




ADULT EVENT CALENDAR JULY

Please email 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>FILM CLUB</p> 	Kenny	Thursday 1 st July	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. 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>Sixty Six (2006)</p>  <p>Trailer: https://www.youtube.com/watch?v=SL7pNPk8hyl</p>
<p>Introduction to DUNGEONS AND DRAGONS</p> 	Rick	Thursday, 1 st July	5-6pm	<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.</p> <p>Please contact Rick if you have any questions. rberry@resourcesforautism.org.uk</p>	Independent adults with a vivid imagination	<ul style="list-style-type: none"> • Laptop/tablet • Your imagination • An email address for signing up to dndbeyond and Roll20

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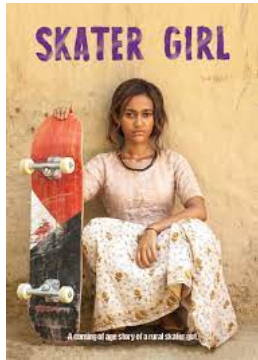
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<p>KEEP FIT</p> 	Chantel	Monday, 5 th July	10-11am	<p>Get active and have fun with a high intensity interval training workout.</p> <p>The session includes a warm up, varied workout and cool down.</p>	Suitable for all adults	<ul style="list-style-type: none"> • Water • Trainers • Comfortable clothes
<p>SINGALONG & JAM</p> 	Georgia	Tuesday, 6 th July	10-10.45am	<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.

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<p>WELL-BEING GROUP</p> 	<p>Georgia</p>	<p>Tuesday, 6th July</p>	<p>10.45-11:30am</p>	<p><i>Well-being talks, discussion and strategies</i></p> <p>Different topic each time.</p> <p>This week, we will be sharing learning various mood boosting practices that you can use in your daily life!</p>	<p>Independent adults.</p>	<ul style="list-style-type: none"> • A hot drink if you want • Pen • Paper
<p>FILM CLUB</p> 	<p>Kenny</p>	<p>Thursday, 8th July</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>Skater Girl (2021)</p>  <p>Trailer:</p> <p>https://www.youtube.com/watch?v=k5Fn99wmFCQ</p>

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<p>DUNGEONS AND DRAGONS</p> 	Rick	Thursday, 8 th July	5-6pm	<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>	Independent adults with a vivid imagination	<ul style="list-style-type: none"> • Laptop/tablet • Your imagination • An email address for signing up to dndbeyond <p>This is Ricks last session with us. Thank you Rick for creating this group and wishing you well with everything! 😊</p>
<p>FUN WITH MAKATON</p> 	Jeff	Friday, 9 th July	12.30-1.30pm	<p>Fun session, learning about how to sign with Makaton.</p> <p>Level dependent on experience of signing.</p>	Independent Adults	<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, 15th July</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>Safety Not Guaranteed (2012)</p>  <p>Trailer: https://www.youtube.com/watch?v=KWshM44pDVg</p>
<p>DUNGEONS AND DRAGONS</p> 	<p>Rash – new leader starting!</p> <p>Welcome Rash 😊</p>	<p>Thursday, 15th July</p>	<p>5-6pm</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 Rash if you have any questions. rumran@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, 19 th July	10-11am	<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>SINGALONG & JAM</p> 	Georgia	Tuesday, 20 th July	10-10.45am	<p>Informal and accessible online gig and singalong.</p> <p>Friendly faces, song requests, singing and a little shameless booying!</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.

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<p>WELL-BEING GROUP</p> 	<p>Georgia</p>	<p>Tuesday, 20th July</p>	<p>10.45- 11:30am</p>	<p><i>Well-being talks, discussion and strategies</i></p> <p>Different topic each time.</p> <p>This week, we will learn about mindfulness and the benefits it can have for the neurodivergent mind.</p>	<p>Independent adults.</p>	<ul style="list-style-type: none"> • A hot drink if you want • Pen • Paper
<p>POLITICS AND CURRENT AFFAIRS GROUP</p>  <p>DISCUSSION GROUP</p>	<p>Jeff</p>	<p>Tuesday, 20th July</p>	<p>12-1pm</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>PAPER ARTS & CRAFTS</p> 	<p>Jeff</p>	<p>Thursday, 22nd July</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, 22nd July</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>The Hitchhiker's Guide To The Galaxy (2005)</p> <p>Trailer:</p>  <p>https://www.youtube.com/watch?v=MbGNcoB2Y4I</p>

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<p>DUNGEONS AND DRAGONS</p> 	<p>Rash</p>	<p>Thursday, 22nd July</p>	<p>5-6pm</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 Rash if you have any questions. rumran@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
<p>The Cooking Club</p> 	<p>Chantel</p>	<p>Monday, 26th July</p>	<p>11am-12pm</p>	<p>Cooking a variety of simple, fun and healthy foods with the occasional treat.</p> <p>The group can choose from a few recipes for the following sessions.</p> <p>Please contact Chantel if you have any allergies or questions and require advice. chantel@resourcesforautism.org</p>	<p>Independent adults</p>	<p>This week we will be making Rice Krispie Treats-</p> <p>You will need- 3 cups rice krispies cereal/an alternative brand 360g chocolate (two big bars) A topping of your choice e.g- raisins, smarties</p> <p>Equipment- Access to stove A bowl/pot to melt chocolate A tray to put the mixture in Utensils- Spoon, knife, spatula (if available)</p>

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<p>FILM CLUB</p> 	<p>Kenny</p>	<p>Thursday, 29th July</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>Amélie (2001)</p>  <p>Trailer: https://www.youtube.com/watch?v=lrIQR_KH_nw</p>
<p>DUNGEONS AND DRAGONS</p> 	<p>Rash</p>	<p>Thursday, 29th July</p>	<p>5-6pm</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 Rash if you have any questions. rumran@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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END OF JULY EVENTS

We hope you enjoyed! 😊