

Autism
Friendly
Surrey

Coffee and Cake

Social for autistic adults aged 18+



Join us for a friendly, relaxed afternoon
at Art + Grind Art Cafe and gallery



Sunday 19th July 2026 from 2.30pm to 4.30pm

Art + Grind
165 High Street
Guildford, Surrey
GU1 3AJ



Wendy, Laura and Jo from the Autism by Experience team will be there from 2.30pm to welcome everyone and help people settle in.

Details of the meet up - advance booking essential

- On arrival buy yourself a drink and come to the meeting room upstairs where it's quieter. (see middle photo above)
- Come along for as little or as long as you feel comfortable with (only assistance dogs allowed)
- We will have some adult colouring pages, and you can bring your own art/craft project to work on if you like - there's no pressure to interact more than you want to

How to book a place



Spaces are limited due to the size of the meeting room. It is essential to check if there are places by commenting on the event on our facebook page (search for Autism Friendly Surrey or use the QR Code) or by emailing us

Email Jo at: Jo@autismbyexperience.co.uk

