**Local support groups and services – March 2024**

**UNITE CARERS:** The Let’s Unite at No.4, for Parent Carers of school-aged children with additional needs, led by Jenny T.​

The Carers of Adults and Teens (16+) with Additional Needs Group, led by Jenny T.​

Back for 2023, The Let’s Unite Outdoors, our seasonal group for Parent Carers of school-aged children and their families, led by Katie and helped by Sharon or Tracy​

**ABILITY COUNTS –** football clubfor children with additional needs

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**NAS Autistic Peer Support Meet Up**​

About the event:​

All autistics are welcome to our monthly support meeting. Held on the 1st Thursday of the month 10:30am to 12:30pm in the Conference Room of The Imperial (a pub), New North Road, Exeter, EX4 4AH. ​
 First door on right to entrance.​
(Some SatNavs take you to wrong end of road). ​
Fully accessible: Exeter Central Station is less than 10 minutes away. On Main bus routes. Parking available £2-£2.60 for 2 hours.​
Check out both our Facebook groups:​
​[Facebook Parent Carer group](https://www.facebook.com/groups/AutismExeter/) ​

[Facebook Autistic Young Person and Adults group](https://www.facebook.com/groups/938591552994010/)​

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**Parents united through ASC/ADHD** at Tiverton Hotel, Blundells Road.

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**Especially Welcome –** Tiverton Library Mondays 10-12