

List of places that offer supports for teenagers with Autism

The following links to groups / individuals may be useful for your or your Son / Daughter with Autism

Name	Website / Contact Info.	Description
Jigsaw	https://jigsaw.ie/	At Jigsaw, we are here to make sure that every young person's mental health is valued and supported. Mental health can affect every aspect of a young person's life. We believe every young person must have the support that's right for them, whatever they are going through.
Dochas	https://www.dochasautism.ie/	Dóchas Midwest Autism Support was established by parents in 1997 in response to the need for an organisation to represent the needs of people diagnosed with Autism Spectrum Disorder in the Mid-West region. The charity supports children, young adults and their families.
ASD Ireland	https://www.asdireland.ie/	Provide - Social and sport activity groups
Clare Sport Partnership	Nicola Welford - Derg AC Inclusion Officer Contact: 086 8986138	Cycling and Athletic club
Get rowing get going	Niamh Ann English – Castleconnell Rowing club Contact: 089 4188522	Rowing
Football for All	Ann Mullins Contact: 087 4146367	The Football for All programme is made up of players from all groups and sporting bodies that cater for people with a disability who want to play football .
Suas wall climbing	https://suasclimbing.ie/	State of the art Bouldering and Roped Climbing, serve up delicious barista coffees and provide a fantastic place to hang out and meet fellow climbers - Monday and Saturday groups
I-Play	https://www.ul.ie/hsa/junior-health-sciences-academy/i-play Contact: Daniel Tindall Daniel.tindall@ul.ie	i-PLAY is a weekly physical activity programme designed for children, youth, and young people (ages 5-21) with special needs held within the Physical Education & Sports Science (PESS) Dept. at the University of Limerick.
Athletics	https://www.emeraldac.ie/ Contact: Garrett 086 02467	Emerald AC is a juvenile and senior athletics club based in UL Track Limerick
Martial Arts	http://munstermartialarts.ie/ Pat Ford Contact: 087 2366866	At Munster Martial Arts we teach Tang Soo Do Korean Karate & Kickboxing and focus on helping each student reach their potential in a positively disciplined environment that helps to build confidence.
Physiotherapy	Ger O'Donovan – Tel: 087 232 1721 Email: gerapy@outlook.ie	MIAHIP accredited Physio - Working with young people aged 12 upwards

Avista



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