

# Autism Friendly Surrey



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## News from East Surrey

We are keen to hear from you about any activities, events, developments happening in East Surrey related to autism friendly communities.

We will update you about the work we've been doing and planning in East Surrey since March 2026.

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



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# Brick Stop Lego Cafe

## We hosted a taster session at Brick Stop Lego Café in Caterham in April

The session was attended by a range of people including families with children and also some adults. Sessions at Brick Stop cost £5 an hour per person and you can also buy drinks and sweet treats.

On each table there is a QR code which takes you to the section of the Brick Stop website where they list all the Lego sets you can use. You simply tell the staff the code of the set you'd like to use and they'll bring it to your table.

[Brick Stop Café website](#)



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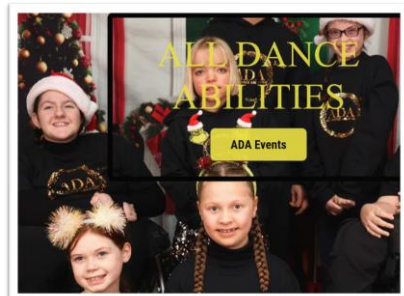
# All Dance Abilities

## We are an all inclusive dance company who are looking to build confidence in individuals of all ages and abilities.

Our aim is to prevent loneliness in the community and break down barriers in accessing activities.

We also provide an outlet for SEND children and adults to express themselves freely. Everybody should have the freedom to show who they are in a friendly and supportive atmosphere.

[All Dance Abilities website](#)



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# One Step at a Time

**A play and communication drop-in group for families of under 5's with additional needs and/or disabilities.**

The group are keen to connect with new families as numbers have recently dropped off.

No diagnosis needed and support / advice for parents and carers is also offered.

**Phone:** 01737 780884

**Email:** [redhill@welcare.org](mailto:redhill@welcare.org)

## One Step at a Time Group

welcare  
strengthening families since 1894



Every Monday  
excluding bank holidays

At 12:30PM to 2PM

A play and communication drop-in group for families of under 5's with additional needs and/or disabilities. A welcoming and supportive play environment with tailored stimuli for children. Support and advice for parents/carers is also available. **NO FORMAL DIAGNOSIS NEEDED.**

01737 780884

[redhill@welcare.org](mailto:redhill@welcare.org)

24 Warwick Road  
Redhill, RH1 1BU



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# Head to Head Sensory Theatre

**Inclusive Theatre Workshops Return to Oxted, Bringing Creative Opportunities for Surrey's SEND Community**

Designed to be fully inclusive, the workshops combine drama, movement, music and storytelling to encourage self-expression, communication and social interaction - with no prior experience needed.

The programme will run across selected dates in May, July and August, with flexible booking options and early booking discounts available;

[Find out more on their website](#)



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# Horley Rhymetime

Horley Library offer a sensory rhymetime session - this fun, singing and signing session is specifically tailored for SEND families.

We are tucked away in a cosy enclosed meeting room space with low lighting, a bubble machine and sensory toys.

A 'quiet' room is available. The sessions are every 4 weeks on a Saturday, for 0-6 year olds and are from 10.30-11.00am.

A maximum of 6 children plus their parent/carer.

Go to their website for more information



## Sensory Rhymetime at Horley Library

**Saturdays: every 4 weeks**  
**10.30-11.00am: 0-6 year olds**

Aimed at SEND families, these sessions take place in an enclosed, calm space supporting play and language  
Low lighting, sensory toys and a 'quiet' room available  
Max 6 children plus their parent/carer

To BOOK or find out more information email:  
[horleylibraryevents@surreycc.gov.uk](mailto:horleylibraryevents@surreycc.gov.uk)

Discover more: <https://tinyurl.com/SensoryRhymetime>



We also run Autism  
Friendly LEGO Clubs  
in the school holidays:  
follow our socials.



horleylibrary

facebook.com/HorleyLibrary



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# The Grange Spring Fair

The fair is an opportunity for Surrey residents to purchase the items made at The Grange during skills sessions and the chance to learn more about what we do here and who we can support.

Go to their website for more information



**the Grange**

**Wednesday 27<sup>th</sup> May**  
10:30 - 12:30 & 13:30 - 15:30  
The Grange Centre  
Rectory Lane, Bookham  
KT23 4DZ  
Free entry & parking

**Grange Made**  
Chutneys & Jams  
Fudge  
Gifts & Cards  
Plants, produce & Flowers

**Spring Fair 2026**

Personalised Gifts  
Family Workshops  
Tombola  
Refreshments

[www.thegrangecentre.org.uk](http://www.thegrangecentre.org.uk)

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# Surrey Inclusive Activity Network

**We have joined the Surrey Inclusive Activity Network, run by Surrey Coalition of Disabled People and Active Surrey**

This network includes all the companies who run leisure centres across Surrey.

We have offered to work with these companies to map the inclusive activities offered by leisure centres as these are not always easy to find on the leisure centre websites.



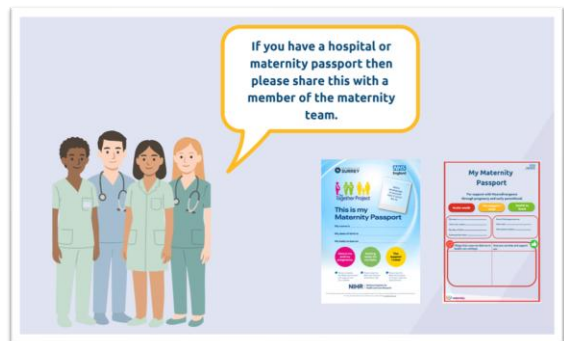
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# Maternity Passport

**We have worked with the Maternity team at Royal Surrey County Hospital in Guildford who have designed a communication passport for neurodivergent women.**

One of our team is a mum who used the maternity services at Royal Surrey, so we helped review the passport and help to make it as clear and understandable as possible.

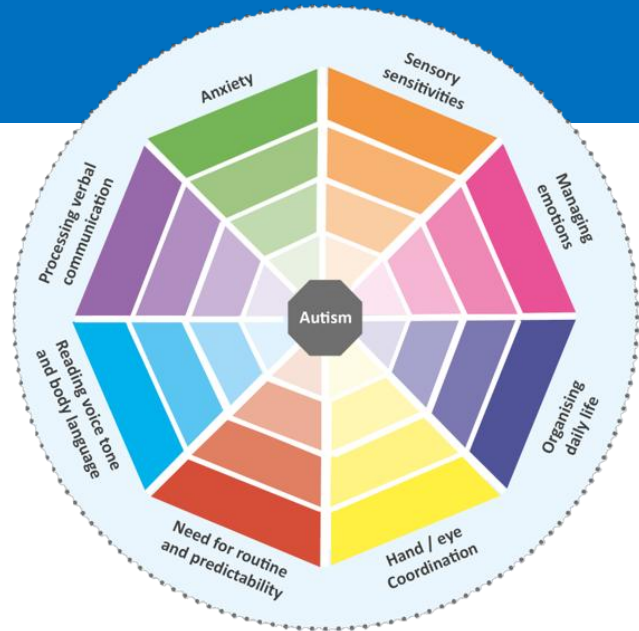
We are keen to involve members of our Autistic Parents Network in this work if people are interested.



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# Maternity

We created this image for the passport so that people can give staff insights into how different aspects of being neurodivergent may affect them.



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# Substance Use

We are working with Surrey and Sussex Probation to develop workshop materials about substance use and neurodivergence.

Matt from our team gave a presentation on Substance Use and Neurodivergence at the recent Substance Use conference in Surrey.

We will pilot a workshop for professionals and also for neurodivergent people to help people to better understand how substances may affect people differently and how tools for support can be adapted for neurodivergent people.



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# Guilfest 2026

**Guilfest 2026 takes place on Stoke Park on the weekend of Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> 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](mailto: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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# Training

**We delivered 10 training workshops for businesses and community organisations across Surrey during February and March 2026.**

We will review the training materials and the evaluations and will offer more workshops.



Introducing Neurodivergence

Employment and Neurodivergence

Mental health, wellbeing and Neurodivergence

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# Getting out into nature

Spending time in nature is naturally calming and soothing, and this is evidenced:



- It improves our mental health and feelings of wellbeing.
- It can reduce stress, fatigue, anxiety and depression.

Autism Friendly Surrey are keen to develop more organised social meet-ups such as walks in the woods.

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## Mapping

Gill from our team has been mapping inclusive opportunities for people to get out into nature

The mapping includes information on:

- Wellbeing walks
- Community Gardens
- Conservation volunteering
- Outdoor wellbeing projects

[See the mapping document on our website](#)

## Nature activities

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**Wellbeing Walks**  
West Surrey

**Walks for Health, Waverley**  
Cranleigh: Tuesdays at 11am.  
Farnham: Tuesdays at 10.30am.  
Godalming: Tuesdays at 10.30am and Thursdays at 11am.  
Haslemere: Saturdays at 11am.  
Free.  
30 to 90 minute walks, different routes each week. A great way to meet new people and exercise.  
<https://www.waverley.gov.uk/services/greenspaces-leisure-and-things-to-do/sport-and-leisure/classes-and-activities/walks-for-health>

**Guildford Health Walks**  
Boxgrove, Worplesdon, Shalford, Shere and Whitmoor.  
Every day, mornings.  
Free.  
All abilities welcome at these free guided short walks. Meet new people and improve your physical and mental health.  
<https://www.guildfordhealthwalks.org.uk/>

**Woking Wellbeing Walking and Talking**  
Woking Park, Kingfield Road, Woking, GU22 9BA.  
14 and 15 May, 1pm to 3pm.  
Free but registration required.  
Join the Surrey Care Trust Steps2Work Wellbeing Team for a free 90 minute group walk. A gentle walk to unwind and enjoy the outdoors.  
<https://www.surreycaretrust.org.uk/event/wellbeing-walking-talking/>

**Walking for Health, Woking**  
Various locations in Woking.  
Wednesdays at 11am.  
Free.  
60-90 minute fun and friendly walks – perfect to help get active, connect with other people and explore new places.  
<https://everybodymoves.org.uk/opportunity/walking-health-woking>

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# Health walks

**Free Health Walks, Epsom and Ewell in various locations.**

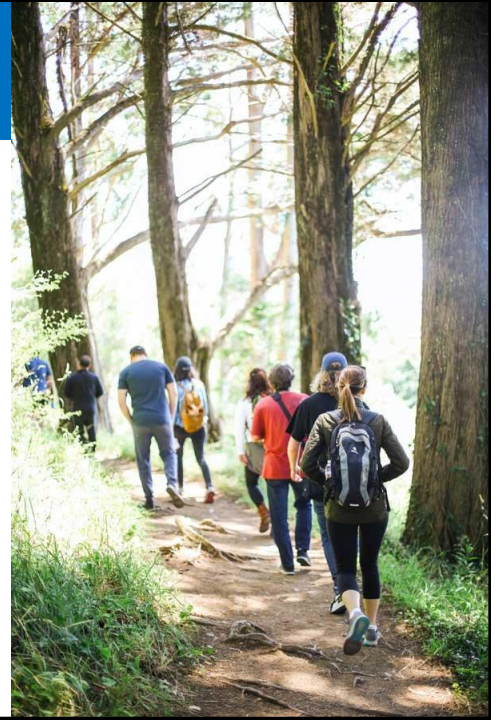
**Mondays,**

10am: 30 minute walks, led by trained Walk Leaders, suitable for those who are new to physical activity.

**Wednesdays and Sundays,**

10am: 2 to 3 mile / 1 hour walks, led by trained Walk Leaders, suitable for an intermediate level of fitness.

[See the mapping document on our website](#)



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# Wellbeing walks - Elmbridge

**Friendly, free, welcoming wellbeing walks led by Elmbridge Borough Council.**

## Wellbeing Walks



- **East Molesey, KT8 0DP** - Tuesdays, 10.30am to 11.30am.
- **Walton-on-Thames, KT22 2PB** - Wednesdays, 10.30am to 11.30am.
- **Molesey, KT8 9AL** - Fridays, 10.30am to 11.30am.
- **Claygate, KT10 0EH** - Last Monday of the month, 10.30am to 12.
- **Oxshott** - First Thursday of the month, 10.30am to 12.
- **Esher** - Fortnightly on Sundays, 1.30pm to 2.15pm.

[See the mapping document on our website](#)



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## Swift Awareness Week – 27<sup>th</sup> June to 5<sup>th</sup> July

**Annie runs Banstead Swifts and is hosting an autism friendly Swift Sundowner on Sunday 5<sup>th</sup> July from 7.45pm to 9pm.**

The Swift colony in Banstead nest in boxes and in holes on the buildings.

This is an opportunity to witness nest entries and exits as well as the iconic swift screaming party (weather dependent). Annie will give a talk about swifts before guiding people around the estate to watch the action.

[Banstead Swifts Facebook](#)



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## Golf taster session

**We are hosting a golf driving range social meet-up on Tuesday 2<sup>nd</sup> June from 6.30pm to 8.30pm at Hoebridge Golf Centre near Woking.**

This will be a one off taster session initially that could develop into a regular meet-up

We will book covered bays for privacy and sensory calmness

For more information email Mike at:  
[AFC@autismbyexperience.co.uk](mailto:AFC@autismbyexperience.co.uk)



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# Peer Network – groups / meet-ups

We are launching a new range of social meet-ups for autistic adults in May 2026.

We will support these meet-ups all the time we have funding.

People do not need a formal diagnosis to join our meet-ups.



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# A network for adults

**Autism Friendly Surrey and other organisations offer groups and social meet-ups**

## **Taster sessions**

One off events for people to try out an inclusive activity

## **Social meet-ups**

These are regular informal meet-ups often in public spaces and usually are drop-ins

## **Support groups**

These are supported and facilitated groups in private venues that people generally need to register for



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# Social meet-ups and taster sessions



## Our Meetings, Taster Sessions and Social Meet-ups

We will be keeping our website updated with a list of social meet-ups and taster sessions – we also send flyers out about these.



[Autism Friendly Surrey taster sessions and social meet-ups](#)

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# Groups run by other organisations

We will also be keeping our website updated with a list of groups across Surrey for autistic / neurodivergent adults run by other organisations.

 <p><b>Guildford Autism and ADHD Friendly Meet Up</b></p> <p>This is a free group for people who are autistic and/or have ADHD</p>	 <p><b>National Autistic Society Aspire Groups</b></p> <p>The National Autistic Society (NAS) are funded to support a range of free support groups.</p>	 <p><b>The Autism Reference Group</b></p> <p>The Autism Reference Group is a group that has been set up to give the opportunity for autistic adults</p>	 <p><b>Mary Frances Trust</b></p> <p>Mary Frances Trust runs two free groups for autistic adults. Autism Support Group - Meets in</p>
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[Other groups for adults](#)



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# A network for adults

We have been visiting public venues for potential new meet-ups, and have worked out some criteria for venues that feel safe:

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



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# LGBTQ+

We are supporting Justine who was keen to set up a social meet up for LGBTQ+ neurodivergent adults.

The group has been meeting on the last Monday of the month since January 2026.

Between 9 and 12 people come to this meet-up in a boathouse at the Weyside pub in Guildford from 7pm to 9pm.

The next meet-up is on Monday 25<sup>th</sup> May 2026.

For more information email Jo at:  
[Jo@autismbyexperience.co.uk](mailto:Jo@autismbyexperience.co.uk)




## LGBTQ+ Neurodivergent Social Meet Up





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



**Monday 25th May 2026 from 7pm to 9pm**

The Weyside  
Millbrook,  
Guildford,  
GU1 3XJ



Justine will be hosting the meetup.

When you arrive ask the bar staff to direct you to the boathouse which is by the riverside. It is wheelchair accessible (please email [Jo@autismbyexperience.co.uk](mailto:Jo@autismbyexperience.co.uk) to arrange in advance).

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# The Light Redhill

## The twice monthly Neurodivergent Night Out at The Light in Redhill continues to grow

Most people choose to do an activity such as bowling, karaoke, darts or climbing at the meet-ups.

Some people just relax in the meeting room we use.

We always welcome families/supporters who often provide additional support for people who are anxious about attending.



## Neurodivergent Night Out - Redhill



A twice monthly group for adults to meet friends and take part in activities at The Light in Redhill from 7pm to 9pm

We meet on the 1st and 3rd Monday of each month - 7pm to 9pm



The Light  
3-11 Gallery Walk,  
High Street,  
Redhill, Surrey,  
RH1 1RA



The group is hosted by The Light in Redhill and supported by Beth, Kira and Mike from The Autism by Experience team.

### Details of the meet up

- This is a social activities group rather than a support/discussion group.
- We have use of the Red Room upstairs in the cinema foyer. People can sign up (with Beth) on arrival for an activity such as bowling, karaoke pool or darts. There are also a range of board games to use in the Red Room.
- It is free to attend, though there is a cost for activities such as bowling.
- Most group members are in their 20's and 30's, but anyone over 18 is welcome. You can buy food and drink at The Light, though there is no obligation to.



No need to book a place, though please do let us know if you plan to attend as a group of three or more people. Email [info@autismbyexperience.co.uk](mailto:info@autismbyexperience.co.uk)

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# Woodhatch Centre

## We are excited to launch this new social meet-up in partnership with the Woodhatch Community Centre.

This is aimed at adults who are looking for a quieter meet-up than the activities group at The Light in Redhill.

We expect it to take a few months for the group to build it's membership, and this may really suit people who have a lot of anxieties.



## Neurodivergent Cafe Woodhatch Community Centre



A calm, relaxed, monthly meet up for adults on a Thursday afternoon for a drink, chat, craft and quiet board games.

We meet on the 2nd Thursday of each month - 2pm to 4pm

Woodhatch Community Centre  
Whitebeam Drive  
Reigate  
Surrey  
RH2 7LS



Spring / Summer 2026 dates  
• Thursday 14th May  
• Thursday 11th June  
• Thursday 9th July  
• Thursday 13th August

This meet-up is hosted by Woodhatch Community Centre and supported by Beth and Millie from The Autism by Experience team.

### Details of the meet up

- This meet-up would suit people who are keen to connect with others in a calm, safe, supported environment. The Woodhatch Community Centre team are really friendly and welcoming.
- Beth and Millie will be there to welcome people and help people to get to know each other.
- Woodhatch Community Centre is less busy on a Thursday afternoon and we will be using the cafe area which is just off the main foyer as you enter the centre.
- It is free to attend, and you are welcome to bring your own games and craft projects.



This is a drop-in, so no need to book a place  
Email [AFC@autismbyexperience.co.uk](mailto:AFC@autismbyexperience.co.uk) for more information

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# Crawley Leisure Park

We are also very excited to launch this new meet-up for adults in East Surrey (we know Crawley is just outside Surrey!).

We have developed this new meet-up in partnership with the Neurodiversity Ninjas (formerly Neurospicy Ninjas).

The Ninjas have got bored of just meeting in Redhill for a meal. Also, many new people wanted to join the Ninjas, but the group would have become too big for restaurant meet-ups.

Autism  
Friendly  
Surrey

## Crawley Leisure Park Monthly Social Meet-Up



6.30pm to 8.30pm once a month on the fourth Wednesday evening of the month.

For autistic and neurodivergent adults. (no diagnosis required)

This regular social meet-up is supported by Beth, Kira and Mike from Autism by Experience alongside James and Sam from Neurodiversity Ninjas.



Crawley Leisure Park, London Road, Crawley, RH10 8LR. Summer 2026 dates:

- Weds 27th May
- Weds 24th June
- Weds 22nd July
- Weds 26th August

### Summary of the meet up - please see page two for more details

- This meet-up would suit adults who are keen to meet new people, connect with old friends and have a fun night out.
- We will use Hollywood Bowl as a base as there is a spacious bar area to meet in.
- Our team's role is to help people to get to know each other and help to organise people into groups for any activities they want to do whilst at the Leisure Park.
- There is no charge to attend, but people need to pay for their own activities, food and drink.



Hopefully the details on page 2 will answer most questions you may have, but please do email us with further questions. Email: AFC@autismbyexperience.co.uk

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# Crawley Leisure Park

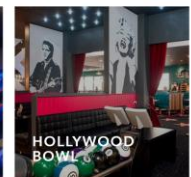
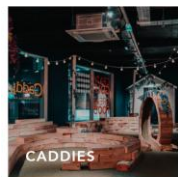
**This meet-up is for autistic / neurodivergent adults.** Some people may bring a supporter (staff or family member) to help them to take part.

There are a range of things to do at Crawley Leisure Park, and we are keen to support people to meet others and take part in whatever they would like to do.

### Options include:

- Bowling, pool and arcade at Hollywood Bowl
- Mini-golf and adult ball pool at Caddies
- Grab some food at any of the food outlets

### LEISURE



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# Crawley Leisure Park

**We are trying to be very clear about the limitations of the support we can offer.**

People attending need to be responsible for themselves at all times, and if they need additional support they need to bring a supporter.

We would never leave the venue until a person had a safe way to get home if an issue arises, but we can't monitor things like how much money a person spends or how many beers they have !

### Who can come to the meet-up?

This meet-up is for all autistic / neurodivergent adults. We want this event to be as inclusive as possible. There is no pressure to join in any activity, we all have a different idea of what a good night out involves, and there's plenty of space to do your own thing.

We understand that some people may bring a supporter (staff or family member) to help them to take part.

Depending on the needs of the person you support you are welcome to stay and join in with us, or just be around either in the venue or even pop out to a food outlet yourselves.

### The support we offer

People attending are responsible for their own behaviour. If they need additional support, they will need to bring someone with them to provide this.

We will always offer the following:

- A warm welcome and support to get to know other attendees
- Help to organise people into groups to join activities, especially for anyone who has come on their own or for the first time
- Help and reassurance in an emergency, such as distress due to a misunderstanding, health difficulty, lost wallet, or a change in travel plans after the event. We would always wait with someone until they have a safe way to get home.

### The limitations of our support

The event is likely to be popular and our team can't provide attendees the level of support a one to one family member or support worker might.

We are not able to monitor things like attendees sharing their contact details, leaving the venue, spending too much money, or consuming too much alcohol.

### Is this just a bowling event?

No, there are a range of things to do at Crawley Leisure Park, and we are keen to support people to meet others and take part in whatever they would like to do. Options include:

- Bowling, pool and arcade at Hollywood Bowl
- Mini-golf and adult ball pool at Caddies
- Grab some food at any of the food outlets



Use the QR Code or go to [www.crawleyleisurepark.com](http://www.crawleyleisurepark.com) to find out more

### Do we need to say we're coming?

No, this is an informal drop-in event, we will not be keeping an attendance list.

- On arrival you'll find our team in the bar area inside Hollywood Bowl, look out for the Red Ninja which will be prominent on our table.



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# Autistic parents

**We are hosting quarterly online support group meetings for parents who are autistic (any gender).**

In March Viv Dawes published author and autistic advocate joined our meeting to discuss Autistic Fatigue and Burnout.

The next support group will be on Thursday 4<sup>th</sup> June, 10am to 12noon and will focus on energy accounting.

For more information email Gill at: [Gill@autismbyexperience.co.uk](mailto:Gill@autismbyexperience.co.uk)

Autism Friendly Surrey

## Surrey Autistic Parents Network



As part of the Autism Friendly Surrey project we have developed a support network for parents in Surrey who are autistic themselves.

You do not need an official diagnosis to join the network

### Join our Facebook group



We have set up a facebook group called Autistic Parents Surrey – Peer Support Network

The facebook group is for autistic parents of any gender to connect, share information and provide mutual support.

You can join if you are an autistic parent (you do not need to have a formal autism diagnosis).

Use the QR code above, or click here to find the group.

For more information email us at [AFC@autismbyexperience.co.uk](mailto:AFC@autismbyexperience.co.uk)



### Autistic Parents Online Support Group



We are hosting monthly online meetings for autistic parents (any gender) to share advice and experiences. Gill and Mike from the Autism by Experience team host the meetings.

Our February meeting will be on Wednesday 25<sup>th</sup> February 2026 from 10am to 11.30am and we will be discussing tbc.

Our March meeting will be on Thursday 26<sup>th</sup> March 2026 from 10am to 11.30am and we have a very special guest speaker Viv Dawes who will talk to us about autistic fatigue and burnout.

Viv is a well known published author and autistic advocate. Her latest book is 'The Young Person's Guide to Autistic Burnout'. Find out more about Viv at [www.autisticadvocate.co.uk](http://www.autisticadvocate.co.uk)

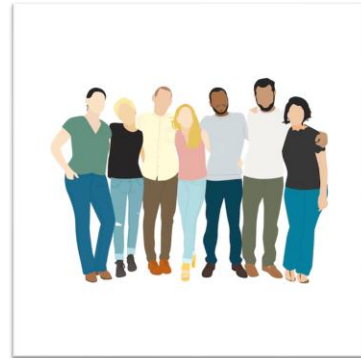
To join the mailing list and receive meeting invites use the QR code above or click here.

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# Autism Friendly Surrey Reps

We will soon be launching our volunteer offer for autistic / neurodivergent people who want to gain experience in co-hosting our support groups and social meet-ups.

- Training workshops focused on safeguarding and supporting groups and individuals in the community
- Expenses
- Opportunities focused around their interests
- Work experience / reference
- An ID card (not a visible lanyard and no uniform !)
- DBS checks



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## Very isolated people

We are planning another open meeting focusing on the needs of people who are very isolated. This may be of particular interest to families and we plan to co-host this meeting with Action for Carers (Surrey)

The provisional date is **Thursday 18<sup>th</sup> June from 7pm to 8.30pm.**

We are currently working to produce signposting handouts to potential support for very isolated autistic people.



**Autism Friendly Surrey**  
A focus on very isolated people  
Notes from our  
November 2025 meeting

### What we mean when we say 'very isolated'

There are autistic people who enjoy a more solitary life, and whilst others may feel they are isolated, they are fairly happy. There are also children, young people and adults for whom the outside world does not feel safe and they spend most, if not all, their time at home. They would like to connect with others but issues like anxiety, fatigue and burnout have a huge impact on them.



### Common themes

24 people joined our online open meeting on Tuesday 25th November. Attendees, including several members of the Autism by Experience team, shared their experience of feeling very isolated, and some common themes emerged.

<p><b>Burnout / Fatigue</b></p> <p>Autistic children and young people can be vulnerable to experiencing burnout/ fatigue due to trying to cope in overwhelming environments and 'masking' for long periods (typically school). Adults can experience similar difficulties in the workplace.</p>	<p><b>Transitions</b></p> <p>A common experience is for a young person to have a network of friends and acquaintances at school and college and for these relationships to dwindle after leaving school/college. Some young adults struggle to maintain relationships once they no longer see people day to day.</p>	<p><b>Anxiety</b></p> <p>Autistic people are particularly vulnerable to anxiety and can find the outside world unpredictable and overwhelming. Some people do not feel safe going out on their own and may not have anyone who can support them when going out. Some people may have had experiences of bullying/ abuse or of social activities not going well in the past.</p>
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Socialising and connecting through shared interests - People often find it easier to socialise through an activity - where the focus is on the activity rather than just chatting. Ideas like 'gig buddies' could be helpful.

The importance of family support - Families are often a great source of support to help people to access their communities. At events and groups we support it's common for a parent or sibling to accompany a person until they are more confident. Family support needs to be highly valued.

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# Autistic Burnout

After hosting a webinar for our Autistic Parents Network, we have asked Viv Dawes to repeat her talk to our wider network.

We have planned this for **Thursday 21<sup>st</sup> May 2026** from **7pm to 9pm**.

This will be a free event and of particular interest for people experiencing autistic burnout, either themselves or someone they support.

We can forward you the invite if you email [afc@autismbyexperience.co.uk](mailto:afc@autismbyexperience.co.uk).



[Viv Dawes website](#)

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# Active Wellbeing Coaches Programme

**Active Wellbeing Coaching to support individuals who are 18 years old and above with a mental health condition / Neurodivergent diagnosis.**

Our services are based in hubs across East Surrey, with our main team located in Reigate.

We are flexible in delivering coaching and workshops, whether online, face-to-face, indoors, in nature, or at your favorite locations.

[Active Wellbeing Coaching](#)



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## Taster sessions and social meet ups

**We understand that some of our meet-ups may be a bit too busy for people who may be very isolated.**

We have had some success in supporting people who are very anxious to join us at some of our groups and meet-ups.

The support of family members, and also sometimes support staff, has really helped the person feel comfortable.



**If a person needs support to attend on an ongoing basis that's fine with us !**

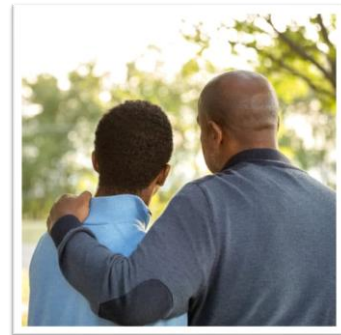
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## Come and have look and a chat !

**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.



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# Come and have look and a chat !

If you would like to come along to see our meet-ups in action, you are very welcome.

- **Redhill Activities Meet-Up** – first and third Monday of the month, 7pm to 9pm at the Light in Redhill.
- **Woodhatch Centre Meet-Up** – second Thursday of the month, 2pm to 4pm at the Woodhatch Community Centre in Reigate.
- **Crawley Leisure Park Meet-Up** – fourth Wednesday of the month, 6.30pm to 8.30pm at Hollywood Bowl in Crawley.



Please just email us on [afc@autismbyexperience.co.uk](mailto:afc@autismbyexperience.co.uk) to arrange a visit.

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# Burview Hall

**Elmbridge mencap have a resource centre in Walton-on-Thames.**

They run a variety of activities for people with a learning disability and/or autism, including a day service, youth club, cinema night and family fun days



The centre has a games room, two sensory rooms and outdoor space including a sensory garden and woodland. This could be a good venue for a 'safe space' for very isolated people as different rooms can be hired.

[Elmbridge mencap](https://www.elmbridge-mencap.org.uk/)

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# Burview Hall



## Youth Club

**Alternate Wednesday evenings 7-9pm**

An activity club for young people aged 16–25 with learning disabilities. Alternate Wednesdays 7-9pm



## Nova Club

**Alternative Wednesday evenings 7-9pm**

A social club for adults with learning disabilities at the hall from 7-9pm on alternate Wednesdays



## One to One Club

**Thursday evenings 7:30-9pm**

A fun activity social club for adults with learning disabilities



## Cinema Nights

**Monthly on a Saturday evening**

Held at the hall once a month for adults with learning disabilities.



## Family Fun

**Monthly on a Saturday afternoon**

These sessions are set up for families who have a disabled child, or children, to attend as a family, with any siblings, giving them the opportunity to socialise and enjoy the facilities at the Hall.

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# Burview Hall

We are in discussions with Mark and Val at Burview Hall about organising an open afternoon for people who may like to come and see Burview Hall.

This may be of interest to individuals who are isolated and anxious.

We will plan the afternoon carefully, making sure it's not too busy and there are things for people to do on arrival and whilst they are there.

[Elmbridge Mencap](#)



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# Chat with Matt

**Matt from our team will be hosting a monthly online social meet-up for autistic adults who may be socially isolated.**

This will be on the first Friday of each month from 1pm to 2.30pm.

The first support group meeting will be on Friday 5<sup>th</sup> June 2026.

For more information email Matt at:  
[Matt@autismbyexperience.co.uk](mailto:Matt@autismbyexperience.co.uk)

