

What we do...

Information
Advice
Support
Signposting

About...

Education
Employment
Benefits
Social Activities
Housing

Who for...

- Adults with an ASD
- Parents & Carers of children or adults with ASD

This list is just an example. We are a User Led Organisation & therefore welcome ideas about what you would like from us!

Not just for those with ASD!

Our events are open to all (any age) affected by:
ASD / ADHD / OCD / ODD
Learning Difficulties
Learning Disabilities
Complex Needs (PMLD)

You are welcome!

Contact Us

Cathy Roberts (Manager) & The Team:



07707 660 599



www.asdfamilyhelp.org



contact@asdfamilyhelp.org



www.facebook.com/ASDFamily

We are funded by the following organisations:



ASD Family Help

Autism Support in Wokingham



The ASD Family Help charity is a 'User Led' independent & voluntary group that offers free support & advice to individuals on the autistic spectrum, their parents, carers and professionals within the Wokingham Borough.

We aim to help improve services for children & adults with ASD, provide support to parents & carers, provide advice, information, signposting & training across the Borough & raise awareness of Autistic Spectrum Disorder's. (ASD).

Registered Charity No. 1135718

Childrens Events

Bowling & Laser Quest

Ages 7–11 From 4.30-6.30pm

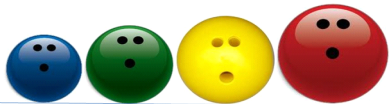
Ages 12–17 From 6–8pm

Fortnightly on a Wednesday

Under 7's From 10–11.30am

2nd Saturday of the month

At Wokingham, Big Apple



Young Carers/Siblings

Ages 12–17 From 6–8.45pm

One evening a month

PLUS 1 full day or evening during school holidays.

Activities vary as arranged with those who attend!

For other events and activities,
please see our website for
details!

Parent/Carer Events

Carer Coffee Sessions

Sessions **Woodley:**

Mon 9.15–11.30 am (Weekly)

Wed 7.00– 8.30 pm (Monthly)

Monthly Sessions **Finchampstead:**

Fri 10.00–11.00 am

Thur 5.30–6.30 pm

Drop in sessions for coffee, advice or just meeting others for a chat!

Male Social Events

Approx every other month (as arranged with those who attend).

Usually bowling, drinks & a meal & plenty of laughs!

Female Social Events

As & when arranged with those who wish to attend.

Enjoy an evening with other ladies in similar situations, make new friends & enjoy an evening for yourself!

Carers Breaks

All male, all female or couples overnight stays.

Open Friday afternoon to Monday morning.

At Honeysuckle Barn, Swallowfield.



Family/Adult Events

The Three Frogs Club

Adults 18+

From 7 -10.30pm

Social group for adults with Aspergers or Autism & their partners, friends or carers.

3rd Thursday of the month.

At Three Frogs Pub, Wokingham



Family Social

Family

From 7–11pm

EXCLUSIVE use of bowl & laser quest.

Approx twice a year depending on funding.

At Wokingham, Big Apple

All events are individually priced & at a significantly reduced rate for ASD Family Help users.

Please visit our website or our Facebook page for full details & prices, or speak to a member of our team!