

One-to-one free online coaching



Autism Central is England's Peer Education Programme, a welcoming, accessible support service where families can learn together, share lived experience, and build confidence side by side.

One-to-ones offer a safe space to reflect on your experiences, with:

- Confidential and personalised peer coaching from trained peer guides with lived or family experience.
- Practical guidance and signposting for navigating services and systems.
- Available for families and support networks of autistic people of all ages.

“Connecting to someone who gets it.”

“Being able to talk freely with ease.”

“It was amazingly helpful.”

