

Autism Central

England's Peer Education
Programme



www.autismcentral.nhs.uk

What is Autism Central?

Autism Central is a peer education programme for families and support networks of autistic people of all ages, across England.

The programme is delivered by Anna Freud and commissioned by NHS England.

We offer families education, coaching, and connection through resources, one-to-one peer support, and community events.



About the programme

- Supports the **full network around an autistic person**, including parents, carers, grandparents, partners, siblings, children, friends, colleagues and neighbours.
- Autism Central is designed for families and wider networks. It is not a resource designed for health and care staff working in CQC-regulated services directly, but a **great resource to signpost to**.
- Is fully **co-produced and co-delivered** with autistic people to ensure support is shaped by **lived experience**.

"The session was so reassuring. To learn about lived experience and ways that others create consistency in their families."

Parent feedback

"I love the fact that the facilitators have lived experience and are able to share it."

Parent feedback

What we offer

Autism Central provides accessible, centralised education, coaching, and connection, including:

- **One-to-one** peer support
- **Group reflective** and **coaching** sessions
- **Group education** sessions
- Community events
- **Resources** such as blogs, videos, animations and podcasts
- **Practical guidance and signposting** for navigating services and systems.

"I felt heard and respected and I came away with ideas to help my son, and the feeling that I am not alone in my journey."

Parent feedback

How this helps

Autism Central helps families and wider networks to:

- **Build knowledge**, confidence, and advocacy skills
- **Understand** autistic experiences of joy, distress, and wellbeing
- **Support wellbeing** and reduce the risk of crisis or hospitalisation
- **Feel more connected**, empowered, and less isolated.

*"I found it quite validating
- knowing that all of our
families, or young people,
are different but also
understanding what has
worked for others may
work for us."*

Parent feedback

Impact and reach

40,000 

people have taken part in our one-to-one and group sessions since 2023

7,026 

people attended one-to-one and group sessions*

2,872 

one-to-one sessions delivered*

798 

group sessions delivered*

98% 

would recommend one-to-ones to others (June 2026)

36,994 

read blogs, watched videos and listened to the podcast*

2,644 

people registered for additional learning resources*

*October 2025 - June 2026

www.autismcentral.nhs.uk



How you can help us spread the word

We want professionals (health, charity, social and education sectors) working with families and support networks of autistic people to signpost to Autism Central.

We need your support to reach families and support networks.

All of our events and resources are **free**
NHS England commissioned sessions,
delivered by Anna Freud.



Comms pack

Use the pack to share Autism Central with families you support.

Access copy you can adapt for your channels, plus graphics, posters and presentations to help spread the word.

Autism Central **NHS**

Autism Central
England's peer education programme

Autism Central is a free service for families and support networks of autistic people of all ages. We offer families education, coaching, and connection through resources, one-to-one peer support, and community events.

Group learning
Join us online for free events including drop-ins, education family guide sessions and reflective sessions.

One-to-one coaching
Book confidential, personalised, free coaching from trained peer guides with lived or family experience. Practical guidance and signposting.

*"Connecting to someone who gets it."
"Being able to talk freely with ease."
"It was amazingly helpful."*

Delivered by **Anna Freud** **autismcentral.org.uk**

Autism Central **NHS**

"I found it quite validating - knowing that all of our families, or young people, are different but also understanding what has worked for others may work for us."

Delivered by **Anna Freud** **www.autismcentral.org.uk**

Autism Central **NHS**

Don't know where to start?
Book a one-to-one with our peer guides for practical guidance and signposting.

Delivered by **Anna Freud** **www.autismcentral.org.uk**

Autism Central **NHS**

"I felt heard and respected, I came away with ideas to help my son, and the feeling that I am not alone in my journey."

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www.autismcentral.nhs.uk/commspack

Useful links



How to get support:

- **One-to-one** coaching www.autismcentral.nhs.uk/121
- **Group learning** and reflective sessions www.autismcentral.nhs.uk/events



How to find resources:

- Read opinions and experiences in our **blogs** www.autismcentral.nhs.uk/blog
- Listen to real stories in our **podcast** www.autismcentral.nhs.uk/podcast
- Watch our **videos** and animations www.autismcentral.nhs.uk/video
- Sign into the website for **additional resources** www.autismcentral.nhs.uk/login



How to stay up to date:

- Sign-up to the monthly **newsletter** www.autismcentral.nhs.uk/newsletter
- Follow us on [YouTube](#), [Spotify](#), [Apple Podcasts](#)



How to raise awareness of Autism Central:

- Share our services and resources as above
- Share information with professionals <https://www.autismcentral.nhs.uk/professionals>
- Use our text, presentations, flyers etc www.autismcentral.nhs.uk/commspack

Thank you!

Visit the Autism Central website



www.autismcentral.nhs.uk