

Autism Central update

Dear parents and carers,

Over the past two and a half years, Autism Central has created a community where parents, carers and personal assistants can learn, share and support each other. The programme was built by a partnership of eight not for profit organisations:

- National Autistic Society (Lead Organisation)
- Ambitious about Autism
- Autism Alliance
- Autistica
- British Institute of Learning Disabilities
- Contact
- GMT Statutory Reform Programme Limited (GMT)
- National Network of Parent Carer Forums

The programme was delivered by seven regional delivery partners:

- Aspens
- Bristol Autism Support
- Contact (London)
- Contact (Midlands)
- Daisy Chain
- Essex County Council
- GMT

Across this time over 30,000 parents and carers have joined events, connected with peer educators, and gained confidence in navigating life and supporting autistic people. We are proud of what has been achieved and we extend our thanks to all involved and for the commitment shown to ensure the success of the programme to date.

From **1st October 2025**, the Autism Central programme will transition to and be led by [**Anna Freud**](#), a world-leading mental health charity with a strong background in supporting children, young people, families, and the professionals around them.

For over 70 years, Anna Freud has sought to understand the challenges facing families and improve access to support, with a sustained focus on improving outcomes for marginalised and vulnerable children and young people. The charity's model is rooted in lived experience and strengthened by research within UCL's Group for Research in Relationships And NeuroDiversity.

What's coming over the next 10 months:

- Around 100 regional events open to families from every region, including drop-ins, workshops, and coffee mornings, helping you find the right services nearby.
- Approximately 7,700 1-to-1 coaching sessions, where you can talk through your questions and experiences in a supportive space.
- Over 1000 webinars to support you understand and respond to autistic and ADHD family members of all ages, with or without a learning disability, focusing on topics such as relationships, navigating healthcare systems, preventing crisis and more.
- Centralised registration, making it easier to access sessions and stay informed.

NHS England continues to fund the programme, and Anna Freud will carry this work forward with the same heartfelt commitment, continuing to provide a unified, accessible, and supportive learning environment that empowers families, carers, and professionals working with them.

You can reach out via email at autismcentral@annafreud.org if you have any questions after reading this. The [website](#) will be updated over the coming weeks to inform you of how to access and sign up to the programme from 1st October 2025.

With thanks and warm wishes,

The Autism Central Programme Team and Anna Freud