

Activities for your child

- **Registered Disabled Card** (pink card which can be used for discounts)
- **Bristol Autism Project Member** (for free activities, only for children with autism) to access activities with your child
- **Cinema Card** (Pay £5.50 and carer goes free with disabled child for a year)
- **Disability youth clubs** with free transport across Bristol/
Mencap Youth Clubs (Keynesham) (groups according to age – younger, teens and adults for 18+)
- **Member of National Autistic Society** (for children with autism) to access after school clubs and groups
- **Disability Scout Groups** - your child can get involved with activities including camps.
- **Sports** – various sports clubs that your child can access out of school
- **Inclusive Play** – support for your child to access mainstream after school and holiday clubs
- **Respite** – you can apply for a break from caring for your child, or a break for your child, where someone can take you child out to do an activity or stay overnight. Some families may need a Social Worker to agree your family needs this but there are also charities which offer befriending and sitting services.