

## Adult Autism Peer Support Group in Nuneaton Community Adult Autism Support Service (CAASS)

Are you over 18, have an autism diagnosis or suspect you may be autistic, and would like to meet with other adults in a safe, supportive environment?

If so, the Community Adult Autism Support Service is hosting a new Peer Support Group in Nuneaton every Friday evening from 6-7:30 pm.

These are on a four-week rolling programme as below:

Date	Group	Format (activities below may change)
Friday 8 November	Adult Female Group	Discussion around what autism means followed by Arts and Crafts or Games, with refreshments.
Friday 15 November	Adult Male Group	Discussion around what autism means followed by topics of special interest, games and refreshments.
Friday 22 November	Mixed Adult Group	Discussion around everyday living with autism, followed by choice of arts, crafts, games with refreshments.
Friday 29 November	Trip out	Meet at the Centre and then go on to Bowling, a meal or the cinema as preferred.
Friday 6 December	Adult Female Group	Discussion around what autism means followed by Arts and Crafts or Games, with refreshments.
Friday 13 December	Adult Male Group	Discussion around what autism means followed by topics of special interest, games and refreshments.
Friday 20 December	Mixed Adult Group	Discussion around everyday life with autism, followed by choice of arts, crafts, games with refreshments
Friday 27 December	Trip out	Meet at the Centre and then go on to Bowling, a meal or the cinema, etc.
Friday 3 January 2020	Adult Female Group	Discussion around plans for 2020 followed by Arts and Crafts or Games, with refreshments.
Friday 10 January 2020	Adult Male Group	Discussion around plans for 2020 followed by topics of special interest, games and refreshments.
Friday 17 January 2020	Mixed Adult Group	Discussion around how the Peer Support group is going followed by choice of arts, crafts, games with refreshments
Friday 24 January 2020	Trip out	Meet at the Centre and then go on to Bowling, a meal or the cinema, etc.

If you are interested in attending, please call 024 7771 4545 or email [caass@cwmind.org.uk](mailto:caass@cwmind.org.uk) and leave your name and number and we will confirm if a space is available.