

## **The Kent Autistic Trust**

14 High Street, Brompton, GILLINGHAM, Kent ME7 5AE, Contact: Jo Blamires Tel: 01634  
405168

E-mail: [jo@kentakautistic.com](mailto:jo@kentakautistic.com)

### SUPPORT/INFORMATION GROUPS FOR PARENTS IN KENT AND MEDWAY

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#### **EAST KENT**

##### **KAT Autism/Asperger Syndrome Parents Support Group (Ashford)**

Contact: Jo Blamires - Tel: 01634 405168 E-mail: [jo@kentakautistic.com](mailto:jo@kentakautistic.com)

Contact: Emily May Miles - Tel: 01634 405168 E-mail: [emilymay@kentakautistic.com](mailto:emilymay@kentakautistic.com)

##### **SPOTS Supporting people on the spectrum**

A support group run by Parents and Carers for Family & Friends of children and young people on the Autistic Spectrum. Meetings at Greenbanks, Westfield Road, MARGATE CT9 5PA on the first Monday of the month, term-time only. For further information - telephone – 07717-064944 or or E-mail [spotspectrum@talktalk.net](mailto:spotspectrum@talktalk.net)

##### **NAS Thanet Branch**

The NAS Thanet Branch run a weekly support group at a local youth club for parents and carers to have an informal chat or receive information and learn more about autism spectrum disorder (ASD). Children on the autism spectrum of any age are welcome, as are their siblings.. For further information contact Kerri Smith E-mail: [thanet@nas.org.uk](mailto:thanet@nas.org.uk) Website: [www.nasbranch.org.uk/thanet](http://www.nasbranch.org.uk/thanet)

**Thanet Autistic Parents' Support** Our group is a parent run support group for Parents, carers, or any family members who have a autistic/ asd child/adult within the family. We meet every Friday term time only at "Copperfields", 150 Newington Road Ramsgate Kent CT126PU

Facebook page Thanet autistic parents support

<https://www.facebook.com/groups/599105976882328/>

##### **NAS Dover and Deal Branch**

Various groups for families affected by ASD. Sharing information and support both local and national. Age 10 and under fun club, Age 10+ youth club, Age 16+ Meet ups S.P.A.C.E coffee afternoons for parents at Whitfield and Aspen School. Please contact for information on dates/times:

Katy Jenner Branch officer - Phone: 07717-818680 E-mail:

[doveranddeal@nas.org.uk](mailto:doveranddeal@nas.org.uk) Website: [www.nasbranch.org.uk/doveranddeal](http://www.nasbranch.org.uk/doveranddeal)

## **Sittingbourne**

We like to have fun through our supportive family days out, drop-in groups and stay-and-play session in the summer, but we're also here for information and learning. We can offer training and support sessions as well as direct know-how and signposting to other services through our Family Support Officers. Our Family Support Officers are here to help if you have questions about education, EHCPs (Education Health and Care Plans), access to therapies, access to disability social workers and social services, disability-specific charities and events, help with forms and more. We may not know everything, but we will help you as much as we can.

Orchard, Atlee Way, Sittingbourne, Dates vary. For further information:  
Email [support@forustoo.org](mailto:support@forustoo.org) or phone 07584 708059 Website: [www.forustoo.org](http://www.forustoo.org)

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## **MID KENT**

### **KAT Autism/Asperger Syndrome Parents Support Group - Maidstone**

Contact: Jo Blamires - Tel: 01634 405168 E-mail [jo@kentautistic.com](mailto:jo@kentautistic.com)  
Contact: Emily May Miles - Tel: 01634 405168 E-mail [emilymay@kentautistic.com](mailto:emilymay@kentautistic.com)

### **KAT Autism/Asperger Syndrome Parents Support Group - Ashford**

Contact: Jo Blamires - Tel: 01634 405168 E-mail [jo@kentautistic.com](mailto:jo@kentautistic.com)  
Contact: Emily May Miles - Tel: 01634 405168 E-mail [emilymay@kentautistic.com](mailto:emilymay@kentautistic.com)

### **ASD Ashford Support Group**

We meet once a month, for a carers catch up, we post the dates on our public Facebook page and website. We offer 121 advice and support to families by phone, email, messenger whichever works best for parents.

We can be contacted by email [asdashfordgroup@gmail.com](mailto:asdashfordgroup@gmail.com).

### **Bower Grove Parent Support Group**

Based in Maidstone. Open to parents/carers of children with special needs including those on the autistic spectrum. Contact Candise Higgins email: [psg.bower-grove.kent.sch.uk](mailto:psg.bower-grove.kent.sch.uk) Tel: 01622-726773 during school hours.

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## **WEST KENT KAT Autism/Asperger Syndrome Parents Support Group - Tunbridge Wells**

Contact: Jo Blamires Tel: 01634-405168 E-mail: [jo@kentautistic.com](mailto:jo@kentautistic.com) (Children)  
Contact: Emily May Miles tel: 01634-405168 E-mail: [emilymay@kentautistic.com](mailto:emilymay@kentautistic.com) (Adults)

### **Autism South East**

A regular support group for parents, carers and friends of people on the autistic spectrum and adults on the spectrum. This is a drop in session open to anyone who wishes to attend, including professionals. This will be an opportunity to meet and discuss any areas around autism and share information in a calm, supportive environment with others. Our Autism Coffee Morning is held *monthly*\* on Friday mornings, during KCC term time.

[information@autismsoutheast.co.uk](mailto:information@autismsoutheast.co.uk)

### **Tonbridge Carers FIRST Support Group for carers of children with Autism/Aspergers**

Meets monthly on a Monday between 7:30pm-9:30pm at Angel Centre in Tonbridge. Contact carers first Tel: 0300 3031555 for details and to register.

### **West Kent MIND Support Group**

Support group for parents/carers of children with ASD. Meets weekly on Mondays 10:00am-11:30am including holidays 34 St Johns Road, Sevenoaks, TN13 3LW. For further information: E-mail:

[asd@westkentmind.org.uk](mailto:asd@westkentmind.org.uk) Phone: 01732-744950

### **Support Groups – Beams**

Monthly support group for parents/carers of children with ASD/other disabilities. Venues including Swanley, Gravesend and Northfleet. You are welcome to attend all/any of the groups (diagnosis not necessary). Further information including addresses/times/dates can be found on the website [www.wearebeams.org.uk](http://www.wearebeams.org.uk) or phone: 01322-668501 E-mail:

[admin@wearebeams.org.uk](mailto:admin@wearebeams.org.uk)

### **Fathers Club – Beams**

Support group for Fathers of children on the Autistic Spectrum. Facilitator – Andy Young. Beams, Allsworth Court, 38-40 St Davids Road, Hextable, BR8 7RJ. E-mail:

[fathersclubkent@outlook.com](mailto:fathersclubkent@outlook.com) Phone: 01322-668501

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## **MEDWAY KAT Autism/Asperger Syndrome Parents Support Group - Medway**

Contact: Jo Blamires Tel: 01634-405168 E-mail: [jo@kentakautistic.com](mailto:jo@kentakautistic.com) (Children)

Contact: Emily May Miles Tel: 01634-405168 E-mail: [emilymay@kentakautistic.com](mailto:emilymay@kentakautistic.com) (Adults)

### **MAGIC Medway autism group and information centre**

Coffee mornings, youth groups, training courses, discussion groups with visiting professionals, holiday activity days, Monkey Bizz sessions, family activities.

For further information check our website or contact the office between 9am and 4pm, Monday to Friday. Tel: 01634-570706 website [www.medway-magic.org](http://www.medway-magic.org) E-mail: [admin@medway-magic.org](mailto:admin@medway-magic.org)

Amended May 2022