

The logo for 'resources for autism' is displayed within a white diamond shape with an orange border. The text 'resources for' is in blue, 'autism' is in orange, and a blue stick figure is integrated into the letter 'i' in 'autism'.

resources for
autism



Wednesday Woodland Walking Group

Resources for Autism are excited to be setting up a new walking group.

In beautiful scenery the group will be encouraged to notice nature, learn how to identify trees, learn about the history and story's behind some of London great parks as well as being active and exercising. Whilst making friends and expanding your mind and improving wellbeing.

**Led by Linda Royles, qualified
Forest School Leader and Horticulture therapist.**

Who is the group aimed at?

Up to 10 semi-independent/independent adults over 18 who do not require one to one support who can travel easily to North London.

When/where will it be?

Wednesdays from 11am-12.30pm.
Starting 17th, February until September 2021.

Different locations around North London including Highgate Woods and Manor House Wetlands.

Is there a charge?

The group will cost £5 to attend.
Subsidies are available on request.

If you are interested in this new group please email
charlotte@resourcesforautism.org.uk

We hope to set up a South London group too. If interested in this please get in touch.