

Centre for ADHD and Autism Support (CAAS) Service Provision

Founded in 1996, CAAS provides a range of services across NW London, intended to support, educate, and empower ADHD and autistic individuals, their families, and the professionals and community around them.

We provide over 60 different services, all intended to drive lasting, positive change for neurodivergent individuals by increasing awareness, acceptance and understanding of ADHD and Autism, and by improving the accessibility and inclusivity of services in our area, to the benefit of all.

We offer a wide range of support - from one-to-one sessions and group-based courses to social groups and professional training. We support people at every stage of their journey, from first questioning a diagnosis to navigating life with one, and across all ages. Please see our website for the latest information on the services we provide: [Home - Centre for ADHD and Autism Support](#), or see our service brochure, [here](#).

Services for Families/Carers of ADHD / Autistic Children and Young People

For more details, please visit our webpage for our Family services: [Services for Parents & Carers \(of young people\) - Centre for ADHD and Autism Support](#)

Drop In Support

CAAS would love to welcome you to one of our drop-in support groups, which take place in Eastcote (where a bookable creche is available for younger children), at centres in Kensington and Hammersmith and Fulham, or online. No need to register, just turn up! Check out the time and place that best suits you on our webpage above (scroll down to Drop In Support)

Understanding the Diagnosis Webinar Courses

Our online webinar-based 'understanding the diagnosis' courses last 7 weeks and cover the key aspects of what a diagnosis might mean for your child, and how you can help them to thrive. The courses are specifically tailored to where your child is on their diagnosis journey: Sign up here: [Understanding the Diagnosis by Centre for ADHD & Autism Support | Eventbrite](#)

Specialist Workshops

We offer a monthly topic-based workshop, covering a variety of topics as requested by our clients. Recent topics have included behaviours that challenge, school avoidance and anxiety. To sign up to our upcoming specialist workshops, go to [Parent/Carer ONLINE Workshops by Centre for ADHD & Autism Support | Eventbrite](#) and click 'follow' to get alerted when new topics are added.

Sleep Support

Many families tell us that their child struggle with sleep, so we provide regular sleep workshops for parents of ADHD or autistic children, as well as a range of sleep resources here. [Sleep Resources - Centre for ADHD and Autism Support](#)

Keep in Touch

If you'd like us to let you know about upcoming services, please sign up to our mailing lists, here: [Sign Up Forms - Centre for ADHD and Autism Support](#)

Services for ADHD and Autistic Young People

For more details, please visit our webpage for our Youth services, [Services for Children & Young People - Centre for ADHD and Autism Support](#)

Courses

CAAS offer regular Thriving with Neurodiversity and WhyTry courses, designed to provide a space for ADHD and autistic teens to learn more about their diagnosis, meet other teens who understand, and learn to see the positives in having ADHD or in being autistic. To find out more please email enquiries@adhdandautism.org, or sign up using our form [here](#).

Group Support

CAAS provides a wide range of social groups for ADHD and autistic young people to attend, including Siblings Group, Quiz Group, Social Group, Meet-up Group, Creative Club, Thinking about Adulthood, and Film Group. Some of these take place on line, some at our centre in Eastcote and some in Bay20 in Ladbroke Grove. To find out more please email enquiries@adhdandautism.org, or sign up using our form [here](#).

Services for ADHD and Autistic Adults

For more details, please visit our webpage for our Adult services: [Services for ADHD & Autistic Adults - Centre for ADHD and Autism Support](#)

Personalised Task Support

CAAS offers a short-term drop-in/drop-out Executive Function Service. CAAS Adults will be able to support a client, typically over 6-8 sessions working on 1 or 2 tasks. Appointments are typically monthly (unless there is a time-sensitive deadline for a task). Some typical examples of what support CAAS can provide are:

- **Executive Function Support:** Such as supporting clients to fill out and understand forms and documents, making phone calls or signposting to specialist services. (*Executive function is the ability to plan, start, focus on, and complete a task in a timely manner*)
- **Employment Related Support:** Such as supporting with an Access to Work Application or preparing for interview
- **Benefits Support:** PIP support is not offered on a 1:1 basis. CAAS offers a PIP workshop for learning about, understanding the process, and filling in PIP forms. We can assist with signposting to specialist services.

Courses

CAAS offer regular Embracing ADHD and Embracing Autism courses, designed to provide a space for you to learn more about your diagnosis, understand what it means to you, and meet other people with the diagnosis. To find out more please email adults@adhdandautism.org, or sign up using our form [here](#).

Group Support

CAAS provides a wide range of social groups for ADHD and autistic adults to attend, including Exploring Autism, Women's Forum, Gaming Group, Share Space, Showcasing Group, Film Group and our drop-in Creative Coffee Support group. To find out more please email adults@adhdandautism.org, or sign up using our form [here](#).

Supporters Sessions

CAAS offer a monthly online drop-in support session for those supporting ADHD/Autistic adults as well as a 3-week course to learn about supporting your adult autistic loved one. To find out more please email adults@adhdandautism.org, or sign up using our form [here](#).

Services for Professionals who work with ADHD/autistic people in NW London

CAAS provides regular professional training and networking events for NW London based professionals who work with ADHD and autistic adults, please sign up to the relevant orange coloured collections on our Eventbrite page here to find out more.

[Centre for ADHD & Autism Support Events - 10 Upcoming Activities and Tickets | Eventbrite](#)

To be kept in the loop about all the available services that CAAS offers for professionals working with all age clients, please sign up to our mailing list here: [Sign Up Forms - Centre for ADHD and Autism Support](#)