



Support where you live:

local branches of
The National Autistic Society

Accept difference.
Not indifference.

Support where you live

Living with autism can be lonely and frustrating – but if you have an NAS branch near you, you can share your experiences, get support from people who really understand your life, and, in turn, give support.

Volunteers run NAS branches in local areas across the UK. Every branch has different interests and they run a huge range of activities depending on local needs and opportunities.

No two branches are the same, but typical activities include:

- > providing opportunities for families to meet and chat in a relaxed setting
- > hosting expert speakers
- > operating a local helpline for people on the autism spectrum and their families to contact for information and support
- > campaigning locally for better services for people on the autism spectrum
- > working in partnership with local service providers such as the local authority, the NHS and schools.

Finding your local NAS branch

The best way to find out if there is a branch in your area is to look at the Autism Services Directory at www.autismdirectory.org.uk

NAS branches are listed under NAS Services for Parents because branches often run parent support groups. If you don't have access to the internet, please ring the **Autism Helpline** (open 10-4 weekdays) on **0845 070 4004** and we will tell you if there is a branch in your area.

If there is no NAS branch in your area, the Helpline may be able to direct you to another local support group.



"Being part of my local branch means knowing that I'm not alone. Whenever I face a new challenge the chances are that someone else has been there before me, and we can share ideas." NAS branch member

An easy way to help your local branch raise funds

As a NAS member, if you nominate a local NAS branch, we transfer £7 of your membership fee to the branch. The branch you choose will really appreciate this contribution as they do all their own fundraising, and their funds allow them to provide support to families affected by autism locally. Concessionary members cannot nominate a branch.

If you have not already nominated a local branch to receive part of your membership fee then it is easy to do so. Either fill in the attached form or contact the **Customer Services team** on **020 7923 5776** to amend your record. Once you have nominated a branch it will remain on your record each time you renew your membership, unless the branch closes or you ask us to remove the nomination.

No branch? We'll help you set one up!

If there is no branch or other support in your local area you may be interested in setting one up. The NAS can help you with this: to find out more, contact **branches@nas.org.uk** or return the attached form to us and your local regional team will contact you.



Name

Membership number

Address

.....

Postcode

Tel

E-mail

I would like to nominate branch to receive part of my membership fee towards their work.

- Tick here if you would like someone to contact you to help set up a branch in your local area.
- Please tick this box if you are happy to receive information from us by email. You can change your mind at any time by contacting membership@nas.org.uk

The National Autistic Society is a data controller under the Data Protection Act 1998. The personal data you provide will be used for administration, statistical and other purposes connected with The National Autistic Society and autism. The NAS does not share your details with third parties without your express permission.

The National Autistic Society is the UK's leading charity for people affected by autism.

Over 500,000 people in the UK have autism. Together with their families they make up over two million people whose lives are touched by autism every single day.

Despite this, autism is still relatively unknown and misunderstood. Which means that many of these two million people get nothing like the level of help, support and understanding they need.

Together, we are going to change this.

The National Autistic Society is a company limited by guarantee registered in England (No. 1205298) and a charity registered in England and Wales (269425) and in Scotland (SC039427), registered office 393 City Road, London, EC1V 1NG



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