



The Resource Centre, Sandgate, Penrith CA11 7TP

Landline: 01768 867629

Mobile: 07554 370823

Registered Charity No. 1177317

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Stronger Longer ...

Triple A is extending support for autistic adults in Cumbria.

This can be in a way that suits you, or someone you know who is autistic, for example phone call, text, email, WhatsApp, etc.

You may like to connect with one or more of the following:

- To have regular conversations with someone who understands autism
- To connect with other autistic adults

We have different groups that you may like to connect with, for example Weekly Arts Challenge Group, Film Club, Positive Pals sessions with games and quizzes. There will also be an online version of Discovery Panel.

To find out more, please contact us:

Susan Mackenzie:

Telephone: 07733818776:

Email: projectsupport@tripleproject.org.uk

Or

Helen Storey:

Telephone: 07554 370823

Email: helen.storey@tripleproject.org.uk



There is also a **CHECK+CHAT SERVICE** available from **People First** who are offering a new service for people who have learning difficulties and/or autism who need support. For this service, contact Chris Tolley on **07763546116** or email chris.tolley@wearepeoplefirst.co.uk.
