

Integrated Autism Service

Discussion Forums

The Cardiff Discussion Forum was set up in 2012 as a result of a request by an adult with ASD (Autism Spectrum Disorder). He wanted to meet others like him; adults with a diagnosis of autism, but without a learning disability. The forum gives local people the opportunity to meet and discuss issues that are important to them, share experiences both positive and negative, and hear about new services or local projects to get involved with.

The Cardiff forum meets on the first Monday morning of the month from 10am – 12pm in Cardiff Central library. If the first Monday of the month falls on a bank holiday we meet on the following Monday instead.

The Barry HUB forum was set up in 2015 following a 'Preparation for Employment' course held at the Job Centre Plus in Barry for autistic adults. This enabled the group (who did not know each other before the course) to meet up again once a month. The Barry forum also welcomes new members.

We meet on the third Tuesday once a month in the YMCA HUB building in Barry from 10am – 11am in the Studio Room followed by an hour in the café.

We often invite a guest speaker to talk at the forums. In the past we have had speakers talk about a whole host of subjects including: bullying, careers, benefits, social opportunities, history, writing, housing issues, nutrition and art.

We typically have between 8 -12 people coming each month. Nobody is under pressure to talk, listening is fine.

We send out e-mail reminders before each forum and we also put reminders on the IAS Face Book Page. Postal reminders can be sent on request.

If you would like to join a forum please contact us:

E-mail: CAV.IAS@wales.nhs.uk

Telephone: 02921 824240

