



# RfA Monday Birmingham Group

## Key Information

**For:** Semi-independent adults aged 19 years plus

**Where:** Pines School, B23 7EY

**Time:** Mondays 6.30-8.30pm

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

**Cost:** £20 (Subsidies available for those on low income)

Monday club is a social group for autistic adults. The group 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 outings in the local area. Each session has a theme/focus for all of the day's activities eg. Teamwork.

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 [zvolschenk@resourcesforautism.org.uk](mailto:zvolschenk@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."*