



The Herefordshire Branch of the National Autistic Society is a volunteer-led branch that aims to provide support to individuals of all ages with autism, their immediate families and carers, and to help campaign for better local services for those living with autism in Herefordshire.

Latest News & Info

The seminar takes place at The Fred Bulmer Centre and a light lunch will be provided



Department
for Education



**NAS School Exclusions Seminar
& Branch AGM**
November 4th 10.30am till 12 pm

Speaker: **Andy Cutting**
NAS Specialist Exclusions & Alternative Provision Advice Coordinator .



80s Mania!!!
AMAZING 80s Disco Night!!!
On Friday 18th November @ The Booth Hall Hereford
Doors open 6.30 - Until LATE!!!
£3.50 on the door / 18+
And it's all for an important charity - Raising funds for the
Herefordshire Branch of the National Autistic Society
Supported by www.threecountiesdisco.com - An amazing DJ for any disco
I grew up IN THE 80s
THE DECADE. THE STYLE. THE MUSIC
FANCY DRESS 80s
FASHION & SEGMENTS
GUESS ART AND WEIRD
GAMES - TAKE A CHALLENGE
WITH A BOTTLE OF
PROSECCO...
With DJ Ross
from Three
Counties Disco,
playing all your
favorites!!!
THREECOUNTIESDISCO

**Our Puzzle Pieces
Children's Group will
be hosting these guys
on 12th November**




The **Action for Autism** film project that we have been involved in with Rural Media is in the last stages of production and will be premiered at the end of the month

Lending Library

Our Lending Library is now up and running with reference books, equipment, toys and gadgets available to borrow. A small deposit is required for any items borrowed.



Contact Us

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facebook.com/nasherefordshire



twitter.com/NasHerefordshire1



[pinterest.com/NAS Herefordshire](https://pinterest.com/NASHerefordshire)



If you are interested in becoming a volunteer, we have lots of different roles available. Whatever you feel able to do and for however much time you can spare, there is something you could help us with. Please don't hesitate to get in touch.

What's On



Coffee & Chat

Informal support group for parent carers held fortnightly. We are now alternating between offering the group in Hereford (at Cookies Café, 5 Bewell St, HR4 0BB) and Leominster (at The Duke's Head Weatherspoons Pub, 3 Corn Square, HR6 8LR). Forthcoming dates are: **Leominster 8th Nov, Hereford 22nd Nov, from 10 - 11.30am.**



Puzzle Pieces Group

Themed children's group with indoor and outdoor activities and sensory play. Held monthly on Saturdays at Aspire Community Hub, Canal Road, Hereford HR1 2EA. Siblings are welcome. **Booking is essential via www.eventbrite.co.uk.** Forthcoming dates are: **12th Nov (with Roaming Reptiles) at Aspire and 10th Dec (Christmas Party) at Saxon Hall, from 2 - 4pm. N.B. The Roaming Reptiles session is sold out but we are operating a reserve list so it is still worth registering your interest via Eventbrite.**



Connections Youth Group

A new youth group for teenagers and young adults which aims to provide a safe and supportive environment where group members can socialise, participate in a range of activities and access local community facilities. **Nov & Dec dates to be announced so watch this space.**



Fundraising

We will have a stall at the **Charities Market** in Hereford High Town on **13th Dec** so please come along and support us and buy some hand-made Christmas gifts.

