



## ADULT EVENT CALENDAR AUGUST

Please email [alexw@resourcesforautism.org.uk](mailto:alexw@resourcesforautism.org.uk) if interested in a session


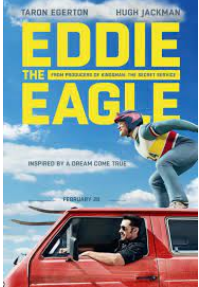

All sessions are charged at £6 with subsidies available

| EVENT   | LEAD BY | DATE                                | TIME       | DESCRIPTION  | AIMED AT                | WHAT YOU WILL NEED   |
|---|---------|-------------------------------------|------------|--|-------------------------|--|
| <p><b>KEEP FIT</b></p>            | Chantel | Monday 2 <sup>nd</sup><br>August    | 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"> <li>• Water</li> <li>• Trainers</li> <li>• Comfortable clothes</li> </ul> |
| <p><b>WELL-BEING GROUP</b></p>  | Stella  | Tuesday , 3 <sup>rd</sup><br>August | 10-10.45am | <p><i>Well-being talks, discussion and strategies</i></p> <p>Different topic each time.</p> <p><b>This week's session is 'an introduction to mindfulness'.</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,<br/>5th August</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...<br/><b>Eddie The Eagle (2016)</b></p>  <p>Trailer:<br/><a href="https://www.youtube.com/watch?v=CATCSEoeG_c">https://www.youtube.com/watch?v=CATCSEoeG_c</a></p> |
| <p><b>Introduction to DUNGEONS AND DRAGONS</b></p>  | <p>Rash</p>  | <p>Thursday, 5<sup>th</sup><br/>August</p> | <p>5-6pm</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.</p> <p>Please contact Rash if you have any questions.<br/><a href="mailto:rumran@resourcesforautism.org.uk">rumran@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 dnd beyond and Roll20</li> </ul>   |

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| <p><b>SINGALONG &amp; JAM</b></p>  | <p>Hugh</p> | <p>Monday 9<sup>th</sup> August</p>      | <p>2pm-2.45pm</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>FUN WITH MAKATON</b></p>    | <p>Jeff</p> | <p>Wednesday, 11<sup>th</sup> August</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>  |

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| <p><b>FILM CLUB</b></p>               | <p>Kenny</p> | <p>Thursday,<br/>12<sup>th</sup> August</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><b>Dirty Rotten Scoundrels (1988)</b></p>  <p>Trailer:<br/><a href="https://www.youtube.com/watch?v=exqXoi878M4">https://www.youtube.com/watch?v=exqXoi878M4</a></p> |
| <p><b>DUNGEONS AND DRAGONS</b></p>  | <p>Rash</p>  | <p>Thursday,<br/>12<sup>th</sup> August</p> | <p>5-6pm</p> | <p>A DnD group with a passion for adventure and role playing.</p> <p>If you are new and would like to try it out, please join the first session of the month.</p> <p>Contact Rash for more info -<br/><a href="mailto:rumran@resourcesforautism.org.uk">rumran@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>MAKE A MANDALA – ART GROUP</b></p>  | <p>Stella</p> | <p>Monday,<br/>16<sup>th</sup> August</p>  | <p>4 -5pm</p>     | <p>Mandalas are beautiful circular patterns, created across many cultures. Making these can help to calm the mind, reduce stress and improve our wellbeing.</p> <p>These fun and relaxing sessions will include some warm-up drawing and breathing exercises, inspiration from nature and step-by-step guidance.</p> | <p>Suitable for all adults. Everyone is welcome and no creative experience is necessary. This is about enjoying the process and having fun with it!</p> | <p>You will need:</p> <ul style="list-style-type: none"> <li>• Paper</li> <li>• A pencil or a pen</li> <li>• Crayons/paints/pastels (optional)</li> </ul>           |
| <p><b>WELL-BEING GROUP</b></p>            | <p>Stella</p> | <p>Tuesday,<br/>17<sup>th</sup> August</p> | <p>10-10.45am</p> | <p><b><i>Well-being talks, discussion and strategies</i></b></p> <p>Different topic each time.</p> <p><b>Today we will practice mindful doodling. We will explore how music and drawing can help us to relax and be present</b></p>  | <p>Independent adults</p>   | <ul style="list-style-type: none"> <li>• A hot drink if you want</li> <li>• Coloured Pens / Pencils (whatever you prefer to draw with!)</li> <li>• Paper</li> </ul> |

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| <p><b>FILM CLUB</b></p>              | <p>Kenny</p> | <p>Thursday,<br/>19<sup>th</sup> August</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><b>Adaptation (2002)</b></p>  <p><b>Adaptation.</b></p> <p>Trailer:<br/><a href="https://www.youtube.com/watch?v=c6woPWN7X5U">https://www.youtube.com/watch?v=c6woPWN7X5U</a></p> |
| <p><b>DUNGEONS AND DRAGONS</b></p>  | <p>Rash</p>  | <p>Thursday,<br/>19<sup>th</sup> August</p> | <p>5-6pm</p> | <p>A DnD group with a passion for adventure and role playing.</p> <p>If you are new and would like to try it out, please join the first session of the month.</p> <p>Contact Rash for more info -<br/><a href="mailto:rumran@resourcesforautism.org.uk">rumran@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>SINGALONG &amp; JAM</b></p>  | <p>Niamh</p>   | <p>Friday 20<sup>th</sup> August</p>  | <p>1-1.45pm</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>The Cooking Club</b></p>    | <p>Chantel</p> | <p>Monday, 23<sup>rd</sup> August</p> | <p>11am-12pm</p> | <p><b>Cooking a variety of simple, fun and healthy foods with the occasional treat.</b></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.<br/><a href="mailto:chantel@resourcesforautism.org">chantel@resourcesforautism.org</a></p> | <p>Independent adults</p>           | <p>This week we will be making Spinach and cheese quesadillas</p> <p><b>You will need-</b></p> <ul style="list-style-type: none"> <li>• 1 bunch fresh spinach ( or alternative vegetable)</li> <li>• 1 cup of cheddar cheese</li> <li>• 4 flour tortillas</li> <li>• Butter to fry</li> </ul> <p><b>Equipment-</b></p> <ul style="list-style-type: none"> <li>• Access to stove</li> <li>• A pan</li> <li>• A plate</li> <li>• Utensils- spatula, knife</li> </ul> |

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| <p><b>POLITICS AND<br/>CURRENT AFFAIRS<br/>GROUP</b></p>  <p><b>DISCUSSION<br/>GROUP</b></p> | <p>Jeff</p>  | <p>Wednesday,<br/>25th August</p> | <p>12-1pm</p> | <p>This group 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>  |
| <p><b>FILM CLUB</b></p>   | <p>Kenny</p> | <p>Thursday,<br/>26th August</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><b>To have watched this week's movie...</b></p> <p><b>Ruben Brandt Collector (2018)</b></p>  <p><b>Trailer:</b></p> <p><a href="https://www.youtube.com/watch?v=5dOZpivfNxxw">https://www.youtube.com/watch?v=5dOZpivfNxxw</a></p> |



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| <p><b>DUNGEONS AND DRAGONS</b></p>      | <p>Rash</p> | <p>Thursday,<br/>26<sup>th</sup> August</p> | <p>5-6pm</p>     | <p>A DnD group with a passion for adventure and role playing.</p> <p>If you are new and would like to try it out, please join the first session of the month.</p> <p>Contact Rash for more info - <a href="mailto:rumran@resourcesforautism.org.uk">rumran@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>   |
| <p><b>PAPER ARTS &amp; CRAFTS</b></p>  | <p>Jeff</p> | <p>Friday, 27<sup>th</sup> August</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>                     | <ul style="list-style-type: none"> <li>• Scissors</li> <li>• Pens/Coloured Pencils</li> <li>• Print Paper</li> <li>• Origami Paper</li> <li>• Glue</li> </ul> <p>I will send out the craft that we are making on the day and all materials needed before the session.</p> |

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| <p><b>The Cooking Club</b></p>              | <p>Chantel</p> | <p>Monday<br/>30th August</p>             | <p>11am-<br/>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.<br/><a href="mailto:chantel@resourcesforautism.org">chantel@resourcesforautism.org</a></p> | <p>Independent adults</p>   | <p>This week we will be making mini pizza's-</p> <p><b>You will need-</b></p> <ul style="list-style-type: none"> <li>• 1 cup flour</li> <li>• 1 cup plain Greek yogurt</li> <li>• 1 teaspoon salt</li> </ul> <p><b>Toppings-</b></p> <ul style="list-style-type: none"> <li>• Tomato</li> <li>• Cheese</li> <li>• Other toppings as desired</li> </ul> <p><b>Equipment-</b></p> <ul style="list-style-type: none"> <li>• Access to oven</li> <li>• A plate</li> <li>• Tray and baking paper</li> <li>• Utensils- A spatula/ wooden spoon, knife</li> </ul> |
| <p><b>MAKE A MANDALA – ART GROUP</b></p>  | <p>Stella</p>  | <p>Monday,<br/>30<sup>th</sup> August</p> | <p>4-5pm</p>          | <p>Mandalas are beautiful circular patterns, created across many cultures. Making these can help to calm the mind, reduce stress and improve our wellbeing.</p> <p>These fun and relaxing sessions will include some warm-up drawing and breathing exercises, inspiration from nature and step-by-step guidance.</p>                            | <p>Suitable for all adults. Everyone is welcome and no creative experience is necessary. This is about enjoying the process and having fun with it!</p> | <p>You will need:</p> <ul style="list-style-type: none"> <li>• Paper</li> <li>• A pencil or a pen</li> <li>• Crayons/paints/pastels (optional)</li> </ul>  |



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**END OF AUGUST EVENTS**

**We hope you enjoyed! 😊**