




The Cambridge Branch is run by a group of volunteers with personal or family experience of autism, with support from the National Autistic Society. Our current branch activities include:


- information and advice through our helpline, E-mail, website and facebook page & group
- a social club for adults on the autism spectrum
- carers support groups
- drop-in groups for adults in Huntingdon & March
- training and events
- working with statutory and other voluntary agencies to help improve services for children and adults with autism across the county



www.nascambridge.org.uk

 nascambridge@nas.org.uk

 @CambridgeNAS

 07920 150407 to contact the Cambridge branch and for information about our activities and other local support available. Please leave a message and one of our volunteers will call you back.

NAS Cambridge Branch
The Chitra Sethia Autism Centre, Cambridge Road,
Fulbourn, Cambridge, CB21 5EF

We are a branch of the National Autistic Society
Charity No: 269425/SC039427
Company No: 1205298



The Cambridge Branch of the National Autistic Society provides support to individuals of all ages with autism, and their families and carers, and campaigns for better local services for those living with autism in Cambridgeshire.



NAS Carers Support Group

Our monthly carers support group is a great chance to meet other parents and carers facing similar challenges, swap ideas, and find out about support and activities in the local area. Anyone caring for a child or adult with an autism spectrum condition is very welcome to attend any of the meetings. Refreshments provided.



The group runs at **7.30-9.00pm** on the first Monday of each month at the Meadows Community Centre in Cambridge.

Please check our website for directions and upcoming dates:

www.nascambridge.org.uk



NAS Adults Social Club



If you want to meet and socialise with other people on the autism spectrum who may have shared interests with you, just come along. There is no upper age limit for this group, all adults 18+ are welcome, and carers are also welcome if you would like to have someone with you.

We have board games, puzzles, cooking & craft activities, a Wii gaming room and space to chill and chat over tea & biscuits.

The club meets on the 2nd and 4th Sundays of every month from **7.30-9.30pm** at the Christ the Redeemer Church Hall in Cambridge. There is parking available at the church and it is on the Stagecoach Route 3 bus route.

Please check our website for directions and upcoming dates:

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Huntingdon & March Drop-ins

Our monthly drop-in sessions in Huntingdon and March are for adults with autism and their families and carers. These sessions provide information and advice as well as a space for people to meet, socialise and exchange ideas. The NAS Adult Autism Support Managers also attend the drop-ins to give support and guidance.



The sessions run from **12-2pm** on one Wednesday each month at the Maple Centre in Huntingdon and at March Community Centre. Free parking is available at both venues.

Please check our website for directions and upcoming dates:

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