

Family Hubs from the North East Autism Society **north east autism society**

Supporting your Autistic Child (under 18 years old)

If you are looking for advice, information or support in caring for a young autistic family member, the North East Autism Society (NEAS) can help!

Parents, carers, and family members of autistic children and young people aged under 18 years old in County Durham can access support from NEAS at Horden and Willington Family Hubs.

Group workshops provide families with a range of information covering action planning, common misconceptions about autism, differences in autistic children, and practical strategies that can be used in day-to-day life. Workshops take place between 10 am and 12 pm in a welcoming and informal space and are a great place to make connections with other parents. If you would like to discuss issues in confidence, need bespoke support more tailored to your family's needs, or don't feel ready to attend the group workshops yet, you can also make a one-to-one appointment with NEAS.

"The levels of support we can offer differ greatly depending on your family needs. It may be information and advice, or it may be signposting and making referrals to other services."

Rebecca Weatherstone, Senior Family Worker, NEAS

One-to-one support can be booked in the family hubs between 9 am and 10 am, and again from 1 pm to 3 pm. While places must be booked, there is no formal referral process that needs to be completed to attend sessions. Families don't have to jump through hoops, sign any forms, or meet any criteria to access support. Those barriers have been removed and families just need to email or phone. To book your place on a workshop or make a one-to-one appointment, contact:

Rebecca Weatherstone

Senior Family Worker, NEAS

Telephone: 0191 410 9974

Email: rebecca.weatherstone@ne-as.org.uk



"The family hub meetings are designed to support families before, during and after a diagnosis of autism. We offer one to one support at the hubs as well as group workshop sessions"

Rebecca Weatherstone, Senior Family Worker, NEAS

Upcoming Dates

Horden	Willington
01/08/2024	08/08/2024
05/09/2024	12/09/2024
03/10/2024	10/10/2024
07/11/2024	14/11/2024
05/12/2024	12/12/2024