



# Guildford Spectrum Monthly Silent Strikes Meet-Up

Silent Strikes is Guildford Spectrum’s sensory friendly bowling offer



The second Monday of each month during term time 5pm to 7pm. A social meet-up for autistic / neurodivergent adults and children & families in the bowling alley

This regular social meet-up is supported by Gill, Kira and Mike from the Autism by Experience team. We will be based in the bowling alley cafe to welcome people as they arrive.



Gill



Kira



Mike

**Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP. June & July 2026 dates:**  
• Mon 8th June      • Mon 13th July

## Summary of the meet up - please see page two for more detailed information:

- This meet-up would suit adults who are keen to meet new people, connect with old friends and have a fun evening out. Families with children are equally welcome to come along too.
- As well as bowling, the new mini-golf experience called Puttify will also be available.
- Gill, Mike and Kira can help organise people into groups for the bowling and mini golf.
- There is no charge to attend, but people need to pay for their own activities, food and drink.
- During the session lights will be dimmed and the music turned off.



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

## Who can come to the meet-up? Do we need to book?

**This meet-up is for all autistic / neurodivergent children, young people and adults.**

### **There is no need to book in advance - just drop in if you are free**

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 if for you this is just being around others whilst doing your own thing that's fine by us !

### **Children and families**

Children are the responsibility of their parents/carers at all times. Our team will always try to support families as needed, but we can't offer childcare.

### **Adults**

Many adults will attend independently, but 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 in the venue

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## The support we offer

**We will always offer the following:**

- A warm welcome and support to get to know other members
- Help to organise people into groups for activities, which is helpful for people who may come on their own and not know anyone.
- Support should a situation arise that causes distress such as a misunderstanding, health difficulty, a lost purse or wallet, or travelling home plans changing. We will always ensure everyone is supported until they have a safe way to get back home.

### **The limitations of our support**

Due to the busy nature of the group and our limited team numbers, we can't guarantee that we can always monitor things like attendees sharing phone numbers, leaving the venue, spending too much money and consuming too much alcohol.

Attendees are responsible for their own behaviour and if they need additional support they need to bring a supporter with them.

## Do we need to arrive at 5pm, and how much does it cost?

**You can arrive anytime after 5pm, ideally arrive by 6pm to give yourselves an hour to bowl.**

- Bowling costs £5.50 per person/per game or £20 for a group of 4 (for 1 hour)
- We are not sure how much the new mini-golf activity will cost just yet.
- The bowling alley cafe and other cafe's at the Spectrum will be open.