



# The Carers Centre

LEICESTERSHIRE & RUTLAND

*at the heart of caring*

## Family Carers Autism Forum

In May, we had a really interesting meeting with Jackie Robinson a lecturer at De Montfort University. Jackie has been working with a number of people who have Asperger Syndrome.

The team have been looking at ways to try to make the lives of people who have Asperger Syndrome and the lives of those who are with them less stressful. The main conclusions the team came to were that understanding is a key problem. As a result of their findings, the team have devised a “Triad of Understanding” approach to Autism.

Some carers have taken away the ideas that Jackie raised to see if they could make use of them. At a couple of self-help group sessions, we looked at this approach and found it very thought provoking. We will share some of our experiences at the next meeting.

Jackie will be returning in July to keep us up to date with her work.

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Carers of Leicestershire Advocacy and Support Project  
Registered Charity No: 1043956 • Company No: 2994093 • Patron: Cllr. Manjula Sood MBE  
The Carers Centre is committed to being a quality led organisation providing advocacy,  
information and support to carers across Leicester, Leicestershire & Rutland.



## Next meeting:

**Date:** Thursday 20<sup>th</sup> July

**Time:** 10:00 am to 12:30 pm

**At:** The Carers Centre, Unit 19 Matrix House, 7  
Constitution Hill, Leicester, LE1 1PL.

The following meetings will be on:

21<sup>st</sup> September, 10:00 am at the Carers Centre.

16<sup>th</sup> November, 10:00 am at the Carers Centre

18<sup>th</sup> January, 10:00 am at the Carers Centre

22<sup>nd</sup> March, 10:00 am at the Carers Centre

Topics to be confirmed nearer the time.

Call Linz or Gill on 0116 2510999 for more details.