

Autism Friendly Surrey

June 2026 – West Surrey Updates Meeting



1

Developing a peer network

We want to update you about our work further developing the peer network for autistic / neurodivergent people across Surrey.

We have been working in partnership with venues to create 'safe, supportive spaces' where people's sensory needs are catered for and there is support if needed.

We have had several people attend our meet-ups who were very isolated.



2

Developing a peer network

During the Spring and early Summer we have hosted a range of taster sessions and regular social meet-ups for Autistic and Neurodivergent people

Most of our social meet-ups are aimed at adults, though there are some that are also open to children and families too.

We will tell you about taster sessions and meet-ups that have happened recently, and also about further events that are in the planning stage.



3

Safe venues

We carefully choose the public venues for our social meet-ups, and safety is our first consideration.

- Ideally not situated right in a town centre so random people don't just drop in, but has good transport links
- Ideally the venue has a manager in case any issues arise
- Ideally not too busy, but not completely empty
- People can book activities and order food individually



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No diagnosis needed

For all of our activities, meet-ups and events a person does not need to have an official diagnosis.

Otherwise, people who are awaiting a diagnostic assessment would be excluded, as well as people who prefer not to seek a diagnostic assessment.

Although our meet-ups are supported we try to keep the support as discreet as possible – no lanyards on display !!



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Farncombe Community Garden

We held a taster session on Friday 15th May at Farncombe Community Garden

Not many people came to this taster session, but one person who came really enjoyed it and is now a regular attendee at the garden.

If there are other people keen to visit the garden they have open sessions which people can drop into.



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Farncombe Community Garden

We are happy to liaise with anyone interested in visiting the garden but may be anxious the first time.

The open sessions run:

- Saturdays 10-12noon
- Wednesdays 1-3pm
- Fridays 10-12noon

Plus, summer evening open sessions for 2026 on Wednesday evenings, 6pm to 7.30pm:

- Weds 1st July
- Weds 12th August



For help to plan your visit please email: Gill@autismbyexperience.co.uk

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Silent Strikes – Guildford Spectrum

We hosted the first regular monthly meet-up at Guildford Spectrum during their Silent Strikes offer.

This is aimed at adults as well and children and families.

The first meet-up happened on Monday 8th June 2026 and was attended by around 25 to 30 people.

It was very popular !



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Silent Strikes – Guildford Spectrum

The attendees could pay £5 per person for an hours bowling, and £9 (£8 children) to have a go at the new Puttify mini-golf offer.

Our attendees included:

Three families with children of various ages

Several adults came and didn't bowl but stayed in the café area for a chat

Adults who came on their own were grouped together for bowling



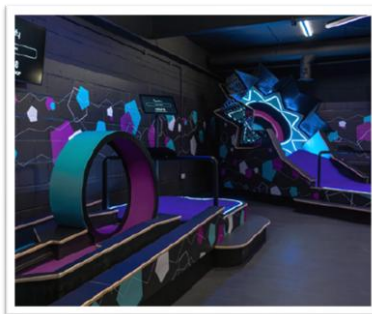
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Silent Strikes – Guildford Spectrum

Our team are there to welcome people and make sure no-one is left out. We have tables in the café area with colouring and sensory aids.

Dates for 2026:

- Mon 13th July
- No meet-up in August
- Mon 14th Sept
- Mon 12th Oct
- Mon 9th Nov
- Mon 14th Dec



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Coffee and cake

This started as a one-off taster session and is now a regular monthly meet-up on a Sunday afternoon

This suits people wanting to meet in a quiet environment, to connect with others whilst doing adult colouring / craft.

A very popular event which is fully booked each month with a mixture of new people and regular attendees.

The next one is Sunday 19th July 2.30pm to 4.30pm.



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Camberley Autism Group

We have supported this group to find a suitable venue in Camberley, so they have started meeting regularly again.

This suits people wanting to meet in a quiet environment, to connect with others whilst doing adult colouring / craft.

This would suit people may be isolated and experience a lot of social anxiety

It meets on the first Weds evening of each month from 7pm to 9pm.



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Camberley Autism Group

This is a more supported group for adults than our general social meet-ups, and people need to register in advance.

This is in a private venue that isn't staffed (other than by our team).

We do ask people to let us have an emergency contact person / phone number and one of the support team is first aid trained.

[Here's the link for people wanting to register](#)



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Guildford Autism and ADHD friendly Meet-up

This is run independently, though members of our team attend and we have financially supported the network.

This is a free group for adults who are autistic / ADHD who find it hard to socialise.

They meet once a month on a Sunday afternoon to catch up in a private room in a pub in Guildford town centre.

To find out more go to the group's page on the [meetup.com website](#)



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Gamers Lounge

Gamers Lounge (retro gaming sessions) are running events at The Boileroom in Guildford and also Woking Library – for children and adults

Woking Library – Saturday 27th June.
Sessions at 12noon and 2pm - £5 cash on the day

- **Email:** workinggamerslounge@gmail.com
- **Book:** [Go to the Eventbrite page](#)

Boileroom Guildford – Sunday 12th July.
Sessions at 12noon and 2pm - £5 + 50p booking fee

- **Book:** [Go to the Boileroom website](#)



[Gamers Lounge Website](#)

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LGBTQ+

This group has been meeting for a few months now, and is for LGBTQ+ adults wanted to connect with others.

The group meets on the last Monday evening of the month from 7pm to 9pm at The Weyside Pub in Guildford

It has been really popular and has attracted people who are very isolated

The next one is Monday 29th June.

Email jo@autismbyexperience.co.uk for info



LGBTQ+ Neurodivergent Social Meet Up





A social meet up for LGBTQ+ autistic and neurodivergent adults aged 18 or over

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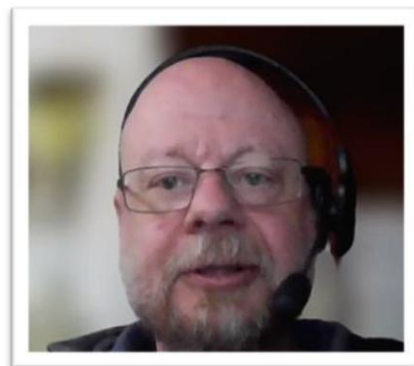
Chat with Matt !

This is a monthly online meet-up for adults who may prefer to meet online to connect with others.

The group met for the first time on Friday 12th June from 1pm to 2.30pm and 4 people attended. It will meet regularly at this time on the first Friday of each month.

People can talk about whatever interests them

Email matt@autismbyexperience.co.uk for info



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Hoebridge golf taster session

Inspired by the National Autistic Society Surrey Branch's annual crazy golf for kids event we set up a golf taster session.

We hosted this from 6.30pm to 8.30pm on Tuesday 2nd June. We had seven adults register and everyone turned up.

We booked two premium driving range bays which gave us plenty of space.

We are keen to make this a regular monthly meet-up for both beginners and improvers.



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Banstead Swifts - sundowners

This week we will start to promote this meet-up in Banstead hosted by Annie from Banstead Swifts

In the right weather conditions, we will be hoping to see some nest entries and exits, young birds looking for next years nesting sites, and the iconic swift screaming party, flying around nest sites, buildings and perhaps skimming over your head.

We will promote this through our mailing list, events calendar and social media



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A thank you to families

We want to acknowledge the support family members often give to their adult offspring to enable them to join our social meet-ups



We have some great examples of how our team work in partnership with families to help their relative to first attend and settle into a new meet-up.

Without this additional support some people would simply not have a social life.

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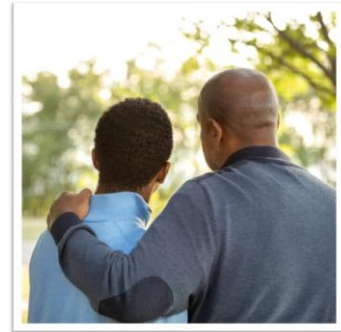
Come and have look and a chat !

We are keen to encourage people to come and have a look at any meet-ups they may be interested in joining.

A person can come with a family member or other supporter. Also, a person's family member can come on their own on their relative's behalf if that is helpful.

We will always find time to have a chat with you, discuss the different social meet-ups on offer and how we can help the person you support to join us.

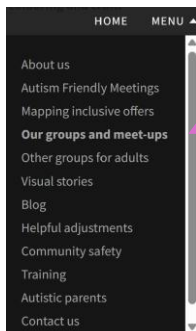
Email: afc@autismbyexperience.co.uk



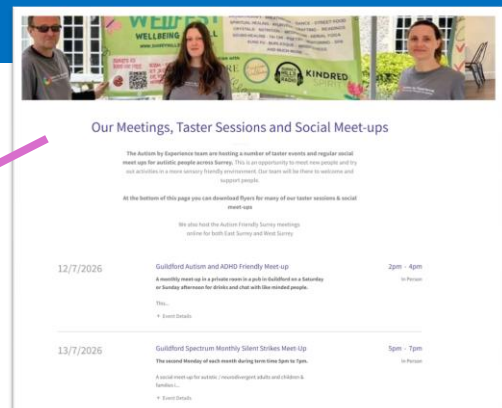
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Our events calendar

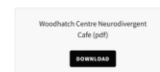
We have now collated the details of all our regular social meet-ups and taster sessions in one place on our website.



We update this most days so that the information is always current. At the bottom of the webpage you'll see the flyers with more info



Download flyers for our events



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Events being planned

We find it works really well to develop ideas for new taster sessions alongside autistic / neurodivergent people who have keen interests.

We are exploring potentially running new taster sessions / meet ups, including:



**Sensory
Friendly Board
Games
afternoon**

Saturday 8th
August at
Woking Library



**Indoor
climbing
taster session**

Date and
venue to be
worked out



**Haslemere
Signal Box
museum and
café after**

Date and
venue to be
worked out

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Very isolated people

Whilst we have had some success in supporting very isolated people to attend our meet-ups, we feel this is just the start.

We are planning a jointly hosted online meeting with Action For Carers Surrey to focus more on the needs of people who are very isolated.

This meeting will focus on the needs of both adults and children – we are also mapping potential support for very isolated people



**Thursday 23rd July
7pm to 8.30pm**

More details to be
sent out later this
month

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Burview Hall – Open day

We are working in partnership with Elmbridge Mencap to host a supported open day using Burview Hall and all it's facilities



We are looking to host this on Weds 12th August and it will include sensory rooms, art & craft, quiet areas, sensory garden and also animals to pet. We will publicise when plans are fully developed.

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News from West Surrey

We are keen to hear from you about any activities, events, developments happening in West Surrey related to Autism Friendly Surrey.

We will update you about some of the things we've heard about

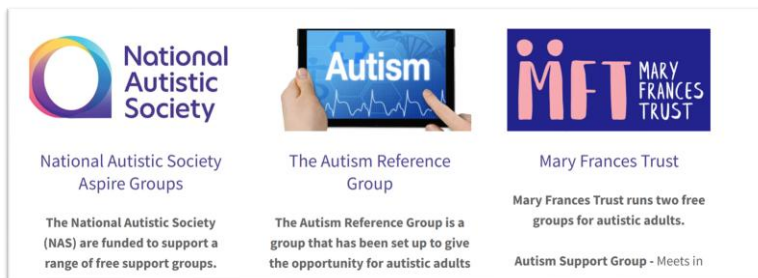
Please feel free to share any updates or news you may have.



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Support Groups

We will be keeping our website updated with a list of support groups, both online and in-person happening across Surrey.



[Social and support groups for adults](#)

These groups are run by a range of different organisations

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Our facebook and instagram

Gill and Jo work tirelessly to keep our facebook group and Instagram updated with all the latest information.

There is far more shared on these platforms than we have time to share at this meeting – we've added a few to the this and the next slides.

We now have over 600 members on our facebook group

- [Facebook Group](#)
- Instagram – search 'autism friendly Surrey'



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Inclusive activities

Neurodiverse Teens & Young Adults with Special Needs

YOGA

Holistic Studio
Xcel Leisure Centre
Walton-on-Thames

Every Monday
4.15-5.15 pm
Small class size

Contact to book a place:
07592960887 - Ovana
£11 per class
or block of 6 for £60

Each your body & mind... To breathe & move... To feel & function better

HOT STEPPERS
DANCE

FREE SEND & Neurodiverse DANCE CLASS

Mondays 6:30-7:15pm
St Martins Camberley, GU15 4HE

- ✓ Ages 16+
- ✓ Make new friends
- ✓ Continue independence

FULLY FUNDED BY
accent
Training - Homecare support

Message now to book
— prior booking essential

Abbey Rangers F.C.

PAN DISABILITY FOOTBALL

FOR 5-15 YEAR OLDS

PAN DISABILITY FOOTBALL GIVES OPPORTUNITIES TO ANYONE WITH ANY FORM OF DISABILITY OR SPECIAL EDUCATION NEED TO PLAY FOOTBALL IN A SAFE AND FUN ENVIRONMENT.

EVERY SATURDAY
10:40AM - 12:00PM

Abbey Rangers FC
Addlestone Moor, KT15 2QH

Come along and try our FREE taster sessions led by FA qualified coaches that will concentrate on fun, development, co-ordination, team-work and football skills!

JOIN@ABBEYRANGERS.CO.UK
DAVID ON 07957 366279

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Inclusive activities

KJ SPORTS

SPORTS CAMPS

AT LITTLE TROTTERS FARM

AVAILABLE FOR AGES 6+

A FUN, ACTIVE SPORTS DAY EXPERIENCE!
Join us for an action-packed day of sports, teamwork, challenges and fun!

CAMP DATES

DAY	DATE
MONDAY	10TH AUGUST
THURSDAY	30TH JULY
THURSDAY	6TH AUGUST
THURSDAY	13TH AUGUST

PRICE £49 PER CHILD

PLEASE BRING A RUCK LUNCH

BE ACTIVE. BE YOUR BEST. BE A STAR!

EVERYONE WELCOME!
ALL ABILITIES
ALL EXPERIENCE LEVELS
ALL WELCOME

BOOK YOUR PLACE TODAY!

07666175962 | kj.sportscamps.co.uk

Little Stars

A SUPPORTIVE PLAYGROUP FOR FAMILIES CARING FOR CHILDREN WITH ADDITIONAL NEEDS

We provide a safe, non-judgmental space for families to meet and make friends with others who truly understand the often overwhelming journey of caring for a child with additional needs.

We provide support in accessing early years services and can signpost families to the assistance they may need. Families can enjoy a light lunch together and there is soft play equipment and sensory toys for the children to play with.

No diagnosis needed: all are welcome, at any stage of their journey. Parents can attend with or without their children.

When: Tuesdays 10.30am - 1pm
Where: St. Peter's Church Hall,
Windoor Street, Chertsey, KT16 8AT
Email: annie.burnham@stpeterschertsey.org.uk

£2 DONATION PER FAMILY

SHYFT CAFÉ

TRANSITION & WORK SKILLS PROGRAMME

TUESDAYS 14TH JULY - 18TH AUGUST

A structured summer programme for young people with SEND, using hospitality and café-based experiences to build practical work skills and greater independence in preparation for life beyond education.

BROOKLANDS TECHNICAL COLLEGE, WEYBRIDGE

TUESDAYS | 14TH JULY - 18TH AUGUST
10:30AM - 3:30PM (6 SESSIONS)

SMALL GROUP PROVISION

£16 PER HOUR

PERSONAL BUDGETS AND DIRECT PAYMENTS ACCEPTED.

BROOKLANDS TECHNICAL COLLEGE

TO RESERVE A SPACE CONTACT:
info@theshyft.co.uk
WWW.THESHYFT.CO.UK

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Guilfest 2026

Guilfest 2026 takes place on Stoke Park on the weekend of Saturday 4th and Sunday 5th July 2026.

Mike Leat manages the stewarding at Guilfest and we have opportunities for Supported Stewarding again this year.

People can bring a supporter and litter pick from 12noon to 4pm (when the festival is calmest). Then have free entry to the festival for the rest of the evening.

Email: stewards@guilfest.co.uk



How Supported Stewarding works

Most of our supported stewards are autistic, neurodivergent or have a learning disability.

Supported stewarding is different to general stewarding in a few ways:

- Supported stewards work from 12noon to 4pm when the festival is nice and calm
- Supported stewards can choose to work just one day or both days
- Supported stewards can bring a family member or supporter to steward with them

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Mapping summer activities

We have mapped inclusive activities for children and young people over Christmas and Easter – now we are focusing on the summer holidays.

If you know of any inclusive activities or events happening in your local area please do let us know.

We will publish our mapping early July

Email: Gill@autismbyexperience.co.uk



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Poetry at the West End Centre

Join us for an informal, inclusive and welcoming evening. You can come just to listen to poems, share one of your favourites or share your own writing. All welcome!

Venue: West End Centre in Aldershot

Date: Thursday 25th June 2026

Time: Doors 7pm. 8pm start

Tickets: £2

[West End Centre](#)



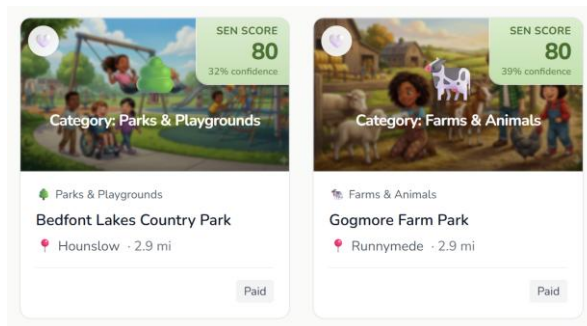
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SEN Lens

Autism friendly days out, scored for SEN suitability.

SENlens analyses 2,200+ attractions, parks, farms, soft play and museums across London and the South East, scoring each for noise levels, crowds, staff support and sensory environment so families with autism, ADHD and sensory needs know what to expect before they visit.

<https://www.senlens.co.uk/>



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Millers Ark Animals - Open Days

Miller's Ark is based on the Earl of Malmesbury's estate at Hook in Hampshire and the home farm specialises in breeding British Rare Beed farm animals

Their open days give you one and a half hours wonderful animal time on the farm cuddling the animals.

Tickets need to be booked in advance and are £15 adults, £14 children.

[Miller's Ark Open Days](#)



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Green Hub - teens

12-week Green Teens garden programmes supporting 10-18year olds struggling with stress, anxiety and overwhelm.

Our 12 week Green Teens garden programmes, provide time out in nature working on garden projects – everything from digging and weeding to sowing seeds, planting and garden maintenance – as well as nature-based arts and crafts. Programmes are offered in Milford, Hydestile and Farncombe.

We also offer support for parents via our monthly Parent Hub, which meets in Milford.

[Green Hub](#)



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MenGym

MenGym A men's mental health initiative with Guildford Spectrum.

Surrey Coaloition of Disabled People and Guildford Spectrum are working together to bid for funding for MenGym

Men can do a gym workout together and then join in a peer support group afterwards.

To build the case for funding they are keen to hear from people who may be interested – there is a form you can fill in

[Online form](#)



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Mental health survey

Problems accessing mental health support, and appropriate treatment as an autistic / neurodivergent person?

The mental health commissioner for Surrey and Sussex Integrated Care Board have authorised Surrey Coalition of Disabled People to research people's experiences of mental health services to educate services about how they need to improve and remove the barriers to accessing appropriate support.

Please share the link to the survey

[Survey](#)



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