

General Information and FAQs



Toilets

There are toilets designated for women on the ground floor and on the second floor. (The Adult Hub is on the second floor)

There are toilets designated for men on the first floor.



Nut free centre

We are a nut free centre. All food we provide is nut free. We ask that anyone coming to the centre doesn't bring any food with nuts in.



Food and drink

We have tea, coffee, water, and light snacks- such as biscuits available. We have a selection of gluten free snacks available.



Wheelchair access

There is a wheelchair ramp at the back of the building. If you would like to use this, please let us know in advance as we will need to open the door for you. There is a lift available.



Access

There are a set of four stairs at the front of the building, from the path. There are four flights of stairs leading from the ground floor to the Adult Hub.

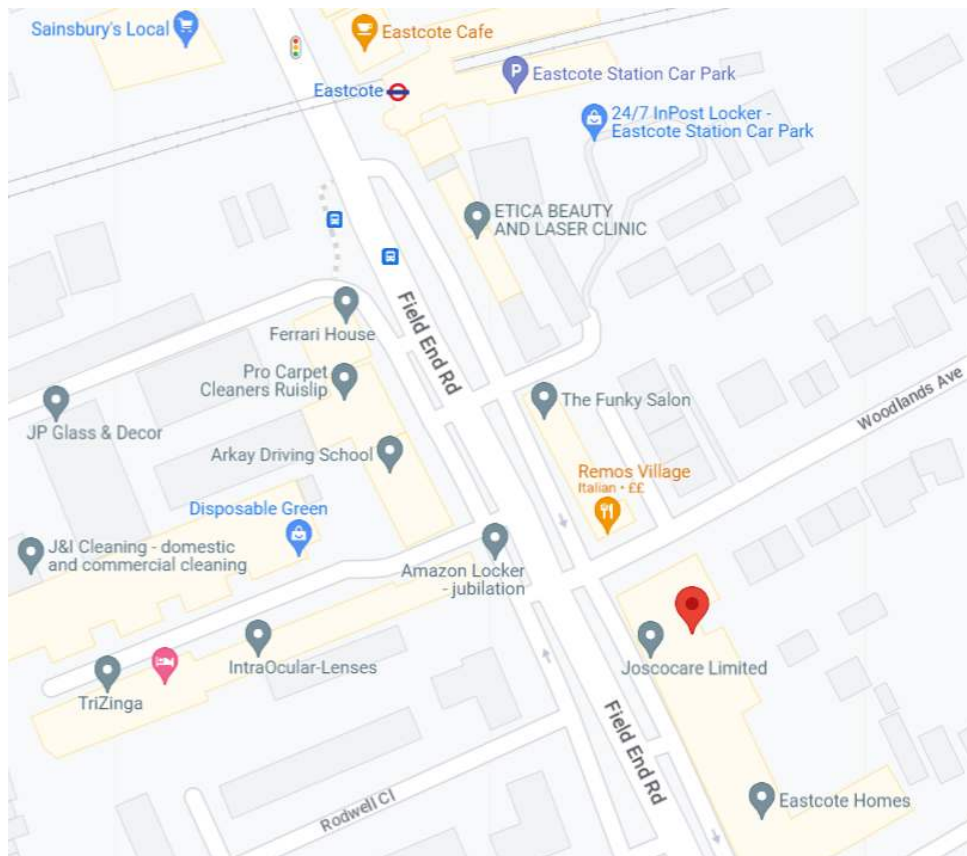


There is a lift available on the ground floor. When riding it to the second floor, it will open up directly in front of the Adult Hub door.

What to expect from coming to a group at CAAS



How to Find Us



Address:

CAAS Adult Hub,
2nd Floor,
Television House
269 Field End Road,
Eastcote
HA4 9XA

What 3 Words

reveal.plants.upon



@caasadulthub

www.adhdandautism.org | Charity Registration No. 1193799

Getting to us- Train and Tube



Nearest Station

We are a two minute walk from **Eastcote** Station.

Tube lines: **Metropolitan** **Piccadilly**

Turn **left** when you leave the station

Getting to us- Bus and Car



282

Stops at **Eastcote Station**.

Turn left when you leave the station.

282



114

Stops at **Eastcote Arms**

It is about a mile walk from here to CAAS,

You can also get the **282** from this stop.

114



Parking (Not controlled by CAAS)

There are a limited number of pay-to-park bays outside of our centre.

There is limited pay-to-park parking at Eastcote train station.

What to expect from coming to a group at CAAS

When you get here



The view from the road.



The building's front door



There are a set of buzzers on the right wall next to the door.

The buzzers look like this, the Adult Hub buzzer is the 2nd from last and looks like this:

CAAS ADULT

Coming inside



Press the buzzer labelled **CAAS ADULT**.



Say your name and which group you are attending.

If you can't remember who you are coming to see you can just say your name.



If you are non-speaking, anxious, or unable to use the buzzer let a facilitator of the group know and you can make other arrangements, like letting us know you're here by text message.



We will buzz you in and the building door will unlock.



You can then walk up to the second floor or take the lift. Both the lift and stairs are directly in front of the door you will enter through.



The door to the Adult Hub is next to Hot Yoga's shoe racks.

We will open the door no more than 10 minutes before the group starts. We cannot let you in until both staff members are ready. We will let you know if we are running late.

There are seats on the left of the lift as you exit.

What to expect from coming to a group at CAAS

Coming inside

There is a very short corridor between the main door and the adult hub.

When you go through this door, you are in the **Adult Hub** and will see **the Pod**, an office, and the main hub.



You will see **the Pod** as you come through the door.

You may have your meeting with your Autism Advisor in **the Pod** or in the **Adult Hub**.

This is the **Adult Meeting Hub**.

The seats may be laid out differently for your group.

The **Hub** has a kettle, tea, coffee, water, and biscuits available.



During Groups

Most of our groups have set break times when you can get a drink and a snack and have a chat with the other members if you would like to.



If you find unstructured time difficult let a facilitator know and we can work with you to figure out how to make this break more comfortable for you.

If you need a break at any time during the group feel free. You do not need to wait for the break time.

We do ask that you do not eat during groups, and only eat during the break time. If you need to eat outside of the break you can do so in our waiting area.

