



contact
For families
with disabled children

WOULD YOU LIKE TO LEARN MORE ABOUT AUTISM?

Are you a family member, informal carer or personal
assistant of an autistic person in London?

We offer FREE welcoming individual and group sessions on topics
about autism like:

Understanding behaviour | Education | Benefits & finance
Helping an anxious child | Navigating support, and more!

All our sessions are delivered by people with lived experience of autism

To book a support session or find out more visit autismcentral.org.uk/london
or email autismhublondon@contact.org.uk



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WHO ARE AUTISM CENTRAL?

NHS England commissioned nine charities to provide high-quality and accessible autism information, education and coaching for families and carers, co-delivered by autistic people, families and carers.

In London, charities Contact & Ambitious about Autism run Autism Central's programmes.

CONTACT

Contact is the UK charity for families with disabled children. We give advice and information about any aspect of raising a disabled child, including help in the early years, finances, education, emotional and practical support.

[contact.org.uk](https://www.contact.org.uk)

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Ambitious about Autism

Ambitious about Autism is the national charity standing with autistic children and young people. We believe every autistic child and young person has the right to be themselves and realise their ambitions.

[ambitiousaboutautism.org.uk](https://www.ambitiousaboutautism.org.uk)



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