

**Western Bay Integrated Autism Service (WBIAS)**

**Virtual Autism Advice Sessions**

 Appointments available to book (up to 30 minutes)

**When?** Every Thursday

**What?** This is an advice session to discuss anything autism related. Due to Covid19 these are currently being run via telephone or video call

**What do I need?** A telephone, or a SMART phone or laptop, webcam, secure internet connection

**Who?** Sessions are open to anyone 18+, in Swansea, Neath Port Talbot & Bridgend, with or without an Autism diagnosis, including those awaiting an assessment.

**Who is it with?** There will be two Wellbeing Support Workers from the WBIAS present

**How?** Phone 01639 862936 or email sbu.WBIAS@wales.nhs.uk to book