

# ASD Family Help

## Are you a “Male Carer”?

“*Carer* and *caregiver* are words normally used to refer to *unpaid* relatives or friends of a *disabled* individual who help that individual with his or her *activities of daily living*.”

If you are Caring for a person with a Disability...  
You ‘need’ a break.....

### Male Carers Unlimited Bowling

Evening dates throughout the year

Optional meal afterwards



### Male Carers Overnight Hotel Breaks

Dates throughout the year

Overnight / Weekend Hotel  
Breaks away.



FOR ALL EVENTS & INFORMATION, SIGN UP FOR  
OUR NEWSLETTERS

email: [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org) or by phone/text to: 07707 660 599

If anyone is interested in going, but would need financial assistance to attend, please contact ASD Family Help in confidence, as there is some funding available if you are a Carer of an adult with Complex and Severe needs - **PMLD** (subsidised by WBC Learning Disability Partnership Board).



**Wokingham Learning Disability  
Partnership Board**

The ASD Family Help charity is a ‘User Led’ independent and voluntary group that offers support and advice to individuals and their Carers.

**Registered Charity No. 1135718**