



## ADULT EVENT CALENDAR OCTOBER

Please email [gavin@resourcesforautism.org.uk](mailto:gavin@resourcesforautism.org.uk) if interested in a session


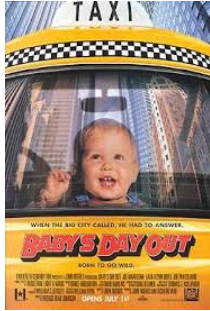

All sessions are charged at £6 with subsidies available

EVENT	LEAD BY	DATE	TIME	DESCRIPTION	AIMED AT	WHAT YOU WILL NEED
<p><b>SINGALONG &amp; JAM</b></p> 	Georgia	Tuesday, 3 <sup>rd</sup> November	2.45pm-3.30pm	<p><b>Informal and accessible online gig and singalong.</b></p> <p>With opportunity for requests and group participation</p>	Range of adult service users	<ul style="list-style-type: none"> <li>• An open mind</li> <li>• Your voice</li> <li>• Song Requests 😊</li> <li>• Any instruments you may have are welcome but completely optional.</li> </ul>
<p><b>KEEP FIT</b></p> 	Chantel	Thursday, 5 <sup>th</sup> November	10am-11am	<p><b>Get active and have fun with a high intensity interval training workout.</b></p> <p>The session includes a warm up, varied workout and cool down.</p>	Suitable for all adults	<ul style="list-style-type: none"> <li>• Water</li> <li>• Trainers</li> <li>• Comfortable clothes</li> </ul>

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<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday, 5th November</p>	<p>3pm- 4pm</p>	<p><b>The group choose films together to watch that week from home.</b></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><b>Baby's Day Out (1994)</b></p>  <p><b>Trailer:</b></p> <p><a href="https://www.youtube.com/watch?v=pzow5wUp7hY">https://www.youtube.com/watch?v=pzow5wUp7hY</a></p>
<p><b>MUSIC</b></p> 	<p>Niamh</p>	<p>Monday, 9<sup>th</sup> November</p>	<p>11am- 11.45am</p>	<p><b>A space to encourage social chat and guided music relaxation.</b></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><b>WELL-BEING GROUP</b></p> 	<p>Georgia</p>	<p>Tuesday 10th November</p>	<p>10:45am - 11:30am</p>	<p><i>Well-being talks, discussion and strategies</i></p> <p>Different topic each time.</p> <p><b>This week, we will be discussed our sleep habits and tips for getting a more restful night sleep 😊</b></p>	<p>Independent adults.</p>	<ul style="list-style-type: none"> <li>• A hot drink if you want</li> <li>• Pen</li> <li>• Paper</li> </ul>
<p><b>YOGA</b></p> 	<p>Georgia</p>	<p>Tuesday 10<sup>th</sup> November</p>	<p>11:45am - 12:30pm</p>	<p><b>Join Georgia for a fun and accessible beginners yoga practice, no experience needed 😊</b></p>	<p>Independent adults</p>	<ul style="list-style-type: none"> <li>• Wear something comfy</li> <li>• A glass of water or tea</li> <li>• A seat or if you'd prefer to use the floor, a yoga / exercise matt (or a rug if you don't have one)</li> <li>• A yoga block or cushion or blanket</li> </ul> <p>It will be mostly standing and seated yoga positions. All abilities are welcome as all moves are adaptable.</p>

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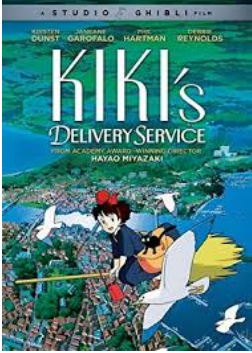

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<p><b>KEEP FIT</b></p> 	<p>Chantel</p>	<p>Thursday, 12<sup>th</sup> November</p>	<p>10am- 11am</p>	<p><b>Get active and have fun with a high intensity interval training workout.</b></p> <p>The session includes a warm up, varied workout and cool down.</p>	<p>Suitable for all adults</p>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Trainers</li> <li>• Comfortable clothes</li> </ul>
<p><b>Disney Quiz</b></p> 	<p>Jeff</p>	<p>Thursday, 12<sup>th</sup> November</p>	<p>11am- 12pm</p>	<p><b>Test your knowledge of the magical world of Disney in this fun quiz.</b></p>	<p>Suitable for all adults</p>	<ul style="list-style-type: none"> <li>• Pen</li> <li>• Paper</li> </ul>

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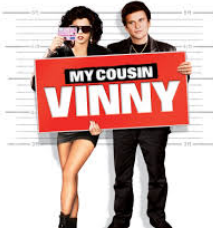
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<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday, 12<sup>th</sup> November</p>	<p>3pm- 4pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</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><b>Kiki's Delivery Service (1989)</b></p>  <p>Trailer: <a href="https://www.youtube.com/watch?v=CJRJveWPPRU">https://www.youtube.com/watch?v=CJRJveWPPRU</a></p>
<p><b>SINGALONG &amp; JAM</b></p> 	<p>Georgia</p>	<p>Tuesday, 17<sup>th</sup> November</p>	<p>11.45am - 12.30pm</p>	<p><b>Informal and accessible online gig and singalong.</b></p> <p>With opportunity for requests and group participation</p>	<p>Range of adult service users</p>	<ul style="list-style-type: none"> <li>• An open mind</li> <li>• Your voice</li> <li>• Song Requests 😊</li> <li>• Any instruments you may have are welcome but completely optional.</li> </ul>

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<p><b>FUN WITH MAKATON</b></p> 	<p>Jeff</p>	<p>Thursday, 19<sup>th</sup> November</p>	<p>11am- 12pm</p>	<p><b>Fun session, learning about how to sign with Makaton.</b></p> <p>Level dependent on experience of signing.</p>	<p>Independent Adults</p>	<ul style="list-style-type: none"> <li>• Hands</li> <li>• Fingers</li> <li>• Wanting to have fun!!</li> </ul>
<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday, 19<sup>th</sup> November</p>	<p>3pm- 4pm</p>	<p><b>The group choose films together to watch that week from home.</b></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><b>To have watched this week's movie...</b> <b>My Cousin Vinny (1992)</b></p>  <p><b>Trailer:</b></p> <p><a href="https://www.youtube.com/watch?v=SL4HdaZXuOw">https://www.youtube.com/watch?v=SL4HdaZXuOw</a></p>

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<p><b>MUSIC</b></p> 	<p>Niamh</p>	<p>Monday, 23<sup>rd</sup> November</p>	<p>11am- 11.45am</p>	<p><b>A space to encourage social chat and guided music relaxation.</b></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><b>WELL-BEING GROUP</b></p> 	<p>Georgia</p>	<p>Tuesday, 24th November</p>	<p>10:45am - 11:30am</p>	<p><b>Well-being talks, discussion and strategies</b></p> <p>Different topic each time.</p> <p><b>This week, Georgia will be discussing and exploring Mindfulness further.</b></p>	<p>Independent adults.</p>	<ul style="list-style-type: none"> <li>• A hot drink if you want</li> <li>• Pen</li> <li>• Paper</li> </ul> <p>If you attended the 'mindfulness' session last month, please feel free to attend again this month as the session will not be the same!</p>

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<p><b>YOGA</b></p> 	<p>Georgia</p>	<p>Tuesday, 24<sup>th</sup> November</p>	<p>11.45am - 12.30pm</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"> <li>• Wear something comfy</li> <li>• A glass of water or tea</li> <li>• A seat or if you'd prefer to use the floor, a yoga / exercise matt (or a rug if you don't have one)</li> <li>• A yoga block or cushion or blanket</li> </ul> <p>It will be mostly standing and seated yoga positions. All abilities are welcome as all moves are adaptable.</p>
<p><b>DUNGEONS AND DRAGONS</b></p> 	<p>Rick</p>	<p>Wednesday, 25<sup>th</sup> November</p>	<p>5-6pm</p>	<p><b>This first session will be an introduction to Dungeons and Dragons.</b></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"> <li>• A pen and paper or laptop/tablet</li> <li>• Your imagination</li> </ul>



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<p><b>FUN WITH MAKATON</b></p> 	<p>Jeff</p>	<p>Thursday, 26<sup>th</sup> November</p>	<p>10am- 11am</p>	<p><b>Fun session, learning about how to sign with Makaton.</b></p> <p>Level dependent on experience of signing.</p>	<p>Independent Adults</p>	<ul style="list-style-type: none"> <li>• Hands</li> <li>• Fingers</li> <li>• Wanting to have fun!!</li> </ul>
<p><b>CROCHET – no experience needed 😊</b></p> 	<p>Amy</p>	<p>Thursday, 26<sup>th</sup> November</p>	<p>11am- 12pm</p>	<p><b>Learn to crochet or practice crochet in a friendly group.</b></p> <p>Will be leading easy crochet makes and can show off your projects if already a crocheter, and chat with other crafters. 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"> <li>• Crochet hook (any size)</li> <li>• Any yarn or wool</li> <li>• Scissors</li> </ul> <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"> <li>• Poundland has a selection of yarn/wool</li> <li>• BnM also has a selection which can range from £1 to £5</li> <li>• Amazon and ebay sell wool/yarn</li> </ul> <ul style="list-style-type: none"> <li>• Any questions about the equipment you can email me at <a href="mailto:ayates@resourcesforautism.org.uk">ayates@resourcesforautism.org.uk</a></li> </ul>

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<p><b>KEEP FIT</b></p> 	<p>Chantel</p>	<p>Monday, 30<sup>th</sup> November</p>	<p>10am- 11am</p>	<p><b>Get active and have fun with a high intensity interval training workout.</b></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"> <li>• Water</li> <li>• Trainers</li> <li>• Comfortable clothes</li> </ul>



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**END OF NOVEMBER EVENTS**

**We hope you enjoyed! 😊**