

Autism Friendly Surrey



1

Our new website !



We have launched our new website.

www.autismfriendlysurrey.org.uk



Let's have a look

2

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 in West Surrey since August.

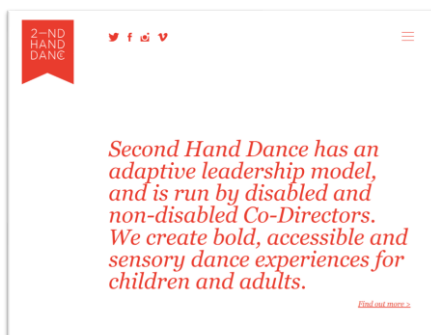
After that, please feel free to share any updates or news you may have.



3

The Sticky Dance

Second Hand Dance are coming to libraries in West Surrey this autumn.



[Second Hand Dance](#)

The Sticky Dance for Sensory Groovers by Second Hand Dance

An interactive dance performance developed for home-educated, neurodivergent and/or disabled children aged 3-8 years.

Coming to Surrey Libraries this autumn, these performances are adapted for a smaller audience. The Sticky Dance fosters a relaxed and inclusive space, supporting diverse sensory and accessibility needs for children to interact with dance in their own unique way.

Two dancers' shimmy through the audience inviting you to explore freely, to stick and groove or be still, watch and listen



Performances in November 11.30am - 12pm

Tuesday 4 Nov at Camberley Library
Wednesday 5 Nov at Staines Library
Thursday 6 Nov at Weybridge Library
Friday 7 Nov at Farnham Library

Spaces are limited and BOOKING IS ESSENTIAL!

Click [here](#) for more information and to book or search eventbrite.com / Surrey Libraries. Please note that tickets are available with a minimum donation of £1.

4

Silent Strikes at Guildford Spectrum

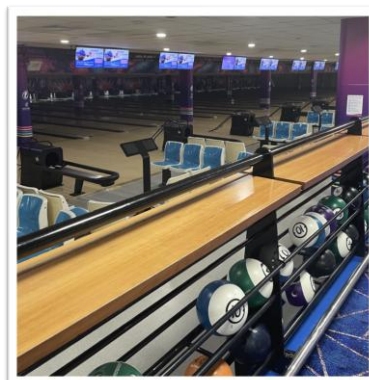
On a Thursday afternoon (excluding holidays) from 4pm to 6pm Guildford Spectrum hosts an sensory friendly bowling session.

It costs £5 per person / per game, or £20 for four people to bowl for an hour.

The lights are dimmed, music turned off and the arcade machines switched off.

We went to check it out !

[Silent Strikes at Guildford Spectrum](#)



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Silent Strikes at Guildford Spectrum

This was our first 'taster session' and 15 people ended up bowling, and seemed to really enjoy it.

The staff at The Spectrum were really helpful and people found the calm atmosphere great.

The session is open to the general public and an impromptu children's birthday party arrived !

We will work with The Spectrum to design a visual story.



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Coffee and Culture

This is our second 'taster session' in West Surrey. (they won't all be in Guildford)

This is a relaxed, informal meeting supported by Jo, Gill, Laura and Wendy from our team.

There are still spaces available.



Coffee and Culture
Meet up for autistic adults aged 18+



Join us for a free, friendly, relaxed afternoon at Art + Grind coffee shop and gallery



Sunday 12th October from 2.30pm to 4.30pm

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



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

- We will be meeting in the room upstairs where it's quieter (see middle photo above)
- Come along for as little or as long as you feel comfortable with
- Please feel free to bring a friend or supporter
- 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 your place



To let us know you plan to come you can email us, or comment on the event on our facebook page (search for Autism Friendly Communities Surrey) or use the QR Code

Email Jo at: AFC@autismbyexperience.co.uk



7

Gamer's Lounge Woking

Gamer's Lounge run a monthly Saturday afternoon retro gaming event at The Boileroom in Guildford.

A member of the Gamer's Lounge team is working with Woking Library to set up a regular monthly Saturday afternoon retro gaming event.

We supported him to run a pilot event at Woking Library on Saturday 27th September. It went well, and dates for future events will be published soon.

We could run this as a future taster session !

[Gamers Lounge website](#)



8

Cinemas

Beth and Kira from our team tried out a 'Relaxed Screening' at The Light in Redhill during September.

The LED lights are kept on during the film in case people needed to move around. This is great for some people, but distracting for others.

Later this month we will be designing an online survey to find out what would make cinemas more inclusive for autistic adults and families with autistic children.



9

Guildford Aspire Group

We attended the Guildford Aspire Adult Support Group on 2nd October.

The group is run by The National Autistic Society and meets on the first Thursday evening of each month.

There were 15 attendees at their October meeting and we gave a presentation about Autism Friendly Surrey.

One member is keen to work with us to set up an autism friendly walking group.

[National Autistic Society Aspire Groups](#)



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The Autism Trust

We visited The Autism Trust in September to find out more about what they do.

They have offices in Camberley as well as a shop (Polly's Place) selling art and craft made by autistic people.

As well as their vocational training they host an adult social evening and coffee mornings.

[The Autism Trust](#)



11

Camberley Autism Group

We have been supporting members of the Camberley Autism Group (for adults) to re-start their group which hasn't had a venue to meet for the last year.

We helped the group secure funds to hire a room once a month on a Wednesday evening to meet from 7pm to 9pm.

Group members are working on their guidelines, safeguarding and sign up form.

We hope to be able to promote this group to new people later this year.



12

Guildford Autism and ADHD Friendly Meet up Group

We met online with the organiser of this group, and plan to work together with them to offer some support ongoing.

They meet once a month in a venue in Guildford on a Saturday afternoon and have 372 members on their MeetUp site.

Jo and Gill going to their October meeting to promote Autism Friendly Surrey to their members. They are keen to be linked into a wider network of groups and inclusive activities.



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Ash Showcase

We will have a table at the next Additional Needs Service Showcase on Monday 27th October from 10am to 3pm at The Ash Centre.

Ash Centre, Ash Hill Road, Ash, GU12 5DP.

At the Ash Showcase there will be opportunity to book a spot on the Autism Reality Experience. The experience gives a virtual insight into being autistic.

[Ash Showcase](#)



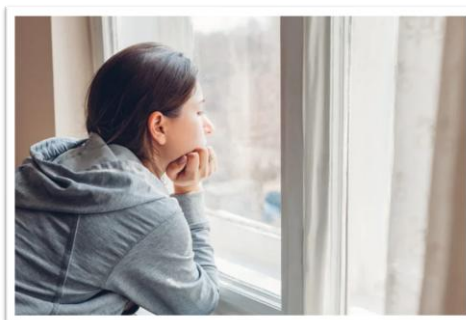
14

Focus group around isolated people

We are hosting an online meeting on the evening of Tuesday 25th November from 7pm to 8.30pm to discuss connecting with children and adults who are very isolated.

This meeting is open to all and will be hosted by our team members who have experience of being very isolated.

Support staff, families and autistic people are all welcome to join us.



15

A peer network

One theme that has emerged strongly from our work since April 2025 is the potential for people to connect with others through their interests.

We plan to explore the idea supporting a network where people can connect with others with similar interests e.g:

- Gaming
- Cinema
- Walking
- Gym
- Art and crafts

Some autistic people are keen to organise activities that are open to others, and we are keen to work with them.



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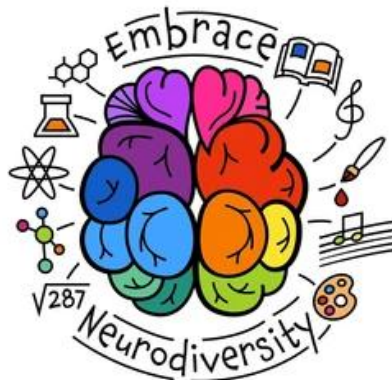
Opportunities open to all

We are developing the idea of a 'Neurodiverse Night Out' and have had discussions about what this might look like.

An evening that is open to everyone, but set up to consider the needs of neurodivergent people.

Bring your neurotypical friends and family !

A quieter, calmer sensory experience doesn't make an activity inaccessible for those not neurodivergent.



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Our October focus group

We will be hosting a focus group meeting later this month to discuss topics from this meeting and plan further events.

We will meet online using Teams on Thursday 23rd October from 7pm to 8.30pm. Topics we will be discussing in more depth include:

- Making cinemas more inclusive
- Connecting with very isolated people
- A Neurodiverse Night Out
- Our experiences of leisure centres



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Leisure Centres in West Surrey



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Leisure Centre mapping - West

We have started mapping information about inclusive activities offered by leisure centres in Surrey. We will be designing a booklet with all this information.

Leisure centre's in Surrey work in partnership with Community Connections and Sport in Mind to deliver inclusive opportunities.

It has been tricky to find this information, so please do tell us about any other offers you know about.



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Farnham Leisure Centre

Have a range of inclusive offers:

Inclusive bouncy castle

- 9am to 9.45am on Wednesdays

Inclusive inflate and vests – pool inflatables

- Last Saturday of each month from 3.30pm to 4.30pm

Inclusive swim lessons

- Various days between 4pm and 6pm

Quiet gym sessions

- Every Tuesday from 11am to 12noon



[Farnham Leisure Centre](#)

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Places Leisure Centre - Camberley

Offer SEN Disability Swim Sessions

Every Saturday from 12.30pm to 1.30pm

A calm and quiet swim session for individuals with Special Educational Needs (SEN) and disabilities.

£2.50 per person, with carers going free.

Book through the centre's timetable online or contact reception.



[Places Leisure Centre](#)

22

Haslemere Leisure Centre

Inclusive Quiet Adult Swimming and quiet gym sessions.

Inclusive sessions for adults to swim socially, no lanes.

- Tuesday 1pm to 2pm

Quiet gym sessions.

- Sunday 1pm to 2pm
- During these sessions there will be either low or no music playing



[Haslemere Leisure Centre](#)

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Eclipse Leisure Centre - Spelthorne

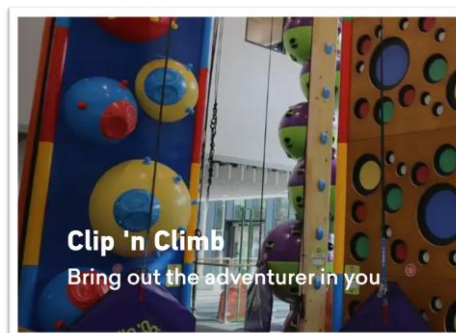
Inclusive climbing and adventure bounce sessions.

Clip N Climb – SEN sessions

- Saturday and Sunday 12noon to 1pm
- Over 5's

Adventure Bounce – SEN sessions.

- Sunday 3pm to 4pm
- Over 5's



[Eclipse Leisure Centre](#)

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Woking Leisure Centre

Offer SEN Swim, SEN Soft Play and SEN Inflatazone.

SEN Swim at Pool in the Park

- We couldn't find details of days/times

SEN Soft Play

- We couldn't find details of days/times

SEN Inflatazone

- Mon, Tues, Weds, Thurs and Sun at different times in the afternoon



[Woking Leisure Centre](#)

25

Eastwood Leisure Centre - Woking

Offer a SEN Junior Swim Session

SEN Junior Swim

- Reduced swimmer capacity for a quieter swim. Wednesdays
5.00pm - 6.00pm Teaching Pool.



[Eastwood Leisure Centre](#)

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The Hurst Pool – East Moseley

Offer Disability Swim sessions

Disability Swim sessions

- Monday – 3pm to 4pm
- Wednesday – 12noon to 1pm
- Thursday – 6.30pm to 7.10pm
- Friday – 3pm to 4pm



[The Hurst Pool](#)

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Guildford Spectrum

Offer Leisure Pool SEND sessions and also Silent Strikes bowling

Leisure Pool SEND sessions

These sessions are held every Wednesday, term time only from 4pm to 6pm.

Silent Strikes

- £5 per person/per game
- £20 for a group of 4 (for 1 hour)
- Every Thursday 4 - 6pm, excluding holiday

Arriving at Guildford Spectrum

When you arrive go up the ramp and the entrance is through the large set of automatic doors. At Reception, you will be greeted by a member of staff wearing a blue or white shirt.

There is a small swimming shop on the left as you enter the building. This is handy if you need things like a new swimming costume or goggles. You can pay for things from the shop at one of the Reception desks.

If you have pre-booked your tickets online, you do not need to stop at Reception and you can go straight to the Pool.



[Leisure Pool SEND Sessions](#)

[Silent Strikes](#)

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Sport in Mind

We met with Sport in Mind on Monday 6th October.

Sport in Mind are a charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

They offer activities across Surrey, and here is their West Surrey and Waverley timetables for adults in October.

This could be a new taster session

[Sport in Mind](#)



**Sport
In Mind**

October 2025

West Surrey

"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". To find out more about sessions near you, check out our Activity Map on sportinmind.org or contact the office on our free, confidential phone line 0300 102 1400!

Day	Time	Activity	Instructor	Venue
Guildford				
Tues	2:30-3:30pm	Yoga	Loni	Sequoia Yoga, 89 Woodbridge Road, Guildford, GU14QD
Thurs	2-3pm	Football	Simon	Astro-turf pitches (AGP) Pitch A1, Surrey Sports Park, Richard Meyjes Road, Guildford, GU2 7AD
Fri	11-12pm	Bowling	Amy/Steve	Guildford Spectrum Leisure Complex, Parkway, Guildford, GU1 1UP
Fri	2-3pm	Tai Chi	Debbie	Information Kiosk, Dapdune Wharf, Wharf Road, Guildford, Surrey, GU1 4RR
Camberley				
Mon	5:15 - 6:45pm	Badminton	Mieko	Camberley Places Leisure, Grand Avenue, Camberley GU15 3QH (Sports Hall 2)
Woking				
Tues	3-4pm	Yoga	Shena	Eastwood Leisure Centre, Albert Drive, Sheerwater, Woking, GU21 5RF (Studio 2)
Weds	2-3pm	Badminton & Table Tennis	Iay	Woking Leisure Centre Astro Turf, Woking Park, Kingfield Road, Woking, GU22 9BA

[@sportinmind](#) www.sportinmind.org info@sportinmind.org 0300 102 1400 (free)



Member sign up



Sport In Mind



Working in partnership with
NHS
Surrey and Borders Partnership
NHS Foundation Trust

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Sport in Mind

Our blog post about our visit to a Sport in Mind session on Monday 6th October is on our new website.

You need to fill in a participation form, once registered with Sport in Mind you can access their activities across the whole of Surrey (and England & Wales) which are free.

The emphasis is on participation, and their motto is 'play to challenge, not to overwhelm'. Sport in Mind staff and volunteers wear the distinctive blue T shirts.

If going for the first time there's no pressure to participate, and you are welcome to bring a supporter with you.



**Sport
In Mind**

October 2025

Waverley

"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". To find out more about sessions near you, check out our Activity Map on sportinmind.org or contact the office on our free, confidential phone line 0300 102 1400!

Day	Time	Activity	Instructor	Venue
Farnham				
Mon	1:30-2:30pm	Badminton, Pickleball and Table Tennis	Rachel/Daryl	Farnham Leisure Centre, Dogflud Way, Farnham GU9 7UD
Thurs	2-3pm	Yoga	Natasha	The Spire Church, South St, Farnham GU9 7QU (use Victoria Road blue door)
Badshot Lea				
Tue	2-3pm	Horse Riding		
To register your interest in the sessions, please contact Amy Wright on amy.wright@sportinmind.org Badshot Lea Equestrian Centre, Badshot Farm Lane, Badshot Lea, Farnham GU9 9HY				
Godalming				
Mon	1:30-2:30pm	Yoga	Loni	Well & Good, 1 High St, Godalming, GU7 1AZ

[@sportinmind](#) www.sportinmind.org info@sportinmind.org 0300 102 1400 (free)



Member sign up



Working in partnership with
NHS
Surrey and Borders Partnership
NHS Foundation Trust

**MUST
BOOK**

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Youth Clubs



We are still mapping youth groups, so please let us know of any others.

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Girlguiding Connect

We met with the Inclusion Lead at Girlguiding Surrey in September.

Girlguiding launched their Connect initiative in 2024.

Connect is a virtual offer for girls who are unable to attend face to face meetings.

[Girlguiding Connect](#)

A poster for Girlguiding Connect Virtual Meetings. It features the Girlguiding logo at the top. The central text reads "VIRTUAL MEETINGS £7 per month". Below this, it states: "An alternative way to take part in the fun and adventure of Girlguiding for girls aged 4 - 15 who are unable to attend face-to-face meetings for health or social reasons. Previous membership is not necessary." and "All girls have a home in Girlguiding - whoever they are, and wherever they are in the UK. We are Girlguiding Connect district - LoSER." There are four boxes representing different levels: "Rainbows for 4 - 7 year olds Mondays & Thursdays", "Brownies for 7 - 10 year olds Mondays & Thursdays", "Guides for 10 - 14 year olds Mondays & Wednesdays", and "Rangers for 14 - 18 year olds Thursdays". At the bottom, it provides contact information: "Email: connectdistrict@girlguidinglaser.org.uk", "Join: bit.ly/goinggconnect", and "Instagram/TikTok: @ggconnectdistrict Facebook: Girlguiding Connect district". The poster is decorated with colorful icons of girls and the Girlguiding logo.

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National Autistic Society

Youth club for autistic young people with a variety of fun activities in a safe, structured Autism friendly environment. Meet new friends, learn and play.

- Godalming
- Tuesdays, from 7pm to 9pm
- For 11 to 18 year olds
- £5



[NAS Surrey Branch](#)

33

Challengers Youth Scheme

Supported sessions for young people with additional needs and disabilities, including free play, baking, music, sports and day trips.

- Guildford, Farnham and Kingston
- 11 to 18 year olds.

[Challengers Youth](#)



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Haslemere Neurodivergent Group

An accessible space where neurodivergent young people can have fun and be supported.

- Haslemere Youth Hub, St Christopher Road, Haslemere, GU27 1DQ
- Tuesdays, from 5.30pm to 7pm
- Year 7 upwards
- £4.30

[Haslemere Hub](#)



SEN & Disability Groups

We have created a space to socialise, have fun and play games/ sports.

Sessions for ages 10-16 and 16-25

[Teens and Young Adults](#)

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The Green Hub Project

Social and therapeutic gardening sessions for neurodiverse or anxious young people.

The Green Hub Project for Teens is a local community project serving Surrey & Hampshire and surrounding areas. It supports young people (10-18) facing social, emotional and mental health challenges, along with their families and carers.

[Green Hub Project](#)



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Appeer

Social interest peer groups for autistic girls and teens held monthly on Sundays.

Other groups include a weekday group for autistic 10 to 14 year old girls who are unable to attend school, adhoc weekend activity sessions and online gaming sessions.

[APPEER](#)



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National Autistic Society Surrey Branch

The NAS Surrey Branch newsletter is a great resource to find out about youth groups and inclusive activities.

In their Oct to Nov 25 newsletter there is information about lots of different events including:

- Children's Christmas party in Woking
- Dungeons and Dragons in Godalming
- Drama Club for Autistic Children and Young People

[NAS Surrey Branch](#)



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LinkAble – Woking based

LinkAble offer play sessions and activities for children and young people aged both 5 to 11 and also 12 to 18yrs.

Linkable Next Steps 12 to 18yrs

An engaging programme of fun activities that support young people to make friends, try new things and practice life skills. Includes ASD Tuesday Game Night.

Linkable Play sessions 5 to 11yrs

A safe and supported environment for children with additional needs and disabilities, where they can be themselves, make friends and try lots of fun activities.



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Surrey Sports Park Saturday club

Fun multi sports club for children and young people with additional needs and disabilities and their families.

- Surrey Sports Park, Guildford, GU2 7AD
- 8 year olds +
- Saturdays, 2.30pm to 4.30pm

[Saturday Club on Facebook](#)



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The dates for our December 2025 meetings are:

Tuesday 2nd December - 10am to 12noon

Thursday 11th December – 7pm to 8.30pm