

Circle of Support (COS) is a parent led charity established in 2011 that is run by a committee who are all parents of Autistic children. We support more than 650 local families with autistic children. Our aim is to be child and family centred, reduce feelings of isolation and raise awareness and acceptance of autism in the local community.

Our Centre

The COS centre is a new purpose built community hub. The centre allows families to meet and provide support to one another through support groups, workshops, therapies and programmes.

- ✓ Main Hall
- ✓ Large Sensory Room
- ✓ Soft Play Room
- ✓ Art Room
- ✓ Kitchen
- ✓ Computer Suite
- ✓ Youth Room
- ✓ Office



Kids

Be Awesome Project



National Lottery Community Fund (2022- 2027)

The programme will provide:

- ✓ Group and one-to-one therapies (Art, Music, Play) facilitated by a qualified professional
- ✓ Physical health and wellbeing programmes- Yoga, Mindfulness classes, Fitness, Jui Jitsu, Dance
- ✓ Activities and workshops- Teddybear making, Music, Swimming, Messy Play, Arts and Crafts
- ✓ Stay and play- COS bouncy castle
- ✓ Summer Schemes
- ✓ Midterm Activities

Parents



COS Carers Project

Community Fund Northern Ireland (CFNI) and Department of Health (DOH) (2023-2025)

This programme aims to:

- ✓ Promote wellbeing – yoga and meditation classes, craft making, wellness programmes, fitness workshops
- ✓ Parent/carer support groups
- ✓ Parents/carer daytrips
- ✓ Events- Pamper evenings, afternoon tea, social night
- ✓ Autism specific training – Behavioural, Sleep, Autistic girls, Puberty, Anxiety, Transitions, PDA, Sensory
- ✓ Autism related training- Makaton, FRT (functional reflex therapy), Bach's rescue remedy, First aid training
- ✓ 1-1 behavioural support & more...

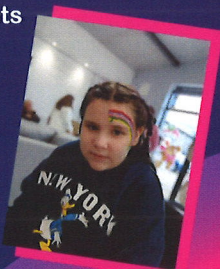
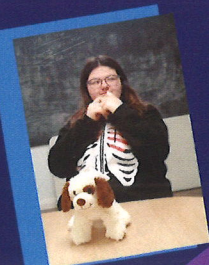
Teenage Programmes – Project Awetism

Keadue Fund Community Foundation NI (2023-2025)

This programme provides:



- ✓ Support to autistic teenagers 11+
- ✓ Programmes and activities- Friendship club, Arts and Crafts, Yoga, Jui Jitsu, Football, Zumba, Comic Book Programme, Gaming sessions, Bowling
- ✓ Youth Club
- ✓ Movie Nights
- ✓ Daytrips



Trust Project

Community Fund through the Department of Health's Mental Health Support Fund (2022-2023)

This programme aims to:

Provide a one-to-one confidential counselling service to the parents and carers of autistic children and young people. These sessions will be undertaken by a British Association for Counselling and Psychotherapy (BACP) registered therapist who specialises in talking therapies and psychological therapies and is completely anonymous.

TALK
REASSURANCE
UNDERSTANDING
SUPPORT
TOGETHERNESS

COS Centre
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