



## RfA Au Struck Group

### Key Information

**For:** Independent adults aged 30 years plus

**Where:** Islington N7.

**Time:** Tuesdays 6.30-8.30pm

**Group Specifics:** cooking, quizzes, discussions on autism/identity, outings and more.

**Cost:** £10 (Subsidies available for those on low income)

Au Struck is a social group for autistic adults. The group decide if they want to take part in the weekly activity and every other week the group chose a trip they want to go on such as restaurants, cinema, bowling or exhibitions around London.

All activities are co-produced but facilitated by our autism specialists with the hope of building independence and social inclusion.

For more information or if interested in joining contact

[michael@resourcesforautism.org.uk](mailto:michael@resourcesforautism.org.uk)

*"From the first session at RfA I was amazed [they] knew exactly how to work with me without any issues. This made me realise it wasn't me that was too much for staff, it just depended on the staff having the right training!" "The feeling of "being accepted" is priceless."*