.bristolfoe.org.uk

Avon Valley Railway Volunteers sometimes wanted info@avonvalleyrailway.org

Federation of City Farms and Community Gardens www.farmgarden.org.uk

Avon Wildlife Trust www.avonwildlifetrust.org.uk

Fare Share South West

Fare Share South West re-distribute quality surplus food to groups working with vulnerable individuals in and around Bristol. They take on volunteers to help in their small warehouse, to do admin, be a driver or driver's mate, make buffet food, and more. They will also help you to move into paid work if this is what you want.

See www.faresharesouthwest.org.uk or contact Eve on 0117 9542220 for more information or an application form.

There are two main organisations in Bristol that offer voluntary work relating to conservation and horticulture:

TCV (The Conservation Volunteers) and

AWT (Avon Wildlife Trust)

Both offer a variety of projects that you can volunteer with, from footpath construction, to grass cutting, to flower planting, and more. AWT also run Feed Bristol, a community food growing project, and TCV run the Tree Life Project. For more information, please see their websites:

www.tcv.org.uk/volunteering

www.avonwildlifetrust.org.uk/volunteer

Online learning

There are a number of free higher education courses that do not have the pressure of deadlines and exams.

The following sites are essentially free and are supported with free software tools, or free temporary software licences.

<https://www.coursera.org/>

<https://www.udacity.com/>

<https://www.edx.org/>

<https://www.apple.com/uk/education/ipad/itunes-u/>

<https://itunes.apple.com/gb/app/itunes-u/id490217893?mt=8>

<https://www.futurelearn.com/>

<https://www.khanacademy.org/>

Online learning

Employment contacts and work experience

Outset Helping you to start a new business in Bristol www.outsetbristol.co.uk

BOSS Employment 07522 350 651

Sixteen Co-operative Ltd - Keith Bates 0779 6053847 info@sixteencoop.co.uk

Project Search 0117 90 37450 project.search@bristol.gov.uk

Remploy www.remploy.co.uk 0300 456 8027 (operate Workchoice programme in Bristol)

Pluss www.pluss.org.uk (operate Workchoice programme in Bristol)

Mencap Pathway www.mencap.org.uk/pathway 0117 965 5623 You need to be referred by a professional

Shaw Trust www.shaw-trust.org.uk

Tomorrow's People 0117 924 6815 Help with finding work if you are on ESA

My Way 2 Employment (charity) 0117 965 5133

Third Sector solutions 0117 941 5318

Aspire Community Enterprise (for homeless and ex-homeless people) 0117 954 0861

Filwood Hope, Knowle West 0117 963 4566 Getting back into work (Tuesday all day session)

Jigsaw – a catering course for people with a learning disability

www.cityofbristol.ac.uk/courses/details/jigsaw-0001

Whole baked café 0117 908 2266 Must be referred by Care Direct /social worker. Catering experience

YMCA Training 0117 935 1344

CSV Avon 0117 908 2266

Prince's Trust 0117 929 2300

www.findajobcoach.co.uk

Other useful websites and links

www.bristol247.com

Events listing

www.autism.org.uk/directory

A useful autism specific services search run the National Autistic Society

<http://www.findabilitybristol.org.uk>

Bristol area disability search service