

Support for Carers

The following groups offer advice and support for those who act as carers for an autistic person.

National Autistic Society (NAS)

Alongside their work with autistic people, the NAS also provides advice and support for those who care for them. Some of the local NAS branches run dedicated support and social groups for parents and carers. These groups are free to attend.



www.autism.org.uk/services/home/parents-carers.aspx



0808 800 4104



supportercare@nas.org.uk

NAS Exeter & District Parent/Carer Group



Exeter



Monthly, third Monday of each month (term time only)



10.00-12.00



Free, but donations welcome

NAS Plymouth Parent/Carer Group



Plymstock



Monthly



19.00 - 21.00



Free, but donations welcome



plymouthparentsupport@nas.org.uk

NAS Tavistock & District Parent/Carer Group



Tavistock



Monthly



Free, but donations welcome



www.nasbranch.org.uk/tavistockanddistrict



tavistockanddistrict@NAS.org.uk

DAANA

The Devon Autism and ADHD diagnostic service runs a support and information group for friends and family. This group is free to attend, but is **only open to relatives or carers of those who have received a diagnosis from the DAANA team.**






Exeter Parent Carer Network

An informal collective of parents and carers living in and around the Exeter area, who have come together to offer mutual support and encouragement.

 exeterparentcarer.co.uk

Exeter Parent Carer Cafe

An informal space for parents and carers of children with additional needs to meet each other, share experiences, and relax. There are always biscuits.

-  **Wonford, Exeter**
-  **Weekly, every Tuesday and Thursday**
-  **10.00 - 12.00**
-  **Free, but donations are welcome**
-  info@exeterparentcarer.co.uk

North Devon Forum for ASC and ADHD

As a parent- and carer-led group, the North Devon Forum for Autism Spectrum Conditions and ADHD offers plenty of support and guidance for carers of autistic people in the North Devon area. Alongside their regular support groups, they host regular talks by professionals and experts.

You will need to apply for membership to attend any of the groups or events.






 www.ndfautism.co.uk/index.php/join-us/parents

For more information:

-  www.ndfautism.co.uk/
-  **07923 481332**
-  info@ndfautism.co.uk

NDF Coffee Mornings


An informal social and support group for members, both autistic adults and parents/carers.

-  **Barnstaple**
-  **Monthly, last Thursday of each month (except December)**
-  **10.00 - 12.00**
-  **Free, but donations are welcome**
-  info@ndfautism.co.uk

Affinity

A Tiverton-based group for young people aged under 25 and their parents, carers and/or family. The group offers support both during and after diagnosis, helping carers share their experiences and strategies, and allowing children to meet and socialise with each other. They also invite professionals and experts to attend.

 www.affinitysupportgroup.org


 **07917 188911**

 affinity.tiverton@gmail.com

Affinity Support Group

A support group run on the first two Wednesdays of each month, with one in the morning and one in the afternoon to give parents every opportunity to attend.

 **Tiverton**


 **Monthly, first two Wednesdays of each month**

Community Links SW CIC

A social enterprise based in Okehampton, that offers professional support for families of children with additional educational needs. They focus on early-years intervention and one-to-one mentoring for parents, but also offer a peer-support group for parents of children with autism and/or ADHD.

Their services are not free, but subsidised rates are available, subject to eligibility.


 www.communitylinks-sw.co.uk


 **01837 55105**


 info@communitylinks-sw.co.uk


Okehampton Autism/ADHD Parent Support Group

A support group for parents and carers of children with autism and/or ADHD. A formal diagnosis is not required to attend.

 **Okehampton**

 **Varies - see website for dates**

 **10.00 – 11.30**

 **Free**

 www.communitylinks-sw.co.uk/events/

Carers UK

A national charity that provides support and advocacy for carers across the country. The charity does not produce much autism-specific material, but their general services and advice can be useful to someone who cares for an autistic person.



www.carersuk.org



0808 808 7777



advice@carersuk.org

Contact

A national charity for families of children with disabilities. They offer advice and support online and via a telephone service, plus workshops and support groups nationwide. Their website has a search feature for services and events in your area.



www.contact.org.uk/



0808 808 3555



helpline@cafamilly.org.uk

Devon Carers

A county-wide service that provides information, support and signposting for carers living in Devon. They provide advice via a telephone helpline and a 'live-chat' feature through their website.



www.devoncarers.org.uk



03456 434435



info@devoncarers.org.uk

Caring for Carers

A support and advice service for carers living in Plymouth, run with the support of Age UK. They offer a range of support groups, workshops and social activities, and also run a Carers Card discount scheme.



www.improvinglivesplymouth.org.uk/our-services/caring-for-carers



01752 201890

Plymouth Mental Health Carers Support Group

A support group for anyone who cares for an autistic person, a person with a mental health issue, or someone with OCD.



Plymouth



Twice monthly, second and fourth Thursday of each month



01752 211243