



Autism, Art & Chat Group

11.00am– 12.30pm

No booking necessary

Creative Time & Good Company

Whether you're *feeling creative or just fancy a chat*, these **relaxed sessions** are for you!

You're welcome to explore your artistic side with drawing, colouring, painting, and a variety of crafts—or simply sit back, have a cuppa, and enjoy some friendly conversation.

There's no pressure—just a warm, welcoming space with plenty of tea, coffee, and biscuits to go around!

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

Dates for 2026

5th January 2026
2nd February 2026
2nd March 2026
1st June 2026
6th July 2026

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