



resources for
autism
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MULTI SPORT GROUP

For Adults aged 18+ with
Autistic Spectrum Condition

Multi-Sport Group is for Adults 18+ with Autistic Spectrum Condition.

This group focuses on health and fitness, building upon co-ordination, control and sports skills, as well as social and communication skills.

There is interaction, group games and an emphasis on concentration. The group aims to introduce members to hockey, football tennis, running, circuits and circle games.

The group is open to individuals who require intensive support and may have low linguistic and communicative abilities.

The Multi-Sport Group is held weekly on Fridays from 11.00am until 12.30pm and is located at:

Kilburn Grange Park
Kingsgate Road
London NW6 2JH

There is a small charge for each session but we offer subsidies. Subsidy forms can be requested from the RfA office.

The group is specifically aimed at Autistic adults who require 1-1 or 2-1 support in a closed group setting. Individuals are asked to bring along their personal support staff when attending this group. However, if they do not have support staff, this can be arranged for an extra cost.

If you have any questions about this group, please contact Jonny or if you wish to discuss other Adult Services, please contact the RfA Office on 020 8458 3259.