BSOL, Branching Minds, RfA



Parent Carers Wellbeing Sessions 2026/27

Bi-weekly on Wednesdays @ 10:30 – 12:30

BAYC, 581 Pershore Road, Birmingham B29 7EL

Our FREE Wellbeing Sessions for Parent Carers provides a safe space to connect, listen, share and practice self-care. We welcome you whether your child, young person or adult is diagnosed or awaiting an autism assessment. Our team offers topics of discussion, signposting on autism and beyond as well as the offer of optional neuro-affirming activities

Please scan the QR or use the link below to book onto the sessions:
https://forms.cloud.microsoft/e/XnpjZvaqj1?origin=lprLink

21st October *Autumnal Arts*
4th November *Aromatherapy Crafts*
18th November *Spaghetti tower And egg parachutes challenge*
2nd December *Music that Matters*

13th & 27th January, 10th & 24th February
10th & 24th March 2027 *details to follow*
For more information please email
sally@resourcesforautism.org.uk

Do you live in Birmingham and have a child under 16yrs on the autism assessment waiting list?

At these BSOL Wellbeing sessions you can also access our 'Carers Advice Corner' on what you can do whilst you are on the waiting list for the assessment. Please select on the booking form if you are interested in connecting with the Navigating the Wait Together team, OR email: kelly@resourcesforautism.org.uk

Eligibility:

- Live in Birmingham or Solihull
- Please Note: Navigating the Wait Together is Birmingham only families

The BSOL, Branching Minds, RfA programme is in its 2nd year offering support for autistic adults, parent carers, and the professionals who care for them. Across Birmingham and Solihull, the programme offers emotional wellbeing, confidence, early intervention, as well as improving capability of frontline healthcare staff and mental health services.

Birmingham and Solihull Mental Health, Learning Disabilities and Autism Provider Collaborative

resources for autism