



We can help you to meet your goals

If you're autistic and live in West Lothian, our NASPlus service can give you free, flexible support such as:

- › independent travel skills training
- › social skills courses
- › social groups (activities may cost a small fee)
- › autism awareness sessions
- › signposting you to other services which can help
- › other kinds of support to suit you.

Find out more

Email brian.glendinning@nas.org.uk or call **07435 786016**