

# Autism Friendly Surrey



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# 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 and planning in West Surrey since February 2025.

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



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# Code Ninjas

Naveen from Code Ninjas in Guildford, is running two Saturday lunchtime taster sessions for autistic / neurodivergent children aged 5+

We have had 21 families express an interest and the dates are:

- Saturday 18<sup>th</sup> April – 1pm to 2pm (sold out)
- Saturday 2<sup>nd</sup> May – 1pm to 2pm

We will be there in support

[Click here to book places using the Code Ninjas booking link](#)

**NOW OPEN** **CODE NINJAS** **EMPOWER 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**

**EXPLORE 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, practice the skills they need, and enjoy our after school programs and holiday camps.

**SCHEDULE A FREE GAME BUILDING SESSION TODAY!**  
CALL OR TEXT: 07981 863035  
Email: [guildford@code ninjas.com](mailto:guildford@code ninjas.com)

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

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# SEnergy Fitness

New small group sessions for neurodivergent children.

Groups of 2 to 4 children focusing on building trust and confidence in a fun, supportive, low pressure environment.

- Email: [senergyfitness.pt@gmail.com](mailto:senergyfitness.pt@gmail.com)
- Facebook: [Go to the Facebook page](#)
- Phone: 07772 832238



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# KJ Sports Stars

Various small group sports sessions, based in Farnborough

KJ Adaptive sessions focus on true inclusion and meaningful participation for children with additional needs and disabilities.

- Email: [kjsportsstars@outlook.com](mailto:kjsportsstars@outlook.com)
- Website: [Go to the website](#)
- Phone: 07754 100130



Katie



Jess

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# Guildford Spectrum

Exploring movement, wellbeing and inclusion for every family

A free, fun, inclusive event for all ages at Guildford Spectrum on Sunday 26<sup>th</sup> April from 12noon to 3pm.

This is a drop-in event, and Autism Friendly Surrey will be there helping to host the sensory calm room.



## Save The Date

Family Voice Surrey & Active Surrey

**Exploring movement, wellbeing and inclusion for every family**

Join us for a **Fun, Free, Inclusive** event for all ages focused on movement, health and wellbeing for families of children and young people with SEND.

**Sunday 26 April, 12-3pm**  
Guildford Spectrum

Active Surrey will also be launching its new **Inclusion Toolkit** for partners.

family voice surrey More details coming soon Save the Date AS ACTIVE SURREY

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# SENDSory Explorers

**Interactive sensory play in the Playzone for 0 to 6 year olds with additional needs and disabilities. Based at Guildford Family Centre**

Guildford Nursery School and Family Centre  
Hazel Avenue  
Guildford  
GU1 1NR.

Tuesday 28 April, 9am to 11am.

- **Website:** [Go to the website](#)



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# Surrey Inclusive Activity Network

**We have joined the Surrey Inclusive Activity Network, run by Surrey Coalition of Disabled People**

This network includes all the companies who run leisure centres across Surrey.

We have offered to work with these companies to map the inclusive activities offered by leisure centres as these are not always easy to find on the leisure centre websites.



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# Neurodivergent Activities Evening

**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.



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# Guilfest 2026

**Guilfest 2026 takes place on Stoke Park on the weekend of Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> July 2026.**

Mike Leat manages the stewarding at Guilfest and we have opportunities for Supported Stewarding again this year.

People can bring a supporter and litter pick from 12noon to 4pm (when the festival is calmest). Then have free entry to the festival for the rest of the evening.

**Email:** [stewards@guilfest.co.uk](mailto:stewards@guilfest.co.uk)



## How Supported Stewarding works

Most of our supported stewards are autistic, neurodivergent or have a learning disability.

Supported stewarding is different to general stewarding in a few ways:

- Supported stewards work from 12noon to 4pm when the festival is nice and calm
- Supported stewards can choose to work just one day or both days
- Supported stewards can bring a family member or supporter to steward with them

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# Talk, Listen, Connect

Princess Alice Hospice is running two free, skills-focused wellbeing sessions for carers in Walton and Cobham

These sessions help carers build confidence in supportive listening, compassionate communication, strengthening their own wellbeing, and reducing feelings of isolation.

[Website for more information](#)

For Excellence. For compassion. For People. For Living [pah.org.uk](http://pah.org.uk)

Talk, Listen, Connect



Princess Alice Hospice

Regular sessions

Book your place now



Loneliness affects health, but helping isn't always easy. TLC (Talk, Listen, Connect) offers friendly workshops to build confidence and skills to support others in your community, workplace or neighbourhood. With the right tools, we can all make a difference.

To join a session or learn more, contact [tlc@pah.org.uk](mailto:tlc@pah.org.uk) or scan the QR code above.

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# Maternity


We are working with the Maternity team at Royal Surrey County Hospital in Guildford who have designed a communication passport.

The hospital team have developed a passport and Gill is feeding back comments on the draft version which should be published at the end of April.

We are keen to involve members of our Autistic Parents Network in this work if people are interested.



If you have a hospital or maternity passport then please share this with a member of the maternity team.



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# SMART



**We are working SMART Recovery to pilot a SMART Recovery Group adapted for autistic and neurodivergent people.**

Matt from our team gave a presentation on Substance Use and Neurodivergence at the recent Substance Use conference in Surrey.

Matt is a trained SMART Facilitator and will work with other members of our team to adapt the SMART materials before launching the online group.

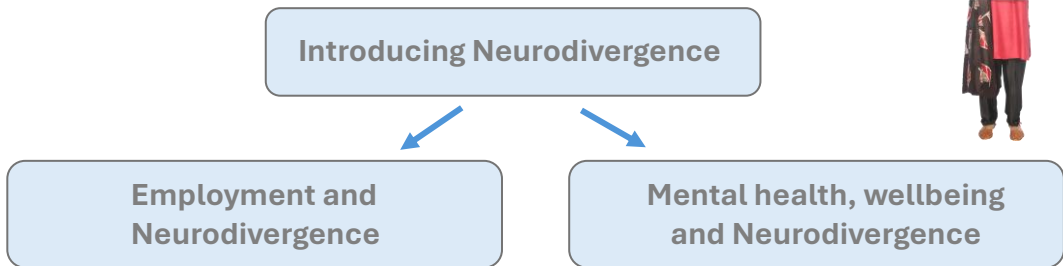


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# Training

**We delivered 10 training workshops for businesses and community organisations across Surrey during February and March 2026.**

We will review the training materials and the evaluations and will offer more workshops.



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# Getting out into nature

Spending time in nature is naturally calming and soothing, and this is evidenced:



- It improves our mental health and feelings of wellbeing.
- It can reduce stress, fatigue, anxiety and depression.

Autism Friendly Surrey are keen to develop more organised social meet-ups such as walks in the woods.

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## Mapping

Gill is working on mapping inclusive opportunities for people to get out into nature

The mapping will include information on:

- Wellbeing walks
- Community Gardens
- Conservation volunteering
- Outdoor wellbeing projects



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# Farncombe Community Garden

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

Gill and Laura ran an awareness session for the team and Gill has been working on a visual story with the team from the garden which is nearly ready.

We are planning a taster session for autistic and neurodivergent adults at the garden on **Friday 15<sup>th</sup> May from 10am to 12noon** which we will advertise soon.



**Our address is:**

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

**What3Words:**

[Wizard.Richer.Sector](#)



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# Kingston Ramblers Neurodiverse Walk

Mark from Kingston Ramblers has organised another Neurodiverse Friendly Walk on **Sunday 19<sup>th</sup> April 2026 at 11am.**

The walk is free, you can book your place using Eventbrite and find more information about the walk on the Kingston Ramblers website.

[Book using Eventbrite](#)

[Details on the Kingston Ramblers website](#)

## Neurodiverse Friendly Walk

A free walk supported by Kingston Ramblers

We are meeting **Sunday April 19th at 11am** (set off at 11.15am) outside New Malden station to Barnes station, 6.5 mile linear, making own travel arrangements back.

Neurodiverse Friendly Walk, everyone welcome but will particularly welcome those with Autism/ADHD etc. Dogs welcome but on leads.

Details are on the Ramblers website

Mark will be leading the walk

Book a place on Eventbrite

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# Swift Awareness Week – 27<sup>th</sup> June to 5<sup>th</sup> July

**Annie runs Banstead Swifts and is hosting an autism friendly Swift Sundowner on Sunday 5<sup>th</sup> July from 7.45pm to 9pm.**

The Swift colony in Banstead nest in boxes and in holes on the buildings.

This is an opportunity to witness nest entries and exits as well as the iconic swift screaming party (weather dependent). Annie will give a talk about swifts before guiding people around the estate to watch the action.

[Banstead Swifts Facebook](#)



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## Very isolated people

**We are planning another open meeting focusing on the needs of people who are very isolated.**

Members of our team will host this meeting which will take place on **Thursday 28<sup>th</sup> May from 7pm to 9pm.**

We are currently working to produce signposting handouts to potential support for very isolated autistic people.



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

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# Autistic Burnout

After hosting a webinar for our Autistic Parents Network, we have asked Viv Dawes to repeat her talk to our wider network.

We have planned this for **Thursday 21<sup>st</sup> May 2026** from 7pm to 9pm.

This will be a free event and of particular interest for people experiencing autistic burnout, either themselves or someone they support.

We will advertise this later in April.



[Viv Dawes website](#)

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# Burview Hall

**Elmbridge mencap have a resource centre in Walton-on-Thames.**

They run a variety of activities for people with a learning disability and/or autism, including a day service, youth club, cinema night and family fun days



. The centre has a games room, two sensory rooms and outdoor space including a sensory garden and woodland. This could be a good venue for a 'safe space' for very isolated people as different rooms can be hired.

[Elmbridge mencap](#)

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# Burview Hall



## Youth Club

**Alternate** Wednesday evenings 7-9pm

An activity club for young people aged 16—25 with learning disabilities. Alternate Wednesdays 7-9pm



## Nova Club

**Alternative** Wednesday evenings 7-9pm

A social club for adults with learning disabilities at the hall from 7-9pm on alternate Wednesdays



## One to One Club

**Thursday** evenings 7:30-9pm

A fun activity social club for adults with learning disabilities



## Cinema Nights

**Monthly** on a Saturday evening

Held at the hall once a month for adults with learning disabilities.



## Family Fun

**Monthly** on a Saturday afternoon

These sessions are set up for families who have a disabled child, or children, to attend as a family, with any siblings, giving them the opportunity to socialise and enjoy the facilities at the Hall.

Contact **Elmbridge mencap** for more information

[Elmbridge mencap](#)

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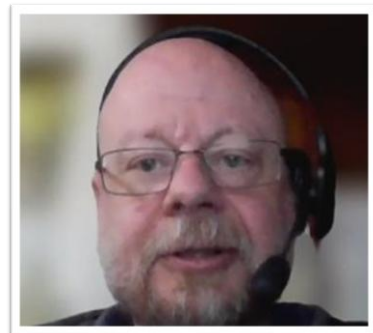
# Chat with Matt

**Matt from our team will be hosting a monthly online support group for autistic adults who may be socially isolated.**

This will be on the first Friday of each month from 1pm to 2.30pm.

The first support group meeting will be on Friday 1<sup>st</sup> May 2026.

For more information email Matt at:  
[Matt@autismbyexperience.co.uk](mailto:Matt@autismbyexperience.co.uk)



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# Peer Network – groups / meet-ups

We are launching a new range of social meet-ups for autistic adults in May 2026.

We will support these meet-ups all the time we have funding



East Surrey



West Surrey



Virtual All Surrey

WEEKLY PLANNER				
	First	Second	Third	Fourth / Last
MONDAY	Redhill The Light	Guildford Silent Strikes	Redhill The Light	Guildford LGBTQ+
TUESDAY				Epsom Ninjas
WEDNESDAY	Camberley Autism Group	Redhill Ninjas		Crawley Ninjas
THURSDAY	Autistic Parents Quarterly	Reigate Woodhatch ND Cafe		
FRIDAY	Chat with Matt			
SATURDAY			Woking Gamers Lounge	
SUNDAY	Guildford Coffee and Cake	Guildford Gamers Lounge		

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## A network for adults

Autism Friendly Surrey and other organisations offer groups and social meet-ups

### Support groups

These are supported and facilitated groups in private venues that people generally need to register for

### Social meet-ups

These are regular informal meet-ups often in public spaces and usually are drop-ins

### Taster sessions

One off events for people to try out an inclusive activity



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# Support Groups / Meet-ups

We will be keeping our website updated with a list of support groups and social meet-ups happening across Surrey.

 <p>Guildford <b>Autism &amp; ADHD</b> Friendly Meetup Group</p>	 <p><b>National Autistic Society</b></p>	 <p><b>Autism</b></p>	 <p><b>MFT</b> MARY FRANCES TRUST</p>
<p>Guildford Autism and ADHD Friendly Meet Up</p>	<p>National Autistic Society Aspire Groups</p>	<p>The Autism Reference Group</p>	<p>Mary Frances Trust</p>
<p>This is a free group for people who are autistic and/or have ADHD</p>	<p>The National Autistic Society (NAS) are funded to support a range of free support groups.</p>	<p>The Autism Reference Group is a group that has been set up to give the opportunity for autistic adults</p>	<p>Mary Frances Trust runs two free groups for autistic adults.</p>
			<p>Autism Support Group - Meets in</p>

[Autism Friendly Surrey social and support groups for adults](#)

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# Camberley Autism Group

Surrey Choices have kindly offered use of their really inclusive space at a very reasonable rate.

This is a supported group for people who are looking for a calm, quiet peer group to meet, chat, do craft activities and play board games.

There are currently 8 regular members and space for 15 members in total.



The group will start talking to potential new members from May 2026. This group may be ideal for people who are very anxious and isolated.

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# Coffee and Cake

**This social meet-up has been very popular and will now meet once a month on a Sunday afternoon at Art and Grind in Guildford.**

Around 15 people come along for coffee, cake, colouring and chat.

Our May 2026 meet-up will be from 2.30pm to 4.30pm on Sunday 10<sup>th</sup> May, then we will meet again on Sunday 7<sup>th</sup> June

This meet-up provides a calm, safe, supported space for people to meet and have a relaxing afternoon.



**Email:** [Jo@autismbyexperience.co.uk](mailto:Jo@autismbyexperience.co.uk) for more information about booking.

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# LGBTQ+

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

The group has been meeting on the last Monday of the month since January 2026.

Between 9 and 12 people come to this meet-up in a boathouse at the Weyside pub in Guildford from 7pm to 9pm.

The next meet-up is on Monday 27<sup>th</sup> April 2026.

For more information email Jo at:  
[Jo@autismbyexperience.co.uk](mailto:Jo@autismbyexperience.co.uk)



## LGBTQ+ Neurodivergent Social Meet Up





**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 meetup, and will be there from 6.45pm to welcome everyone and help people settle in.

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# Guildford Young Adults

**This is an informal social meet-up for young adults run by members of a group previously supported by the National Autistic Society.**

The group meets fortnightly on a Wednesday evening in a pub in Guildford town centre.

We have visited the group twice and will be supporting them to recruit new members as it's a small group of 3 to 6 current members.

For more information email Mike at:  
[AFC@autismbyexperience.co.uk](mailto:AFC@autismbyexperience.co.uk)



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# Silent Strikes – Guildford Spectrum

**Silent Strikes is the Guildford Spectrum sensory friendly offer, with reduced lighting and no background music.**

Silent Strikes is moving to a new day/time of Mondays – 5pm to 7pm (term time)

This is open to the public and people can book their own bowling if they have a group or are coming as a family.

A new mini-golf activity will also be available in the bowling alley

[Silent Strikes](#)



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# Silent Strikes – Guildford Spectrum

**Autism Friendly Surrey will be hosting a monthly social meet-up at Silent Strikes on the second Monday of each month.**

We will advertise this and hope it will become a popular meet-up.

We will be there to welcome people and organise people into groups if they haven't come as a group.

People will also be able to play mini-golf. There will be a cost if you bowl of £5 to £5.50 per person.



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# Gamers Lounge

**Gamers Lounge (retro gaming sessions) are running events at The Boileroom in Guildford and also Woking Library**

**Woking Library** – Saturday 25<sup>th</sup> April.  
Sessions at 12noon and 2pm - £5 cash on the day

- **Email:** [wokinggamerslounge@gmail.com](mailto:wokinggamerslounge@gmail.com)
- **Book:** [Go to the Eventbrite page](#)

**Boileroom Guildford** – Sunday 10<sup>th</sup> May.  
Sessions at 12noon and 2pm - £5 + 50p booking fee

- **Book:** [Go to the Boileroom website](#)



**THE GAMERS LOUNGE**

[Gamers Lounge Website](#)

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# Poetry at the West End Centre

Join us for an informal, inclusive and welcoming evening. You can come just to listen to poems, share one of your favourites or share your own writing. All welcome!

**Venue:** West End Centre in Aldershot

**Date:** Thursday 25th June 2026

**Time:** Doors 7pm. 8pm start

**Tickets:** £2

[West End Centre](#)



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# Autistic parents

We are hosting quarterly online support group meetings for parents who are autistic (any gender).

In March Viv Dawes published author and autistic advocate joined our meeting to discuss Autistic Fatigue and Burnout.

The next support group will be on Thursday 4<sup>th</sup> June, 10am to 12noon and will focus on energy accounting.

For more information email Gill at:  
[Gill@autismbyexperience.co.uk](mailto:Gill@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](mailto: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](http://www.autisticadvocate.co.uk)

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

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# Golf taster session

**We plan to host a golf driving range social meet-up on Tuesday 2<sup>nd</sup> June from 7pm to 9pm at Hoebridge Golf Centre near Woking.**

This will be a one off taster session initially that could develop into a regular meet-up

We will book covered bays for privacy and sensory calmness

For more information email Mike at:  
[AFC@autismbyexperience.co.uk](mailto:AFC@autismbyexperience.co.uk)

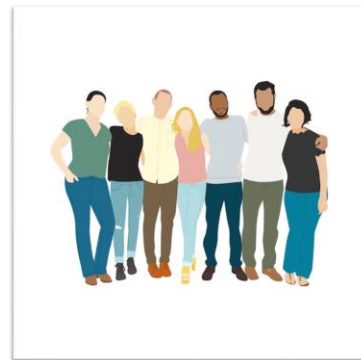


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# Autism Friendly Surrey Reps

**We will soon be launching our volunteer offer for autistic / neurodivergent people who want to gain experience in co-hosting our support groups and social meet-ups.**

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



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