



HACS

Hillingdon Autistic Care & Support
Registered Charity Number 1066859

Adult Autism Hub

Whether you are awaiting a diagnosis of autism or have already been diagnosed, we are here to help



We can provide:

- One to one coaching sessions
- Peer learning programme to learn more about autism and related areas
- Monthly drop-in sessions for advice and practical issues
- Regular social activities
- Virtual, telephone and in-person support

Eligibility:

- Aged 18 years +
- Registered with a Hillingdon GP
- No existing diagnosis of an intellectual disability (learning disability)

"It's been amazing knowing I am not alone in my feelings."

For further information or please contact katherine@hacs.org.uk or complete the [Referral Form](#)