



The Braid is situated at the junction of Linenhall Street and Bridge Street beside the Town Hall.

By Road

From Belfast

Take the M2 motorway from Belfast and follow until the M2 becomes the M22. Take exit (J1) for Antrim/Ballymena/Coleraine (A26). At the roundabout follow signs for Ballymena (A26). At the Seven Towers (Ballee) roundabout follow the signs for The Braid.

From the North (Coleraine, Portrush)

Join the A26 following signs for Ballymena. Once the A26 becomes the M2 just outside Ballymena directions to The Braid are clearly signposted.

By Rail/Bus

Ulsterbus and Northern Ireland Railways offer regular daily services to and from Ballymena, please check their website for times:-- www.translink.co.uk or phone 028 9066 6630.

The Braid is a 10-minute walk from Ballymena Railway Station and Bus Depot. Upon leaving the station turn left along Galgorm Road. At the end of the Galgorm Road at the major road junction cross the Galgorm Road, then the North Road. Follow the North Road until it ends. Turn right and cross the Linenhall Road. The entrance to The Braid is located along Bridge Street.

Contact details

The Braid Ballymena Town Hall,
Museum & Arts Centre
1 - 29 Bridge Street
Ballymena
BT43 5EJ

Tuesdays 1.30pm - 4.30pm

Tel: 028 2766 1335

Email: AdultAutismService@northerntrust.hscni.net

This service is provided in partnership with:

The Department of Employment and Learning (DEL)

The Northern Regional Colleges

Improving Benefits Uptake, Social Security Agency

Citizens Advice Bureau

National Autistic Society



Northern Adult Autism Advice Service

Information Leaflet

Email: info@northerntrust.hscni.net

Web: www.northerntrust.hscni.net

This document is available, on request,
in accessible formats, including Braille, CD,
audio cassette and minority languages.

The Northern Adult Autism Service is made up of a small multiagency team providing a service to adults with Autism and those who support them.

The key aims are:

- To help individuals with Autism access a range of appropriate main-stream services, for example, employment, further education;
- to offer individuals with Autism one to one support for specific problems;
- to offer post-diagnostic support;
- to provide a safe place where individuals with Autism can share their experiences.

(individuals may be supported by their carer/ advocate to attend)

Who is the service for?

The service is for individuals aged 16yrs+ who have a diagnosis of Autism, who reside in the Northern Trust Area.

The service operates an open/self referral system and offers advice and support.

One to one sessions

What are these for?

These sessions aim to help you with specific problems. For example:

- Support to manage difficult emotions;
- problem-solving for specific difficulties;
- support around education;
- support around employment and career progression;
- help to deal with housing and benefit issues;
- advice about difficulties in relating to other people;
- gain more understanding about Autism.

We ask that you come to the one to one session with a specific issue in mind, which we can focus on during the session.

To book an appointment, please contact Rikki on 028 2766 1335 or email: AdultAutismService@northerntrust.hscni.net

Occasionally there will be some available appointments on the day. Please check with a member of staff at the Advice Service as they may be able to book you an appointment for that afternoon.

Post-diagnostic support

Group sessions

Northern Adult Autism Advice Service offers you the opportunity to attend this group after you have received a diagnosis of Autism. The aims of this group are to enable you to:-

- Learn about Autism;
- learn about how Autism affects you;
- discuss the experience of receiving a diagnosis;
- discuss telling people about your diagnosis;
- learn about what further support is available to you.

How do you book a place:

If you have received your diagnosis through the Northern Health & Social Care Trust you will have been asked if you would like to be added to the waiting list for this group and will be informed when the next group is available.

Otherwise please contact:-

Rikki : 028 2766 1335

AdultAutismService@northerntrust.hscni.net