



resources for
autism
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NORTH LONDON EVENING SOCIAL GROUP

For adults aged 18+
with autism

The North London Evening Social Group for Adults with Autism aged 18+

The group aims to improve confidence and practice social situations that members may find difficult.

Every other week the group go out on a trip in the London, such as the cinema, bowling, restaurants and art galleries.

Activities include: current affairs, board/Card games, speakers, table tennis and quizzes

Topics may include: Body Language•Stress & Anxiety Management•Coping with Change•First Dates•Empathy and Sympathy•Judgements & decision making•Money Management•Transitions•Online relationships- Staying safe•Assertiveness•Telling people about your AS•Time Management•Understanding emotions

Day: Tuesdays
Time: 6.30-8.30pm
Ability Level: Independent adults who do not require a one to one worker, can travel independently and engage in discussion.

Location: Islington, N7

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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