

## Directions:

### By Foot (10 minutes from City Hall)

Cross at the traffic lights outside the front gates of the City Hall onto Donegal Place. Continue straight onto Royal Avenue. Belfast Central Library is at the bottom of Royal Avenue on the left.

### By Rail/Bus

Europa Bus/Rail Station and Belfast Central Station are the two closest stations to Belfast Central Library. Metro buses 8 and 9 run from Europa Bus/Rail Station into City Centre and Metro buses 4 and 6 run from Central Station into City Centre. Follow above walking directions to Belfast Central Library from City Hall.

### By car

Nearby Car parks: St Anne's Square multi-storey or Caste Court Car Park. Roadside parking is also available in the area.

## Venue:

Belfast Adult Autism Advice Service (BAAAS)  
Training Room  
**Belfast Central Library**  
Royal Avenue  
Belfast  
BT1 1EA

Tuesdays 1.30 - 4.30pm

Contact Details:

For more information regarding BAAAS contact

Cedar Foundation (9am-5pm) on:

Tel: 028 9046 1834 (choose option 1) or

07725 051120

Email: [BAAAS@cedar-foundation.org](mailto:BAAAS@cedar-foundation.org)

This service is provided in partnership with:

- The Cedar Foundation
- Department for Communities (DfC)
  - Make the Call
  - Preparation for Work Programmes Branch
  - Northern Ireland Housing Executive
- Department for Education (DfE)
  - Careers Service Northern Ireland

Belfast  
**adultautism**  
Advice Service

We are a small multi-agency team providing advice and guidance to adults and young people with autism and those who support them.

### Who is the advice service for?

We are here every week for people aged 16 years and over who have a diagnosis of autism and for those who support them, who live in the Belfast Trust Area.

### Our key aims are to :

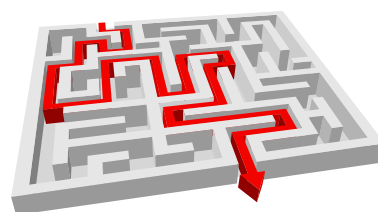
1. Provide a safe and friendly place for you to speak to someone who understands autism.
2. Provide you with information to access a range of appropriate services.
3. Provide opportunities to meet with other individuals with autism and share experiences
4. Offer support after diagnosis through group sessions.

### Advice and information

We provide opportunities to engage with trained and experienced health and community professionals who can provide advice and guidance, either on the day or through arranged appointments in many areas including:

- Housing
- Social Security Benefits
- Careers
- Employment
- Local community groups/activities
- Health information
- Carer support
- Education & Training

We bring a lot of relevant information with us, and can send more out to you.



### When and Where?

We are open every Tuesday afternoon from 1.30-4.30pm in The Meeting Room 1st Floor at Belfast Central Library. No appointment is needed, just call in and a member of the team will speak to you. Around holiday periods, please call us on 028 9046 1834 (choose option 1) or 07725 051120 to confirm whether the service is available that week.

### Group sessions

We also provides opportunities to attend group sessions which aim to:

- Help increase understanding about how autism can affect you;
- Give you space to discuss the experience of receiving a diagnosis;
- Point you towards other support services which are available.

### How do I get involved in group sessions?

Information about upcoming group sessions can be obtained from the advice service.