Autism Friendly Surrey

Coffee and Cake

Social for autistic adults aged 18+







This meet-up takes place upstairs at the cafe accessed by stairs only - there is no lift

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

2.30pm to 4.30pm on: **Sunday 22nd November 2026 and Sunday 6th December 2026**

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






Three of our team out of Jo, Laura, Gill and Wendy 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

Autism by Experience
Community Interest Company

Spaces are limited due to the size of the meeting room. It is essential to check if there are places by signing up on the Guildford Autism and ADHD Friendly Meetup page or by emailing us.

Click here or use the QR Code to go to the meetup page

Email Jo at: Jo@autismbyexperience.co.uk