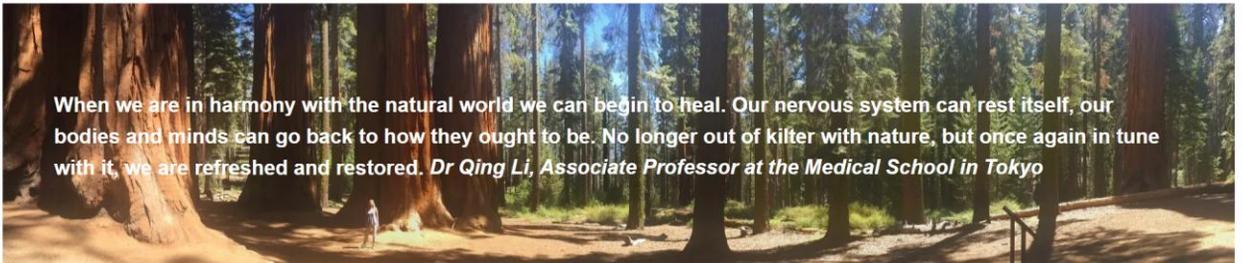


Autism Friendly Surrey



1

Dose of Nature



www.doseofnature.org.uk

2

News from West Surrey

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

We will update you about the work we've been doing in West Surrey since December 2025.

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



3

High Score Arcade

We are hosting a supported taster session at High Score Arcade Quiet Hour on Sunday 15th February 2026 from 10am to 11am

Tickets usually cost £12.50, and we're offering subsidised tickets for £5.

Book on our Eventbrite page

[Eventbrite page](#)



High Score Arcade Farnborough





Join us at High Score Arcade's Quiet Hour on
Sunday 15th February 2026 from 10am to 11am



The Meads Shopping
Centre, Unit 29,
Farnborough
GU14 7SL





Wendy, Daniel and Mike will be hosting the meetup, and will be there from 9.45am to welcome everyone and help people settle in.

4

Code Ninjas

We met with Naveen from Code Ninjas in Guildford, who is keen to run a free taster session on a Saturday lunchtime for autistic / neurodivergent children aged 8+

We have set up an online form for people to use to express their interest

[Link to Code Ninja form](#)

NOW OPEN **CODE NINJAS** **EMPOWER YOUR FUTURE**

0 Guildford

WHAT DOES A WORLD LOOK LIKE WHEN KIDS WRITE THE CODE?
Imagine your child building their own video games instead of just playing them. We turn screen time into skill time – and coding is just the beginning.

BOOK YOUR FREE GAME BUILDING SESSION

Why Coding? Why Code Ninjas?
Spark a motivation that will last a lifetime? Coding is more than just a skill—it's a powerful tool for creativity, problem-solving, and unlocking future opportunities.

At Code Ninjas, we make learning to code fun and exciting, helping kids build a foundation for success in a world driven by technology.

Code Ninjas Programs

- JR** Ages 5 - 7
- CREATE** Ages 8 - 15
- CAMPS** Ages 5 - 15

Weekly Class Times:
Weekdays: 4:45pm to 6:45pm
Saturdays: 10am - 12pm

We focus on:

- PERSONALISED LEARNING**
In our coding CREATE and JR programs as well as our new AI and Robotics Academies, kids progress at their own pace with our Code Senseis providing guidance and support along the way.
- FUTURE READY**
Kids these days aren't just expected to use tech today – they'll be also be the ones developing and leading it in the future. Digital fluency isn't optional anymore.
- SKILL DEVELOPMENT**
Coding fosters critical thinking, creativity, and resilience – skills essential for success in a tech-driven world.

Exciting Holiday Camps

- GAME BUILDING
- PYTHON CODING
- MINECRAFT & ROBLOX
- EXPLORING AI, MOBILE APP AND WEB DESIGNING
- HANDS-ON STEM ACTIVITIES
- WEARABLE TECH & PHYSICAL COMPUTING

COMING SOON

- ROBLOX CLUB
- MINECRAFT CLUB
- AI ACADEMY
- ROBOTICS ACADEMY

Invest in your child's future.
Sign up now and experience the Code Ninjas difference where kids have fun, parents see results. Enjoy our after school programs and Holiday Camps.

SCHEDULE A FREE GAME BUILDING SESSION TODAY!
CALL OR TEXT: 07981 863035
Email: guildfordryuk@codeninjas.com

George Abbot School, Woodruff Ave, Guildford, Surrey GU1 1XX | <https://www.codeninjas.co.uk/guildford-area>

5

Gamers Lounge

Gamers Lounge (retro gaming sessions) are running events this month at Cranleigh Arts Centre and also Woking Library

Woking Library – Saturday 21st February. Sessions at 12noon and 2pm - £5 cash on the day

Email: wokinggamerslounge@gmail.com

Cranleigh Arts Centre is already sold out !



6

Camberley Autism Group

We have been supporting this adults group to find a suitable place to meet for their monthly meetings on a Weds evening.

For the past few months we have funded the hire of a small room in a local church.

Surrey Choices have kindly offered use of their really inclusive space at a very reasonable rate. The space has a spacious activity room and also a separate break out room.



The group hope to open up to new members in Spring 2026.

7

Coffee and Cake

We had a further social Meet Up at Art and Grind in Guildford in January and are planning another on Sunday 29th March.

Around 15 people came along for coffee, cake, colouring and chat on a Sunday afternoon.

Our March 2026 meet-up will be from 2.30pm to 4.30pm.

As well as providing a safe supported space for people to meet, we boosted Art and Grind's takings as much coffee and cake was consumed !

Many thanks to Art and Grind.



8

Guildford Spectrum

**Family friendly orienteering Thursday 19th February
11am to 3pm**

This is a fun activity which leads you on a trail behind Guildford Spectrum. The activity lasts approximately one hour depending on the walking speed and is suitable for family members aged 5-11.

Book at the Spectrum Reception.

Pulmonary Rehab Exercise Class - adults. This class is aimed at supporting those with Chronic Lung conditions and are suitable for a community rehabilitation class.

[Click here to book the pulmonary Rehab](#)

**Channel your inner
XPLORER**



**Xplorer Trail is coming to
Guildford Spectrum this February
Half Term!**

Join us for a family-friendly orienteering experience around the grounds of Guildford Spectrum.

**Thursday 19th February
11:00am - 3:00pm**

It's time for an adventure!
Tickets can be purchased
from Reception on Thursday
19th February.



9

Guildford Spectrum

We are working with Chris from Guildford Spectrum to develop a monthly Neurodivergent Activities Evening for teenagers.

This is in the early planning stage.

The idea would be to have a range of structured and supported activities such as table tennis, multi-sports, arts & crafts and bowling.

There would also be a quiet/sensory calm room.

Chris is currently researching potential grants.



10

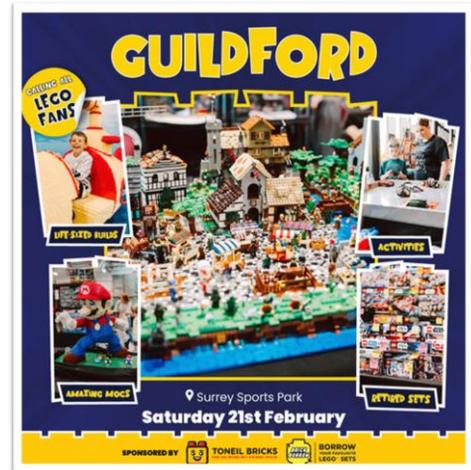
Lego Event - Guildford

National Brick Events are coming to the Surrey Sports Park on Saturday 21st February, from 10am to 4pm.

Rare sets, thousands of minifigures, and lots of LEGO to play with!

The first few hours of each event can be quite lively, but it tends to become much calmer from 2pm onwards. If you require a quieter environment, consider arriving later in the day.

[National Brick Events](#)



11

New Youth Club

Run at the NEAT premises in Epsom. Only £2 per child and a space where those who may have struggled to make friends previously can be around people who may know how they feel.

Attendance/Interest to be registered on the below form.

[Form](#)

NEURODIVERGENT YOUTH CLUB

Join us for a fun evening friendly for kids aged 11-16 tailored for neurospicy minds

What to Expect:

- ✓ Fun creative stuff - Your way
- ✓ Interactive and calm spaces
- ✓ People who just "get it"

CONTACT US

📞 Candy
07730602303
hello@neurospicycoachinguk.com



12

Grow and Glow

Grow and Glow is for women who are finding things hard and want somewhere supportive to go.

There is no expectation to share more than you want to. You can talk, listen, or just sit in the space. You do not need a diagnosis. You do not need to be in crisis.

There are groups in Epsom, Guildford, Reigate and Woking.

[Grow and Glow](#)

13

Farncombe Community Garden

Gill and Laura from our team are working with Farncombe Community Garden to promote their open days

Gill has been working on a visual story with the team from the garden which is nearly ready.

In March Gill and Laura are meeting with the team of volunteers at the garden to have a chat about understanding the needs of autistic and neurodivergent people.



Our address is:

Farncombe Community Garden, Summers Road, Farncombe, Godalming, GU7 3BF

What3Words:

[Wizard.Richer.Sector](#)



14

Springfield School Sunbury

The SENCO at Springfield Primary School contacted us as they are looking at expanding our Family Hub to offer sessions to the wider community.

They wondered if we would be interested in using the space to offer weekly/monthly/termly sessions or just a one off to local families?

There would be no charge for using the venue, would like the activities to be a range of things.

We plan to arrange a visit.



15

Showcase

The next Additional Needs Service Showcase will be in Stanwell on Weds 25th March 2026



Surrey
Additional
Needs and
Disabilities
Partnership



Additional Needs Service showcase

Wednesday
25 March 2026
9.30am to 2.30pm
Stanwell Events
Cambria Gardens, Stanwell,
TW19 7ER

Free parking onsite and public
transport nearby

- ✦ Come and find out about local and national services!
- ✦ Age range 0-25 years for Children and Young People with Additional Needs
- ✦ For Families and Practitioners

If you would like further details please scan the QR code or email localoffer@surreycc.gov.uk

No need to book, just drop in!



16

Our Training Workshops

We have had 140 people sign up for our training workshops, and delivered two workshops last week.

The Level 3, four-hour workshops are the most popular and are almost fully booked even after we added an extra date.

We've really enjoyed presenting to such mixed audiences which have included opticians, library staff, leisure centre staff, church staff and family centre staff.

[Link to booking form](#)



17

Our Cinema survey

We have had a good response from the cinema survey we launched in January, we asked people to tell us about both 'relaxed' and 'quiet screenings' – 31 people have replied



In March we will collate all the feedback and produce a short report for cinemas in Surrey.

We also plan to work with cinemas to put on screenings designed around people's feedback

[Click here to go to the survey](#)

18

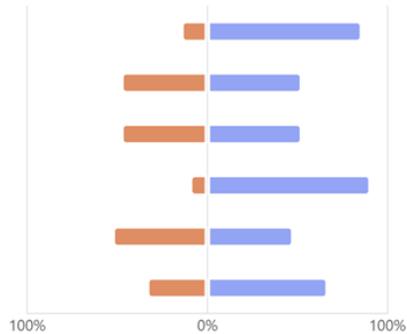
Our Cinema survey

6. Please tell us whether the following issues cause you difficulties when going to the cinema

● Not a problem ● Is a problem

Quiet Screenings

- On arrival, the foyer being too noisy and busy
- Being unsure of the actual start and finish times of the film
- Sitting through adverts and trailers
- The volume of the audio
- The lighting inside the cinema
- Noise from other customers



19

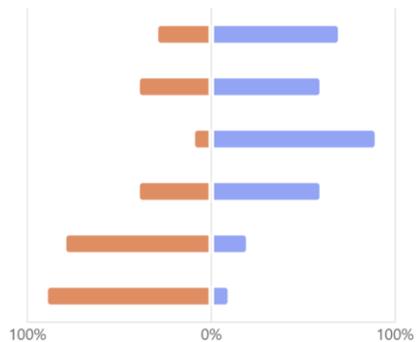
Our Cinema survey

3. Please tell us whether the following issues cause you difficulties when going to the cinema

● Not a problem ● Is a problem

Relaxed Screenings

- On arrival, the foyer being too noisy and busy
- Being unsure of the actual start and finish times of the film
- Sitting through adverts and trailers
- The volume of the audio
- The lighting inside the cinema
- Noise from other customers

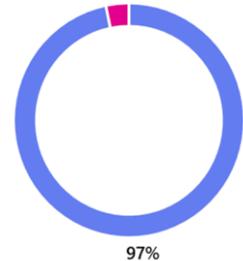


20

Our Cinema survey

8. If cinemas did make the adjustments you have told us about, how likely is it that you'd go to the cinema more often?

- Very likely to go more often 30
- Not likely to go more often 1



21

Neurospicy Ninjas

The Neurospicy Ninjas are a network for young adults in East Surrey that grew from a group the National Autistic Society (NAS) used to fund.

They organise a monthly meet-up on a Weds evening which 10-12 people attend.

There is a similar smaller group in West Surrey (previously funded by NAS) that is unsupported.

We plan to link the two groups together and support them to publicise and support their meet-ups. Members from East Surrey will visit the West Surrey group in March.



22

LGBTQ+

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

The first meeting was on Monday 26th January 2026 in a warm and cosy boathouse at the Weyside pub in Guildford. Nine people attended.

The next meet-up is at the same time and same venue on Monday 23rd February.

For more information email Jo at AFC@autismbyexperience.co.uk



LGBTQ+ Neurodivergent Social Meet Up

Autism in Surrey

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

Monday 26th January 2026 from 7pm to 9pm

The Weyside Millbrook, Guildford, GU1 3XJ

Jo and Justine will be hosting the meet up, and will be there from 6.45pm to welcome everyone and help people settle in.

23

Autistic parents

We are hosting online support group meetings in February and March for parents who are autistic (any gender).

We are very excited that Viv Dawes published author and autistic advocate will be joining our March meeting to discuss Autistic Fatigue and Burnout.

For more information email Gill at AFC@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

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 25th February 2026 from 10am to 11.30am and we will be discussing tbc.

Our March meeting will be on Thursday 26th 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

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

24

Making travel more accessible

Network Rail - autism friendly guide to travelling by train.

This is a really useful guide to travelling by train, created by Network Rail in partnership with The National Autistic Society.

[Autism friendly guide to travelling by train](#)



25

Aubin Travel App

ATLAS are the Surrey County Council Youth participation team.

They recently partnered with **Aubin**, a free travel app designed specifically to support neuroinclusive transport planning.

ATLAS conducted a three-day pilot across different areas of Surrey, followed by a focus group with the app developers.

[Click here to go to the video](#)



26

Woking Community Bus

Woking Community Transport and Woking Healthy Communities Partnership Board have made a community transport bus available for use by voluntary sector organisations.

The bus will help groups transport clients to events, theatre visits, leisure centres, shopping trips, care homes and community activities, addressing one of the key barriers residents face when trying to stay socially connected.

[Click here to find out more](#)



27

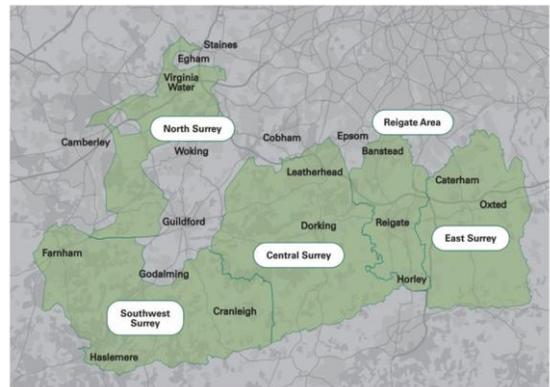
Surrey Connect

Surrey Connect is a safe and reliable bus sharing service connecting you to your local community.

It is available to everyone in Surrey in the areas shown on the map.

The service uses accessible minibuses, with journey bookings made on a first come first served basis.

[Click here to find out more](#)



28

Ongoing development

Autism Friendly Surrey is currently funded until the end of March 2026. We are waiting to hear about any future funding.

East Surrey and West Surrey will start to transition to become two unitary councils from April 2026.

Whilst things are uncertain, we will consolidate our work by end March 2026, and not start new initiatives until the funding situation is clear.



29

Very isolated people

Our online meeting on the evening of Tuesday 25th November was a great success with 24 people attending.

We hosted a follow-on meeting in January.

By the end of March we plan to produce signposting handouts for potential support for both very isolated children and adults.

Should we be funded post April 2026 this topic will be a priority for our work.



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>Burnout / Fatigue</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>Transitions</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>Anxiety</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.

30

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](#)



31

Virtual trips

Whistle Stop Arts have created amazing virtual trips for locations across Surrey and West Sussex for residents to enjoy completely for free!

From the virtual trips and accompanying resource packs, to crafts that residents can do from the comfort of their own home, to podcasts.

This could be an incredibly useful resource help build people's confidence to visit the featured places in person come spring.

[Find out more here](#)



32

Mindworks – Reaching Out Service

Mindworks Reaching Out service (previously known as Mindful) supports young people who are isolated and/or vulnerable.

Reaching Out

Young people often come to us because they are finding it hard to engage in the important things in life like interests, education and employment, friendships and being with family.

The service covers the whole of Surrey and works across agencies to engage with, and facilitate, mental health care for young people who are hard to reach.

[Find out more here](#)

33

Our big idea for 2026-2027

We have had lots of people asking us how they can get involved in helping us to make communities in Surrey more autism/neurodivergent friendly.

Many people who've offered their support are autistic/neurodivergent adults or parents/carers.

We want to develop opportunities for people to get involved and, if funded, plan to develop these opportunities.



34

Autism Friendly Surrey Reps

Rather than developing a traditional volunteer model, we would like to do something a little different !

People often book an organised holiday as it comes with support. A holiday rep's role can include:

Customer Support

Greeting guests on arrival and helping people get to know others on the trip

Resolving problems

Travel issues, medical issues and resolving conflict



35

Autism Friendly Surrey Reps

What we would offer our team of Autism Friendly Surrey Reps

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



36

Autism Friendly Surrey Reps

What things might an Autism Friendly Surrey Rep do? – examples include:



Be a 'responsible adult' at social meet-ups' e.g. at a social group, shopping centre or gym.



Offer 'dog walk meet-ups' for people who are very isolated.



Support an isolated person to access an activity for the first few times.