

Autism Friendly Surrey



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Autism Friendly Surrey

Funding to enable us to continue our work until at least the end of September 2026 has been agreed. Later in this meeting we will update you about our plans:

- Supporting the development of further social meet-ups for autistic and neurodivergent adults
- Our focus on very isolated people
- Creating inclusivity guides for Leisure Centres and Cinemas alongside inclusive offers
- Developing volunteering opportunities



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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](#)



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News from East Surrey

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

We will update you about the work we've been doing in East Surrey since January 2026.

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



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Easter Fun day

**Woodhatch Community Centre on Saturday
28th March 2026.**

Easter egg hunt, games and entertainment,
craft activities, refreshments and Easter treats.

Lots of family fun and a special visit from
the Easter Bunny.

We're delighted to be joined by our fantastic
partners including PM Active, Cuyen Yoga,
Redhill Football Club and many more



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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



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Movement Club

Saturday 14th March at Epsom Vineyard Church

For more information contact Candy:

07730 602303
hello@neurospicycoachinguk.com

NEURODIVERGENT MOVEMENT CLUB

Saturday March 14th
Epsom Vineyard Church

£5

- 9.30 - 10.15 - 6-9 year olds
- 10.45 - 11.30 - 10-13 year olds
- 12.00 - 12.45 - 14-17 year olds

Would your child want to join our movement friendly session for kids aged 6-17 tailored for neurospicy minds



What to Expect:

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

CONTACT US

 Candy
07730602303
hello@neurospicycoachinguk.com



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PM Active – Social Saturdays

Social Saturdays

Social Saturdays are relaxed weekend sessions for young people aged 12–17, creating a safe and welcoming space to get out, be social, and spend time with others in a way that feels comfortable and enjoyable.

		
Crazy Golf Date / Time TBC The Light, Redhill	Football Fun Date / Time TBC Priory Park, Reigate	Bowling & Creams Date / Time TBC The Light, Redhill



PM Active Social Saturdays

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Code Ninjas

We met with Naveen from Code Ninjas in Guildford, who will run two free taster sessions 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.

13 families have expressed an interest and sessions are planned for Sat 18th April and Sat 2nd May

[Link to Code Ninja form](#)

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

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
- EXPLORE AI, MOBILE APP AND WEB DESIGNING
- PYTHON CODING
- HANDS-ON STEM ACTIVITIES
- MINECRAFT & ROBLOX
- 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: guildford@codeinjas.com

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

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Brick Stop - Caterham

Brick Stop is a Lego Café in Caterham. We are planning to do a private hire of the café for families, children and adults in April.

The date for this is Wednesday 15th April from 6pm to 8pm.

Our team will support the event which we just need to finalise the details of before starting to promote.



Brick Stop Cafe

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Head 2 Head Sensory Theatre

Find Out About Our Events And Workshops



Oxted Jigsaw Cafe
Tickets, Workshops and classes
£5.00



Theatre Workshops – May Half Term (Children, Teens And Adults)
Workshops and classes
£50.00 – £90.00



A Great Greek Adventure Family Show
family shows, Tickets
£5.00



Musical Theatre Easter Holidays Workshops
Workshops and classes
£60.00 – £216.00

[Accessible Sensory Theatre Surrey | SEND Drama Workshops Oxted](#)

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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](#)



WOMENS BEER SUPPORT GROUP
Grow and Glow
ITS OK NOT TO BE OK

JOIN US EVERY WEDNESDAY 19:00 - 20:30

VISIT OUR WEBSITE FOR LOCATIONS:
WWW.GROWANDGLOW.ORG.UK
[@GROW_AND_GLOW_XO](https://twitter.com/GROW_AND_GLOW_XO)

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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](#)



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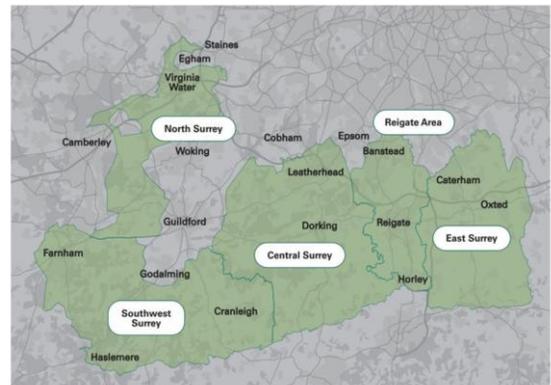
Surrey Connect

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](#)



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Quinnell School of Blacksmithing

We are determined to ensure that Neurodivergent / SEND children, young people and adults can access this engaging and inspiring craft.

Forging hot iron is an elemental and fundamental process which can build confidence and support many aspects of an educational curriculum.

Blacksmithing really is a terrific way to illuminate the world for young and Inquiring minds. It has proved to be especially beneficial for those who find conventional classroom settings challenging.

[Find out more here](#)



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Warm Welcome Scheme

Surrey County Council official Warm Welcome Scheme for 2025 to 2026 launched on 1 November 2025.

a Warm Welcome space is a physical space run by a community group, charity, organisation, or business, where people can come to:

- Warm up - get a hot drink for free
- Get energy advice and debt support
- Enjoy some social interaction
- In some settings also benefit from additional services such as free meals and activities.

[Warm welcome Scheme](#)



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Our Training Workshops

We have had 160 people sign up for our training workshops, and have delivered some with more happening this month

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

We plan to run another series of workshops for local services and businesses starting in May 2026



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Developing the peer network

A key aspect of our work is the continued development of a peer network for autistic and neurodivergent adults.

Our team are supporting autistic and neurodivergent adults to set up and run a wide range of inclusive social opportunities across Surrey.

As well as providing staff support we offer really nice colouring books and fidget aids. We are also developing a mental health distress handout for people supporting groups.



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Neurospicy Ninjas

The Neurospicy Ninjas are a network for young adults (18 to 39) in East Surrey.

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

We visited a similar smaller group in West Surrey run by members themselves – they meet up fortnightly on a Weds evening at Wetherspoons in Guildford.

We support the two current groups and are exploring setting up similar meet-ups in Epsom and Staines.



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Neurospicy Ninjas

The Neurospicy Ninjas generally meet in a bar / restaurant once a month, and sometimes needs a bit of support.

For example, the East Surrey group recently met at Pizza Express – 10 people attended.

There was confusion at the end of the night around the bill as they hadn't factored in the service charge, and hadn't realised that the bottled water they were offered for the table cost £5.75 a bottle.

They will now only book venues where people can have individual bills !!!!



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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.

Nine people also attended the February meet-up and the March date is Monday 30th March

For more information email Jo at AFC@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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Autistic parents

The Autistic Parents facebook group has over 90 members and we have been hosting monthly online meet ups.



In March we have Viv Dawes Autistic Advocate leading a session on burnout.

The date for this is Thursday 26th March at 10am

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The Lost Girls

We are working with two women in East Surrey (Epsom and Banstead areas) who are keen to host monthly social meet-ups for late diagnosed women.



They plan to call the group 'The Lost Girls'

They have found a quiet pub with lots of space in Epsom who seem keen to host the meet-up and we will support it.

If all goes to plan the first meet-up will be on Monday 13th April at 6pm.

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Monday Night at The Light

The Light in Redhill continue to support our Monday group which meets on the 1st and 3rd Monday of each month.

The group is getting busier and busier and the focus is on doing activities like bowling, darts and karaoke.



People arrive at 7pm and activities are booked for 7.30pm. People not booked on activities can use the room where we have a selection of board games.

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Monday Night at The Light

In May we plan to pilot a new idea for Monday Night at The Light – Girly Gossip !!



Once a month from 7.30pm to 9pm (whilst we meet at The Light) two young women from the group plan to meet-up at the next door Posadero Lounge.

This will be open to young autistic women who want to meet their female peers for a drink and a chat.

Some existing group members plan to go, and we want to promote this widely.

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SMART Recovery

Our extended funding post April 2026 has given us scope to have a focus on criminal justice – we are already doing a separate project with Surrey prisons.

We have met with the Strategic Lead for Probation who are keen to explore developing a specific neurodivergent offer.

Matt gave a key note speech at the recent Substance use conference in Surrey and we are piloting setting up a SMART Recovery Group for autistic/neurodivergent people in Surrey.

[SMART Recovery](#)



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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.

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.

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](#)

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’ – 40 people have replied



This month we will collate all the feedback and start work on a guide for cinemas in Surrey.

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

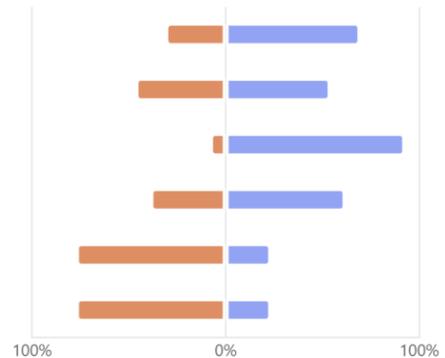
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Relaxed screenings

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

● Not a problem ● Is a problem

- 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



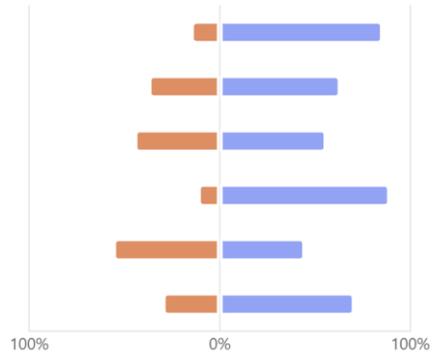
30

Quiet screenings

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

● Not a problem ● Is a problem

- 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

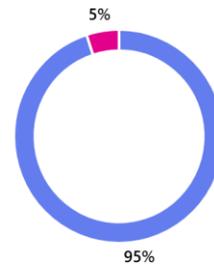


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Our Cinema survey

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 38
- Not likely to go more often 2



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Leisure Centres

We are members of SIAN – Surrey Inclusive Activities Network which is led by Surrey Coalition of Disabled People.

The companies who run Leisure Centres in Surrey all attend and we have offered to work with them to accurately map their inclusive offers.

We plan to design this into a booklet with tips for centres on things like creating visual stories.



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Autism Friendly Surrey Reps

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 we secure ongoing funding, launch this later in 2026.



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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

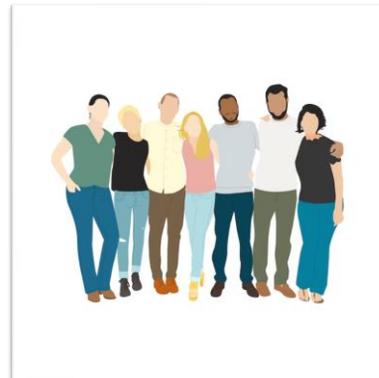


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Autism Friendly Surrey Reps

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 !) – **we want support to be discrete**
- Opportunities focused around their interests
- DBS checks



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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.