

Activities/Support Groups		
Service	What they do	Contact details
Activate Performing Arts	The Remix is an inclusive youth performance company open to young people age 12-19, both disabled and non-disabled, from across Dorset. The Premix is a similar group set up for 7-11 year olds. Meet once a month and for holiday clubs.	www.activateperformingarts.org.uk/take-part/the-remix-the-premix/ Email: info@activateperformingarts.co.uk Tel: 01305 260954
Artz+ Sportz+	We provide school holiday arts and sports events for disabled children and young people aged 5 to 18 and their families. Join us at sports and outdoor centres, museums, woodlands, theatres and other venues across Dorset.	Email: leisureWDWP@dorsetcouncil.gov.uk
ASCape ASD & Social Anxiety group	ASCape is a charity supporting young Autistic people (plus those with Social Anxiety) and their families in West Dorset. We have a number of different support groups and activities for families, young people aged 0-25 and parents/carers".	Email info@ASCapegroup.org Phone: Clare: 07754 065733
AS Divas and Dudes	A parent and peer support group which meets once a month on the first Tuesday of each month 5.15-7.15pm	Email: Asdivasanddudes@gmail.com Divas Claudia 07443 534178 Rebecca 07810488023 Dudes Jennie 07930585046 Gemma 07488382653
A-Stars	Local support group for families with a child who has Asperger's syndrome or any other Autistic Spectrum Condition which meet every Saturday morning 10.30am-12.30pm at the Asperger Base at Budmouth Technology College.	www.astars.org.uk Email: info@Astars.org.uk Phone: 07929 071513
Diverse Abilities	Dorset's disability charity supporting children and adults with profound physical and learning disabilities.	www.diverseabilities.org.uk Email: info@diverseabilities.org.uk Phone: 01202 718266
Dorset Adult Asperger Support Group	The DAAS Group offers support and information for adults with Asperger's Syndrome and their carers, families, friends and supporters in the Dorset area as well as working to raise awareness and increase understanding of autism and Asperger's.	www.dorsetadultaspergerssupport.org.uk

Parent Support Group(Gillingham)	<p>Parent Support Group for parents and carers of children with an autism spectrum disorder (ASD) or those awaiting possible diagnosis.</p> <p>Dates: 1st Monday of the month Time: 7.00pm – 8.30pm Venue: Bones Youth Club, Cemetary Rd, Gillingham SP8 4AZ</p>	Contact: Helen Shorrocks 01305 224310
The Umbrella Group	<p>Parent led support group for parents of children and young adults with ASD. Meets once a month on a Saturday 10am-12pm at Portfield School in Christchurch.</p>	<p>Contact Debbie Muldoon-Hall</p> <p>Phone: 07900 693131</p>