

Sports & Soul Group



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

During the past year we have all come to appreciate the power of movement. This is a group that encourages physical activity by learning a new sport to increase positive well-being. This will be an active group and offer a wide range of experiences including a day trip at the end.

Who is the group aimed at?

Up to 10 high-needs adults over 18 who require one to one support (no outside carers permitted. RFA will staff all support workers needed).

When/where will it be?

Tuesdays from 2pm-4pm.
Starting 20th April until mid-October.
East Finchley location.

Is there a charge?

The group will cost £10 to attend. Subsidies are available on request.

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