



ADULT EVENT CALENDAR MAY

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


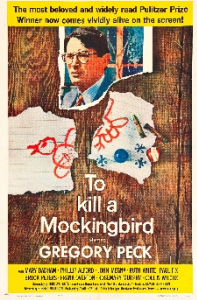

All sessions are charged at £6 with subsidies available

OEVENT	LEAD BY	DATE	TIME	DESCRIPTION	AIMED AT	WHAT YOU WILL NEED
<p>SINGALONG & JAM</p> 	Georgia	Tuesday 4 th May	9.30am-10.15am	<p>Informal and accessible online gig and singalong.</p> <p>Friendly faces, song requests, singing and a little shameless boogying!</p>	Range of adult service users	<ul style="list-style-type: none"> • An open mind • Your voice • Song Requests 😊 • Any instruments you may have are welcome but completely optional.
<p>WELL-BEING GROUP</p> 	Georgia	Tuesday 4 th May	10.15am-11am	<p>Well-being talks, discussion and strategies</p> <p>Different topic each time.</p> <p>This week, we will be sharing our feelings about lockdown easing and learning strategies that can help us cope with the challenges that may arise</p>	Independent adults.	<ul style="list-style-type: none"> • A hot drink if you want • Pen • Paper

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<p>FILM CLUB</p> 	<p>Kenny</p>	<p>Thursday, 6th May</p>	<p>3-4pm</p>	<p>The group choose films together to watch that week from home. Within the session they review the movie and discuss the beauty of cinema together. 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... To Kill A Mockingbird (1962)</p>  <p>Trailer: https://www.youtube.com/watch?v=KR7loA_oziY</p>
<p>Introduction to DUNGEONS AND DRAGONS</p> 	<p>Rick</p>	<p>Thursday, 6th May</p>	<p>6-7pm</p>	<p>This is an introduction session to learn more about dungeons and dragons. We will create a character, explore the world of Faerun and get ready to join the weekly group. Please contact Rick if you have any questions. rberry@resourcesforautism.org.uk</p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> • Laptop/tablet • Your imagination • An email address for signing up to dndbeyond and Roll20

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<p>CROCHET – no experience needed 😊</p> 	<p>Amy</p>	<p>Tuesday, 11th May</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. 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-£5 • Amazon and ebay sell wool/yarn • Any questions about the equipment you can email me at ayates@resourcesforautism.org.uk
<p>FUN WITH MAKATON</p> 	<p>Jeff</p>	<p>Wednesday, 12th May</p>	<p>12.30- 1.30pm</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!!

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<p>FILM CLUB</p> 	<p>Kenny</p>	<p>Thursday, 13th May</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 watched the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie...</p> <p style="text-align: center;">Labyrinth (1986)</p>  <p style="text-align: center;">Trailer:</p> <p style="text-align: center;">https://www.youtube.com/watch?v=O2yd4em1I6M</p>
<p>DUNGEONS AND DRAGONS</p> 	<p>Rick</p>	<p>Thursday, 13th May</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. rberry@resourcesforautism.org.uk</p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> • Laptop/tablet • Your imagination • An email address for signing up to dndbeyond

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<p>KEEP FIT</p> 	Chantel	Monday, 17 th May	10am- 11am	<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>	Suitable for all adults	<ul style="list-style-type: none"> • Water • Trainers • Comfortable clothes
<p>WELL-BEING GROUP</p> 	Georgia	Tuesday 18 th May	9.30- 10.15am	<p><i>Well-being talks, discussion and strategies</i></p> <p>Different topic each time.</p> <p>This week, we will be discussing anxiety and coping strategies e.g. grounding techniques</p>	Independent adults.	<ul style="list-style-type: none"> • A hot drink if you want • Pen • Paper

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<p>FILM CLUB</p> 	<p>Kenny</p>	<p>Thursday, 20th May</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>Independent adults interested in film.</p>	<p>To have watched this week's movie...</p> <p>About Time (2013)</p>  <p>Trailer:</p> <p>https://www.youtube.com/watch?v=T7A810duHvw</p>

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<p>POLITICS AND CURRENT AFFAIRS GROUP</p>  <p>DISCUSSION GROUP</p>	<p>Jeff</p>	<p>Friday, 21st May</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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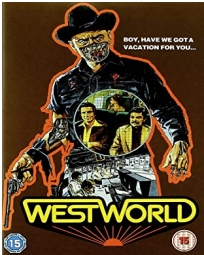
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<p>KEEP FIT</p> 	<p>Chantel</p>	<p>Monday, 24th May</p>	<p>10-11am</p>	<p>Get active and have fun with a high intensity interval training workout.</p> <p>The session includes a warm up, varied workout and cool down.</p>	<p>Suitable for all adults</p>	<ul style="list-style-type: none"> • Water • Trainers • Comfortable clothes
<p>MUSIC</p> 	<p>Niamh</p>	<p>Tuesday, 25th May</p>	<p>1-1:45pm</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>PAPER ARTS & CRAFTS</p> 	<p>Jeff</p>	<p>Wednesday 26th May</p>	<p>11am- 12pm</p>	<p>A session where we can make a range of paper crafts, including Origami.</p>	<p>Suitable for all adults</p>	<p>Scissors Pens/Coloured Pencils Print Paper Origami Paper Glue</p> <p>I will send out the craft that we are making on the day and all materials needed before the session.</p>
<p>FILM CLUB</p> 	<p>Kenny</p>	<p>Thursday, 27th May</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>Independent adults interested in film.</p>	<p>To have watched this week's movie...</p> <p>Westworld (1973)</p>  <p>Trailer: https://www.youtube.com/watch?v=EjyOfTEeNHA</p>

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END OF MAY EVENTS

We hope you enjoyed! 😊