

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

Autism Central is here to help!



The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people.

What makes the programme unique, is that it's run by families for families. Each session is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

Aspens are your South East Hub, covering Sussex, Surrey, Hampshire/IOW, Kent, Berkshire, Buckinghamshire, Oxfordshire.

We are here to listen, offer guidance and tell you about services that are available in your local area.

Let us help to navigate you to services that can make a difference and empower you.

Increase your knowledge, understanding and skills to last.

[Request for Support](#)

