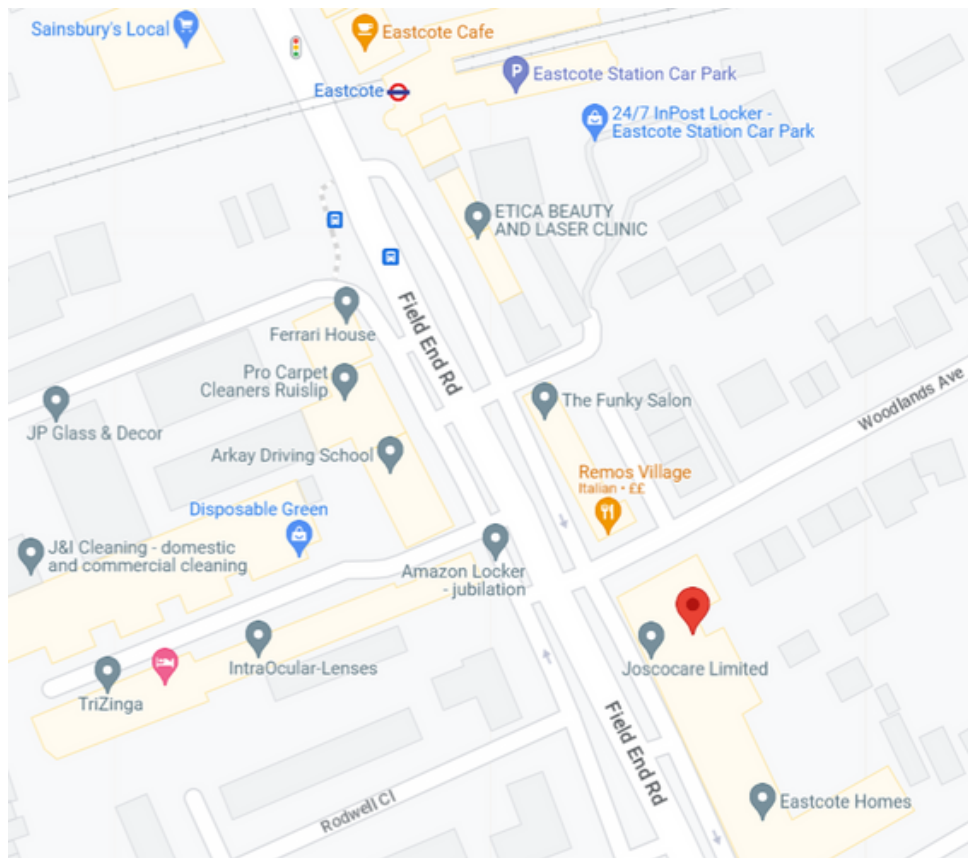


# What to expect when attending a service at CAAS

## How to Find Us



### Address:

CAAS Centre,  
2nd Floor,  
Television House  
269 Field End Road,  
Eastcote  
**HA4 9XA**

### What 3 Words

reveal.plants.upon



# What to expect when attending a service at CAAS

## 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 when attending a service at CAAS

## When You Get Here



The view from the road.



The building's front door.



CAAS Centre buzzer

There are a set of buzzers on the right wall next to the door. The buzzers look like this; the CAAS Centre buzzer is the last and looks like this:

# ADHD&AUTISM

## Coming Inside



Press the buzzer labelled **ADHD&AUTISM**.



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 CAAS Centre is to the left as you come up the stairs.

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.



## Coming Inside

Once you go through the door, you will see this corridor.



The very first door on the left is to the family room, where you may be asked to wait for groups or to see one of our Support Workers. This is also where creche is held, if available.

The first door on the right is the Haven meeting room. This is where we hold our groups and drop-in support sessions.



We also have two quiet rooms: the Oasis and the Retreat. These are further along the corridor, on the left.



## 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 to take 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 family room (if available) or waiting area.



## General Information and FAQs



### Toilets

There are toilets designated for women on the ground floor and on the second floor. The Centre 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 CAAS Centre.



There is a lift available on the ground floor. When riding it to the second floor, turn left once you have arrived and you will see the CAAS Centre door.