




## ADULT EVENT CALENDAR APRIL

Please email [alexw@resourcesforautism.org.uk](mailto:alexw@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>FILM CLUB</b></p> 	Kenny	Thursday, 1 <sup>st</sup> April	3-4pm	<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 watch the movie to join us.</p>	Independent adults interested in film.	<p>To have watched this week's movie...</p> <p><b>My Neighbor Totoro (1988)</b></p>  <p><b>Trailer:</b></p> <p><a href="https://www.youtube.com/watch?v=WJC1qciW_3k">https://www.youtube.com/watch?v=WJC1qciW_3k</a></p>
<p><b>Introduction to DUNGEONS AND DRAGONS</b></p> 	Rick	Thursday, 1 <sup>st</sup> April	6-7pm	<p><b>This is an introduction session for dungeons and dragons. We will create a character and set you up to join our weekly sessions</b></p> <p>Please contact Rick if you have any questions.</p> <p><a href="mailto:rberry@resourcesforautism.org.uk">rberry@resourcesforautism.org.uk</a></p>	Independent adults with a vivid imagination	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> <li>• An email address for signing up to dndbeyond</li> </ul>

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<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday, 8<sup>th</sup> April</p>	<p>3-4pm</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 watch the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie... Fist Of Fury (1972)</p>  <p>Trailer: <a href="https://www.youtube.com/watch?v=w_4RjSbSIFY">https://www.youtube.com/watch?v=w_4RjSbSIFY</a></p>
<p><b>DUNGEONS AND DRAGONS</b></p> 	<p>Rick</p>	<p>Thursday, 8<sup>th</sup> April</p>	<p>6-7pm</p>	<p>A DnD group with a passion for adventure and role playing.</p> <p>If you would like to try it out, please join the first session of the month</p> <p>Please contact Rick if you have any questions. <a href="mailto:rberry@resourcesforautism.org.uk">rberry@resourcesforautism.org.uk</a></p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> <li>• An email address for signing up to dndbeyond</li> </ul>

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<p><b>KEEP FIT</b></p> 	<p>Chantel</p>	<p>Monday, 12<sup>th</sup> April</p>	<p>11am-12pm</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"> <li>• Water</li> <li>• Trainers</li> <li>• Comfortable clothes</li> </ul>
<p><b>CROCHET – no experience needed 😊</b></p> 	<p>Amy</p>	<p>Wednesday, 14<sup>th</sup>, April</p>	<p>1.30-2.30pm</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"> <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-£5</li> <li>• Amazon and ebay sell wool/yarn</li> <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>FUN WITH MAKATON</b></p> 	<p>Jeff</p>	<p>Thursday, 15<sup>th</sup> April</p>	<p>12.30- 1.30pm</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, 15<sup>th</sup> April</p>	<p>3-4pm</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></p> <p><b>9 to 5 (1980)</b></p>  <p><b>Trailer:</b> <a href="https://www.youtube.com/watch?v=qni6HOyPNBA">https://www.youtube.com/watch?v=qni6HOyPNBA</a></p>

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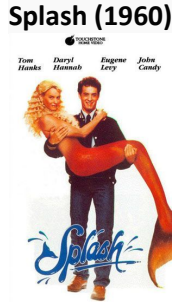

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<p><b>DUNGEONS AND DRAGONS</b></p> 	Rick	Thursday, 15th April	6-7pm	<p>A DnD group with a passion for adventure and role playing.</p> <p>If you would like to try it out, please join the first session of the month</p> <p>Please contact Rick if you have any questions. <a href="mailto:rberry@resourcesforautism.org.uk">rberry@resourcesforautism.org.uk</a></p>	Independent adults with a vivid imagination	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> <li>• An email address for signing up to dndbeyond</li> </ul>
<p><b>WELL-BEING GROUP</b></p> 	Georgia	Tuesday 20 <sup>th</sup> April	10-10:45am	<p><b>Well-being talks, discussion and strategies</b></p> <p>Different topic each time.</p> <p><b>This week, we will be discussing our sleep habits and how to get a better nights sleep.</b></p>	Independent adults.	<ul style="list-style-type: none"> <li>• A hot drink if you want</li> <li>• Pen</li> <li>• Paper</li> </ul>

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<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday, 22<sup>nd</sup> April</p>	<p>3-4pm</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 watch the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie...</p>  <p><b>Splash (1960)</b></p> <p>Tom Hanks Daryl Hannah Eugene Lee Kelly Candy</p> <p><b>Trailer:</b></p> <p><a href="https://www.youtube.com/watch?v=uMIsXdoj2vU">https://www.youtube.com/watch?v=uMIsXdoj2vU</a></p>
<p><b>DUNGEONS AND DRAGONS</b></p> 	<p>Rick</p>	<p>Thursday, 22nd April</p>	<p>6-7pm</p>	<p>A DnD group with a passion for adventure and role playing.</p> <p>If you would like to try it out, please join the first session of the month</p> <p>Please contact Rick if you have any questions. <a href="mailto:rberry@resourcesforautism.org.uk">rberry@resourcesforautism.org.uk</a></p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> <li>• An email address for signing up to dndbeyond</li> </ul>

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<p><b>KEEP FIT</b></p> 	<p>Chantel</p>	<p>Monday, 26<sup>th</sup> April</p>	<p>11am-12pm</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"> <li>• Water</li> <li>• Trainers</li> <li>• Comfortable clothes</li> </ul>
<p><b>POLITICS AND CURRENT AFFAIRS GROUP</b></p>  <p><b>DISCUSSION GROUP</b></p>	<p>Jeff</p>	<p>Monday, 26<sup>th</sup> April</p>	<p>12pm-1pm</p>	<p>This is a brand new group for the Calendar and is for anyone who would like to discuss what is happening in the UK, the world etc!!</p> <p>And discuss the recent news on TV and online.</p>	<p>For adults interested in politics and current affairs and the news</p>	<p>Nothing needed particularly accept YOU!!</p> <p>It would be great, but not necessary, if anyone wanting to join can come with topics and events that they would like to discuss. I can offer some suggestions prior to the session.</p>



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<p><b>SINGALONG &amp; JAM</b></p> 	<p>Georgia</p>	<p>Tuesday , 27<sup>th</sup> April</p>	<p>11-11:45am</p>	<p><b>Informal and accessible online gig and singalong.</b></p> <p>Friendly faces, song requests, singing and a little shameless boogying!</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>
<p><b>MUSIC</b></p> 	<p>Niamh</p>	<p>Thursday, 29<sup>th</sup> April</p>	<p>1-1:45pm</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>DUNGEONS AND DRAGONS</b></p> 	<p>Rick</p>	<p>Thursday, 29th April</p>	<p>6-7pm</p>	<p>A DnD group with a passion for adventure and role playing.</p> <p>If you would like to try it out, please join the first session of the month</p> <p>Please contact Rick if you have any questions. <a href="mailto:rberry@resourcesforautism.org.uk">rberry@resourcesforautism.org.uk</a></p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> <li>• An email address for signing up to dndbeyond</li> </ul>



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**END OF APRIL EVENTS**

**We hope you enjoyed! 😊**