



Autism in Surrey

Working to improve the lives
of autistic people in Surrey

East Surrey Autism Friendly Communities Group

Notes from our September 2025 meetings

Girlguiding Connect

We met with the Inclusion Lead at Girlguiding Surrey this week.

Girlguiding launched their Connect initiative in 2024.

Connect is a virtual offer for girls who are unable to attend face to face meetings.

girlguiding Connect



[Click here](#) to go to our website where the slides and these notes can also be downloaded.

Slides from our September 2025 meetings

We have attached the slides from our September meetings in the post meeting email to everyone on the East Surrey Autism Friendly Communities mailing list. The slides have a lot of new information on inclusive opportunities across East Surrey, a summary of the work we have been doing in East Surrey and ideas for future development.

YMCA



[Click here](#) to go to the YMCA East Surrey webpages.

YMCA - East Surrey

YMCA East Surrey help people to believe in themselves, support them to achieve their goals and inspire them to be the best they can be by providing services that focus on those who are vulnerable, have a disability or face disadvantage.

They run inclusive youth clubs, family centres and health and wellbeing activities. Their air-conditioned and fully staffed fitness gym in Redhill offers a wide range of the latest equipment.



[Click here](#) to go to the Head2Head website

Head2Head Sensory Theatre Company

Drama Classes for SEND – FREE Trials – Sept 2025 – East Surrey

Book a FREE trial for our NEW drama group, A Sense Of Fun, for young people and adults with Special Educational Needs and Disabilities (SEND) near Oxted in East Surrey.



[Click here to go to the Get More Active website](#)

Get More Active - Surrey Coalition of Disabled People

New events recently published:

Inclusive cycling at Alice Holt in Farnham on Weds 15th October – lots of different cycles and adaptive cycles so everyone can participate. Transport can be provided if needed.

Forest bathing in Box Hill in Dorking on Friday 24th October – again transport available.

Our November 2025 meetings

Our next East Surrey Autism Friendly Communities meetings will be held on Teams on:

- Tuesday 11th November - 10am to 12noon
- Wednesday 19th November - 7pm to 8.30pm



The Tuesday morning meeting will be an opportunity to hear about the latest work we have been doing in West Surrey in August and September. The Wednesday evening meeting will be more of a focus group with our team, where we will be discussing topics in more depth.

Topics for our November meetings

Our work in October



We will report back on our work during October which will include:

- Launching our new Autism Friendly Surrey website - launch date planned for 7th October 2025
- Publishing details of our autism awareness training for businesses and services starting in January 2026.
- Publishing details of taster sessions for inclusive activities across East Surrey

Sport and leisure



The Autism by Experience team are researching a wide range of inclusive sport and leisure opportunities and we will report our findings.

Click here to find out about health and activity trackers available to borrow from Surrey libraries.

Click here to find out about the BetterPoints app. You can earn rewards and win prizes for travelling around Surrey on foot, by bike or by public transport.

Actions from Sept



We plan to:

Send out a survey about autistic people's experiences of using cinemas.

Set up a support network for people running unsupported social and support groups.

Use time at our November focus group meeting on Weds 19th November to discuss connecting with people who are very isolated.

Find out more about the social prescribing offer in East Surrey, and the Joy Marketplace of services.

Email Autism by Experience: AFC@autismbyexperience.co.uk