

UPCOMING EVENTS...

JANUARY-MARCH 2025

**2ND
JAN**

13:00-15:00



Town Park Wellness Winter Walk and Nature Trail Activity

Please Join the Adult Autism Hub Staff for a gentle walk around Telford Town Park whilst completing a nature trail sheet. And don't forget to wrap up warm unless we have a New Year heatwave!!!

We will meet at Southwater one, outside the Library for a 1pm start.



**7TH
JAN**

14.30-16.30

Autism Friendly Cookery Course

Book your space on our four week cookery course. Learn how to prepare easy healthy meals that focus on reducing food waste, saving time and energy.



**14TH
JAN**



**21ST
JAN**

Pre Booking Essential

32 High Street Madeley, Telford, TF7 5AR

**28TH
JAN**

**8TH
JAN**

10:00-13:00

Anstice advice and information stand

Please join a member of the Autism Hub Staff at the Anstice in Madeley for a drop-in information and guidance session on pre and post diagnostic ASD support.

The Anstice Madeley, Park Avenue, TF7 5BB



**9TH
JAN**

13:00-15:00

Tenpin Bowling and Pool

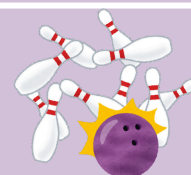
Join us for a game of bowling or challenge our team to a Snooker match. We will be meeting inside the Ten Pin Bowling alley.

Cost - 2 games of Bowling for £7.50 or 2 games of Bowling and either a chicken burger, vegetarian burger or cheese burger and chips £10.00

Snooker - £1.50 a game

Please book your space for this as we have limited places available.

Pay on the day



£ - There will be a cost involved for this event



If you would like to attend any of our Upcoming Social Events, please contact us via. email; admin@telfordautismhub.org.uk or call us directly on 01952 916109.

JANUARY-MARCH 2025

**16TH
JAN**

17.30-19.00



Supper Club at Madeley Wellbeing Café

Join us for an evening of tasty food, the opportunity to meet new friends and socialise, in a safe and relaxing environment. Each month we will have a new two course menu with vegetarian/vegan option available.

£10 per person with a soft drink included
Booking essential

32 High Street, Madeley, Telford, TF7 5AR

RSVP - Monday 13th January



**17TH
JAN**

11.00-13.00



Information, Advice and Guidance Session

Meet a range of professional who can provide support and guidance

- Education Employment Advisory Support Team (EEAST)
- Telford Mind
- Adult Social Care
- The Healthy Lifestyles Team
- Job Centre Plus
- Tracey Hemmings from MPFT
- Landau-Supported Employment
- Energy and Benefit Advice session

For those aged 16 and over with a diagnosis and aged 18 and over with a diagnosis or awaiting a diagnosis.

Address - Family Zone , Suite 12 & 15 Hazledine House , Central Square, Telford Centre, Telford, Shropshire, TF3 4JL



**23RD
JAN**

18.00-20.00

FOOD

Family Quiz Night

Please join the Autism Hub staff for an evening of socialising whilst taking part in our quiz night. The quiz night will include a light buffet. The cost of the evening will be £3.00 per person. £2.00 per child
Booking essential, please include any dietary requirements

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£ - There will be a cost involved for this event



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JANUARY-MARCH 2025

**29TH
JAN**

17.30-19.00

Autistic Women's Support Group (WAG)

We are inviting our users who identify as female/were assigned female at birth/femme-presenting to our Autistic Women's/AFAB Support Group. We recognise how unique the autistic female experience is and want to open up the conversation around neurodiversity in a safe and friendly space.

Join us in relaxed, accepting group for a drink & a chat amongst others with shared experiences.

Address - The Wakes, Theatre Square, Oakengates, Telford, TF2 6EP



**30TH
JAN**

10.00-12.00

or

13.00-15.00

Social Communication Workshop

autism
west midlands

Please join our workshop delivered by our Autism West Midlands Specialist. This workshop will cover

The same workshop will be delivered twice today so please book in for just one of the times as places are limited to 15 people per workshop.

Address - Family Zone , Suite 12 & 15 Hazledine House , Central Square, Telford Centre, Telford, Shropshire, TF3 4JL



**30TH
JAN**

17.00-18.30

Autistic Youth Group

If you are aged 16-24 then please join us for our monthly activity.

Please Join the Autism Staff for a games evening and brainstorming for future activities within this group.

Please bring any ideas along as this is your group and we would love you to have your say.

Address - Family Zone , Suite 12 & 15 Hazledine House , Central Square, Telford Centre, Telford, Shropshire, TF3 4JL



**4TH
FEB**

14.30-16.30

Autism Friendly Cookery Course

Book your space on our four week cookery course. Learn how to prepare easy healthy meals that focus on reducing food waste, saving time and energy.

Pre Booking essential - 4 spaces

32 High Street, Madeley, Telford, TF7 5AR



**11TH
FEB**

**18TH
FEB**

**25TH
FEB**

£ - There will be a cost involved for this event



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JANUARY- MARCH 2025

**5TH
FEB**

10.00-13.00

Anstice advice and information stand

Please join a member of the Autism Hub Staff at the Anstice in Madeley for a drop-in information and guidance session on pre and post diagnostic ASD support.

Q&A

The Anstice Madeley, Park Avenue, TF7 5BB

**6TH
FEB**

13.00-15.00

Wellness Walk plus Grounding Techniques

Please join members of the Autism Hub Staff for a walk around the Town Park where we will stop and go through some grounding techniques



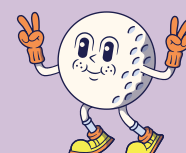
We will be meeting outside Southwater One

**13TH
FEB**

13.00-15.00

Adventure Golf at PuttPutt Noodle

Please join us for a fun experience of Adventure Golf located in Telford Shopping Centre, a place packed full of adventure, culture and fun for all. Surrounded by magical rivers and mystical landscapes with culture and heritage that is world famous. Explore the tranquil cherry blossom or tame the crouching tiger...or maybe a dragon quest is how you swing... either way you're in for a good time. Epic Pan Asian themed crazy golf meets Asian street food



The cost of this activity will be £7.20 for two course



Telford Shopping Centre, Telford, TF3 4DA



£ - There will be a cost involved for this event



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JANUARY- MARCH 2025

**20TH
FEB**

17:30-19:00

Supper Club at Madeley Wellbeing Café

Join us for an evening of tasty food, the opportunity to meet new friends and socialise, in a safe and relaxing environment. Each month we will have a new two course menu with vegetarian/vegan option available.

£10 per person with a soft drink included
Booking essential

32 High Street, Madeley, Telford, TF7 5AR

RSVP - Monday 17th February


**21ST
FEB**

11:00-13:00

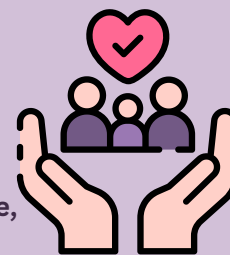
Information, Advice and Guidance Session

Meet a range of professional who can provide support and guidance

- Education Employment Advisory Support Team (EEAST)
- Telford Mind
- Adult Social Care
- The Healthy Lifestyles Team
- Job Centre Plus
- Tracey Hemmings MPFT
- Landau-Supported Employment

For those 16-18 with a diagnosis and 18 and over with a diagnosis or awaiting a diagnosis.

Address - Family Zone , Suite 12 & 15 Hazledine House , Central Square, Telford Centre, Telford, Shropshire, TF3 4JL


**26TH
FEB**

17:30-19:00

Autistic Women's Support Group (WAG)

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We recognise how unique the autistic female experience is and want to open up the conversation around neurodiversity in a safe and friendly space.

Join us in relaxed, accepting group for a drink & a chat amongst others with shared experiences.

Address - The Wakes, Theatre Square, Oakengates, Telford, TF2 6EP



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JANUARY-MARCH 2025

**27TH
FEB**

Autism and ADHD Workshop

Please join our workshop delivered by our Autism West Midlands Specialist.

10:00-12:00

or

13:00-15:00

The same workshop will be delivered twice today so please book in for just one of the times as places are limited to 15 people per workshop.

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autism
west midlands



**27TH
FEB**

Autistic Youth Group

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17:00-18:30

Activity to be decided by you so look out for updates



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MARCH**

Autism Friendly Cookery Course

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14:30-16:30

Pre Booking essential - 4 spaces

**18TH
MARCH**

32 High Street, Madeley, Telford, TF7 5AR

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MARCH**

**25TH
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**5TH
MARCH**

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The Anstice Madeley, Park Avenue, TF7 5BB



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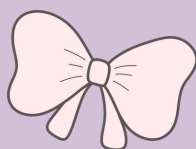
JANUARY-MARCH 2025

**6TH
MARCH**

Walk followed by Spring Crafts at Madeley Wellbeing Cafe

13:00-15:00

Please Join the Adult Autism Hub for a short walk followed by Spring Crafts at the wellbeing cafe .



32 High Street, Madeley, Telford, TF7 5AR

**13TH
MARCH**

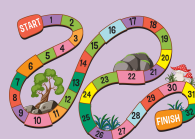
Boardroom Gaming Cafe

13:00-15:00

Enjoy a beverage and a selection of various board games at the Boardroom Gaming Cafe in Wellington with the Adult Autism Hub community team.

Cost - £4.00 per person

Address - 13 New Street, Wellington, Telford, TF1 1LU



**20TH
MARCH**

Supper Club at Madeley Wellbeing Café

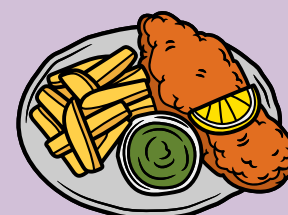
17:30-19:00

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£10 per person with a soft drink included
Booking essential

32 High Street, Madeley, Telford, TF7 5AR

RSVP - Monday 17th March



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JANUARY-MARCH 2025

**21ST
MARCH**

Information, Advice and Guidance Session

Meet a range of professional who can provide support and guidance

11.00-13.00

- Education Employment Advisory Support Team (EEAST)
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**27TH
MARCH**

Drama Workshop

Please join our Autism Hub staff for workshop covering the following : Our Drama Therapy Workshop offers participants a unique opportunity to explore and delve deeper into the therapeutic power of drama. Through a series of immersive activities and guided exercises, attendees will embark on a journey of self-discovery, emotional expression, and personal growth. By harnessing the transformative potential of dramatic techniques, participants will uncover new insights, confront challenges, and develop valuable coping mechanisms.

13.00-15.00



This workshop provides a safe and supportive environment for individuals to explore their inner selves, connect with others, and cultivate a sense of empowerment.

Address - Family Zone , Suite 12 & 15 Hazledine House , Central Square, Telford Centre, Telford, Shropshire, TF3 4JL

**27TH
MARCH**

Youth Group

If you are aged 16-24 then please join us for our monthly activity.

17.00-18.30



Activity to be decided by you so look out for updates



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