



resources for
autism
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MULTI-SPORT GROUP

For adults aged 18+
with autism

The Multi-Sport Group for Adults with Autism

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.

Day: Fridays
Time: 11am-12.30pm
Ability Level: Semi-independent adults who do not require a one to one worker.
Location: Kilburn
London NW6 2JH

There is a charge attached to all groups and subsidies are available for those on low income.

For more information or to discuss RfA's Adult Services, please contact the RfA Office on 020 8458 3259 or e-mail charlotte@resourcesforautism.org.uk.

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