

What we DO!

- Your paraGentle nature walks and relaxed park meetups
- Outdoor art, photography, and creative sessions
- Picnics, chill-out spaces, and music-and-chat hangouts
- Community-involving activities like planting, small volunteering projects, and local café visits
- After-school socialising with games, snacks, and interest-based mini-groups
- These events help young people build confidence, friendships, and positive experiences in a safe, sensory-aware environment. Whether they want to join in, observe, or take things slowly, there's always a place for them here.

