
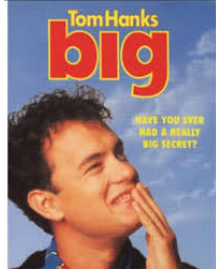



ADULT EVENT CALENDAR OCTOBER

Please email gavin@resourcesforautism.org.uk if interested in a session

All sessions are charged at £6 with subsidies available

EVENT	LEAD BY/CONTACT	DATE	TIME	DESCRIPTION	AIMED AT	WHAT YOU WILL NEED
<p>FILM CLUB</p> 	<p>Kenny Kenny@resourcesforautism.org.uk</p>	<p>Thursday, 1st October</p>	<p>3pm- 3.45pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p> <p>You don't have to watched the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie...</p> <p>Big (1988)</p>  <p>Trailer: https://www.youtube.com/watch?v=EYEYi2cmudc</p>
<p>SINGALONG & JAM</p> 	<p>Georgia gthursting@resourcesforautism.org.uk</p>	<p>Friday 2nd October</p>	<p>10am- 10:45am</p>	<p>Informal and accessible online gig and singalong, with opportunity for requests and group participation</p>	<p>Range of adult service users</p>	<ul style="list-style-type: none"> • An open mind • Your voice • Song Requests 😊 • Any instruments you may have are welcome but completely optional.

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<p>MUSIC</p> 	<p>Niamh niamh@resourcesforautism.org.uk</p>	<p>Monday, 5th October</p>	<p>1pm – 1.45pm</p>	<p>A space to encourage social chat and guided music relaxation.</p> <p>There will be some familiar music available along with a variety of music to enhance a mindfulness activity.</p>	<p>Range of Service Users</p>	<p>A singing voice is welcome along with those who enjoy listening to music. A quiet space and a reflective notepad is optional.</p>
<p>WELL-BEING GROUP</p> 	<p>Georgia gthursting@resourcesforautism.org.uk</p>	<p>Tuesday, 6th October</p>	<p>10am- 10.45am</p>	<p>Well-being talks, discussion and strategies</p> <p>Different topic each time.</p> <p>This week, we will be discussed our sleep habits and tips for getting a more restful night sleep 😊</p>	<p>Independent adults.</p>	<ul style="list-style-type: none"> • A hot drink if you want • Pen • Paper

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<p>WILDLIFE QUIZ</p> 	<p>Jeff jeff@resourcesforautism.org.uk</p>	<p>Thursday, 8th October</p>	<p>11am- 12pm</p>	<p>Fun quiz about wildlife with PowerPoint presentation</p>	<p>Range of adult service users</p>	<ul style="list-style-type: none"> • Paper • Pens/pencils • To want to have fun!!
<p>KEEP FIT</p> 	<p>Chantel chantel@resourcesforautism.org.uk</p>	<p>Thursday, 8th October</p>	<p>10am-11 am</p>	<p>Get active and have fun with a high intensity interval training workout.</p> <p>The session includes a warm up, varied workout and cool down.</p>	<p>Suitable for all adults</p>	<ul style="list-style-type: none"> • Water • Trainers • Comfortable clothes

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<p>FILM CLUB</p> 	<p>Kenny Kenny@resourcesforautism.org.uk</p>	<p>Thursday, 8th October</p>	<p>3pm- 3.45pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p> <p>You don't have to watched the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie... The Truman Show (1998)</p>  <p>Trailer: https://www.youtube.com/watch?v=dlnmQbPGuls</p>
<p>RFA Quiz Night</p> 	<p>Rick rberry@resourcesforautism.org.uk</p>	<p>Wednesday, 14th October</p>	<p>5pm- 5:45pm</p>	<p>A fun and relaxed night of trivia!</p> <p>Topics include; geography, pop culture, history, film and music.</p>	<p>A range of adult service users.</p>	<ul style="list-style-type: none"> • A pen and paper for writing down your answers

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<p>FILM CLUB</p> 	<p>Kenny Kenny@resourcesforautism.org.uk</p>	<p>Thursday, 15th October</p>	<p>3pm- 3.45pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p> <p>You don't have to watched the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie... Mulan (1998)</p>  <p>Trailer: https://www.youtube.com/watch?v=N9FbeVTWrKM</p>
<p>SINGALONG & JAM</p> 	<p>Georgia gthursting@resourcesforautism.org.uk</p>	<p>Friday, 16th October</p>	<p>10am- 10.45am</p>	<p>Informal and accessible online gig and singalong, with opportunity for requests and group participation</p>	<p>Range of adult service users</p>	<ul style="list-style-type: none"> • An open mind • Your voice • Song Requests 😊 • Any instruments you may have are welcome but completely optional.

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<p>YOGA</p> 	<p>Georgia Gthursting@resourcesforautism.org.uk</p>	<p>Monday 19th October</p>	<p>10.45am – 11.30am</p>	<p>Join Georgia for a fun and accessible beginners yoga practice, no experience needed ☺</p>	<p>Independent adults</p>	<ul style="list-style-type: none"> • Wear something comfy • A glass of water or tea • A seat or if you'd prefer to use the floor, a yoga / exercise matt (or a rug if you don't have one) • A yoga block or cushion or blanket <p>It will be mostly standing and seated yoga positions. All abilities are welcome as all moves are adaptable.</p>
<p>MUSIC</p> 	<p>Niamh niamh@resourcesforautism.org.uk</p>	<p>Monday, 19th October</p>	<p>1pm – 1.45pm</p>	<p>A space to encourage social chat and guided music relaxation.</p> <p>There will be some familiar music available along with a variety of music to enhance a mindfulness activity.</p>	<p>Range of Service Users</p>	<p>A singing voice is welcome along with those who enjoy listening to music. A quiet space and a reflective notepad is optional.</p>

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<p>WELL-BEING GROUP</p> 	<p>Georgia gthursting@resourcesforautism.org.uk</p>	<p>Tuesday, 20th October</p>	<p>10am- 10.45am</p>	<p><i>Well-being talks, discussion and strategies</i></p> <p>Different topic each time.</p> <p>This week, an introduction to mindfulness practice.</p>	<p>Independent Adults</p>	<ul style="list-style-type: none"> • A hot drink if you want. • Pen • Paper
<p>KEEP FIT</p> 	<p>Chantel chantel@resourcesforautism.org.uk</p>	<p>Thursday, 22nd October</p>	<p>10am-11 am</p>	<p>Get active and have fun with a high intensity interval training workout.</p> <p>The session includes a warm up, varied workout and cool down.</p>	<p>Suitable for all adults</p>	<ul style="list-style-type: none"> • Water • Trainers • Comfortable clothes

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<p>FUN WITH MAKATON</p> 	<p>Jeff jeff@resourcesforautism.org.uk</p>	<p>Thursday 22nd October</p>	<p>11am- 12pm</p>	<p>Fun session, learning about how to sign with Makaton.</p> <p>Level dependent on experience of signing.</p>	<p>Independent Adults</p>	<ul style="list-style-type: none"> • Hands • Fingers • Wanting to have fun!!
<p>FILM CLUB</p> 	<p>Kenny Kenny@resourcesforautism.org.uk</p>	<p>Thursday, 22nd October</p>	<p>3pm- 3.45pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p> <p>You don't have to watched the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie... Miss Congeniality (2000)</p>  <p>Trailer: https://www.youtube.com/watch?v=LwrEnPYHsyQ</p>

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<p>CROCHET – no experience needed 😊</p> 	<p>Amy ayates@resourcesforautism.org.uk</p>	<p>Friday, 23rd October</p>	<p>11am – 12pm</p>	<p>Learn to crochet or practice crochet in a friendly group.</p> <p>Will be leading easy crochet makes and can show off your projects if already a crocheter, and chat with other crafters.</p> <p>The first session will be learning a few basic stitches and for experienced crocheters a chance to crochet and talk</p>	<p>Adults wanting to try crochet and crochet with others</p>	<ul style="list-style-type: none"> • Crochet hook (any size) • Any yarn or wool • Scissors <p>There are different crochet hook sizes, any size will work for beginners although a size 4 may be preferred : can buy off amazon and ebay</p> <p>Shop ideas for wool/yarn</p> <ul style="list-style-type: none"> • Poundland has a selection of yarn/wool • BnM also has a selection which can range from £1 to £5 • Amazon and ebay sell wool/yarn <p>Any questions about the equipment you can email me at ayates@resourcesforautism.org.uk</p>
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<p>DUNGEONS AND DRAGONS</p> 	<p>Rick rberry@resourcesforautism.org.uk</p>	<p>Wednesday, 28th October</p>	<p>5pm- 6pm</p>	<p>This first session will be an introduction to Dungeons and Dragons.</p> <p>We will introduce the world, the basics of the game and brainstorm character ideas for future sessions.</p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> • A pen and paper or laptop/tablet • Your imagination
<p>DINOSAUR QUIZ</p> 	<p>Jeff jeff@resourcesforautism.org.uk</p>	<p>Thursday, 29th October</p>	<p>11am- 12pm</p>	<p>Fun quiz about dinosaurs complete with PowerPoint presentation</p>	<p>Range of adult service users</p>	<ul style="list-style-type: none"> • Paper • Pens, Pencils • Want to have fun!!

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<p>FILM CLUB</p> 	<p>Kenny Kenny@resourcesforautism.org.uk</p>	<p>Thursday, 29th October</p>	<p>3pm- 3.45pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie... Chronicle (2012)</p>  <p>Trailer: https://www.youtube.com/watch?v=LwrEnPYHsyQ</p>
<p>SINGALONG & JAM</p> 	<p>Georgia gthursting@resourcesforautism.org.uk</p>	<p>Friday, 30th October</p>	<p>10:00am - 10:45am</p>	<p>Informal and accessible online gig and singalong, with opportunity for requests and group participation</p>	<p>Range of adult service users</p>	<ul style="list-style-type: none"> • An open mind • Your voice • Song Requests 😊 • Any instruments you may have are welcome but completely optional.

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<p>YOGA</p> 	<p>Georgia Gthursting@resourcesforautism.org.uk</p>	<p>Friday 30th October</p>	<p>12pm – 12.45pm</p>	<p>Join Georgia for a fun and accessible beginners yoga practice, no experience needed 😊</p>	<p>Independent adults</p>	<ul style="list-style-type: none"> • Wear something comfy • A glass of water or tea • A seat or if you'd prefer to use the floor, a yoga / exercise matt (or a rug if you don't have one) • A yoga block or cushion or blanket • It will be mostly standing and seated yoga positions. All abilities are welcome as all moves are adaptable.
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END OF OCTOBER EVENTS

We hope you enjoyed! 😊