

North-West London Services

CAAS is delighted to announce that in partnership with North West London ICB, CAAS will deliver a range of services for families of a child or young person who has been diagnosed with ADHD or autism, or is on the waiting list for diagnosis.

Wherever parents are in their diagnosis journey, we're here to listen and advise at our range of drop-in support groups, and to offer reliable, evidence-based workshops to increase understanding of ADHD and autism.

After diagnosis, an individual meeting with our support workers will offer guidance in next steps, whilst young people can access lots of groups where they can meet peers and have fun.



Find us
@ADHDandAutism



The Centre for ADHD & Autism Support (CAAS), founded in 1996, supports, educates and empowers ADHD/Autistic individuals, their families, and the community.

Led and run by qualified staff with personal experience, and through talking and listening to ADHD/Autistic people, CAAS understands the issues facing service users and delivers effective support.

Last year we provided information, training, support groups and practical help to more than 9,000 residents of North West London, and over 18,000 appointments.

We also offer specialised professional training, courses, and workshops.



Charity Registration No. 1193799



**Centre for ADHD
& Autism Support**

NWL Children and Family Services 2025

<https://adhdandautism.org/>



enquiries@adhdandautism.org

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269 Field End Road
Eastcote
HA4 9XA

Support for Parents/Carers

If your child has recently been diagnosed with ADHD or autism, their diagnosing clinician will refer you for an individualised appointment with us, to discuss what the diagnoses might mean for you, and tell you about the support that's available for you.



Drop-in Support Groups

We are delighted to offer a range of drop-in support groups, on different days and evenings, online or at our centre in Eastcote. Look out for new locations in inner London, coming soon.

Sleep

CAAS holds regular workshops offering insight into the importance of sleep, and strategies to support your child to have a restful night's sleep.

adhdandautism.org/parent-carer-young-people/

Services for Young People

We are thrilled to be able to offer lots of opportunities for young people aged 11-25, to find out more about their diagnosis, and meet people like them.

Courses

WhyTry is a lively 6-week course designed to support young people in all areas of their lives. **Thriving and Neurodiversity** is designed to help young people explore their differences and to learn to see the positives in ADHD/autism.

Social Groups for ADHD/Autistic Teens

CAAS offers many groups for ADHD and autistic children and young people. Meet likeminded friends in our **Film Group and Girls' Group**, test your general knowledge with **Online Quiz Group**, show your artistic side in **Creative Club Plus**, and explore growing up in **Thinking About Adulthood**.

adhdandautism.org/services/youth/

Understanding the Diagnoses

What is ADHD/autism?

Our **Understanding Autism** and **Understanding ADHD** seven-week webinar courses focus on increasing parents' understanding of their ADHD/autistic child/teenager and consider how best to support them to thrive.

Specialist Workshops

Every month we'll be offering a detailed look at how ADHD and Autism interact with other challenges that children and young people might face. For example, take a deep dive into school avoidance, restrictive eating, or anxiety, and the particular implications they might have for an ADHD or autistic young person.



Scan for more info:

