



Autism Social Group

11.00am- 12.30pm

No booking necessary

Connect in a Calm and Welcoming Space

Come along and meet like-minded people in a relaxed, informal setting where everyone is welcome.

If you ever need a quieter moment, we also have calm spaces available for you to take a break.

**Open to adults (18+) no diagnosis necessary
Parent/Carer or chaperones are welcome**

Dates for 2026

**19th January 2026
26th January 2026
16th February 2026
23rd February 2026
16th March 2026
23rd March 2026
20th April 2026
27th April 2026
18th May 2026
15th June 2026
22nd June 2026
20th July 2026
27th July 2026**

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