

Afternoon club

Children 7-12

The Afternoon Club provides dedicated activity sessions to children with the highest of need's levels. This includes making use of the state of the art equipment at our autism centre, and access to tailored weekly activities. Children are provided with either 1:1 or 2:1 support.

This group is currently at full capacity

Co-ordinator Clair Dundas clair.dundas@nas.org.uk

Lending Library

Any autistic adult or child

This service allows you to borrow any of our sensory equipment for up to 1 month, this allows you to see if it works for you before buying. This is extremely beneficial for those expensive items. No diagnosis is required. **Co-ordinator Tracy Kenny** tracy.kenny@nas.org.uk

Online adult social groups

Autistic Adults in the Northern or Belfast trust

online peer support groups for Autistic adults (aged 18+) living in the Northern Trust or Belfast trust areas. The group meets online, fortnightly. **Co-ordinator Kendra Sneddon**

kendra.sneddon@nas.org.uk

Address

National Autistic Society NI

Unit 1-3 Eastbank House

Eastbank Road, Carryduff, BT8 8BD

Contact us: 02890687066

 facebook.com/autismnorthernireland

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).



National Autistic Society NI

Programmes provided by National Autistic Society NI

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Skills for life

Young Adults 13-17 year olds

Skills for life is a 12 week programme that focuses on these areas, self-esteem, anxiety management, personal hygiene, managing household chores, money management, travel training, internet safety & social skills. Sessions are on a Tues night. All participants will receive an invite to attend a further 8 week I can cook it programme. **Co-ordinator - Joel McCartney**
joel.mccartney@nas.org.uk

Siblings Group

Children 7-11 year olds

Siblings group runs every other Saturday. Each session will involve a relaxed environment where children can participate in a range of fun, creative and engaging activities. **Co-ordinator - Joel McCartney**
tracy.kenny@nas.org.uk

Young Female Group

Autistic Females aged 13-17

This group will create a space for young autistic females to socialise, and openly discuss things concerning them. Session and topics will be determined by the participants of each group and include fun activities. These groups will run on a monthly basis. **Co-ordinator - Aoife Carew**
aoife.carew@nas.org.uk

Women's Group

Autistic Women 18+

This group will create a space for young autistic females to socialise, and openly discuss things concerning them. Session and topics will be determined by the participants of each group and include fun activities. These groups will run on a monthly basis. **Co-ordinators - Clair Dundas and Joanne Keown**
clair.dundas@nas.org.uk joanne.keown@nas.org.uk

Teenlife Parent Training Programme

For Parent/Carers of Autistic Teens aged 10-16

Teenlife runs for 10 sessions (each session is 2 hours long) it is a programme for parents or carers with an autistic child aged 10-16. The aim of the programme is to bring parents together to share information, experiences and ideas. Teen life emphasises the importance of autistic perspectives. **Co-ordinator Joanne Keown**
joanne.keown@nas.org.uk

Adult mentoring programme

Autistic Adults 18+

Mentoring support is tailored to each individual's needs and strengths with specialist mentors, trained to provide advice to autistic adults. **Co-ordinators Clair Dundas and Joanne Keown**
clair.dundas@nas.org.uk joanne.keown@nas.org.uk

Dad's stay and play

Fathers and their autistic children with complex needs

This is a 2-hour shared play group for fathers of Autistic children of primary school age, where dads can bring their Autistic children with complex support needs to our centre to engage in activities and sensory play. The group will take place every 2 weeks on Fridays 6-8pm, where fathers will be supported by NAS staff. **Co-ordinator - Kendra Sneddon**
kendra.sneddon@nas.org.uk

Autistic Parents Group

Parents who are Autistic

This is a social group for parents who are autistic. No diagnosis is required, as long as you are a parent and identify as Autistic, you are welcome at the group. The group is for parents to socialise, discuss things of interest together, share experiences and take part in activities decided on by them. Meetings will be monthly in Belfast. **Co-ordinator Joanne Keown**
joanne.keown@nas.org.uk