

UPCOMING EVENTS...

JULY-SEPTEMBER 2026



THU
2ND JULY

13:00-15:00



Wellbeing Walk

Join members of the Autism Hub Staff for a friendly, inclusive walk around Town Park. It's a great chance to connect, enjoy the outdoors, and spend time with others in a relaxed and welcoming environment

We will be meeting outside Southwater One



TUES
7TH JULY

15:00-16:30

TUES
28TH
JULY

Cookery Course

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

Pre-Booking Essential

Address - Brookside Community Centre, Bembridge, TF3 1LP

TUES
14TH JULY



WED
8TH JULY

17:00-18:00



All Age Chess Club

A welcoming and inclusive chess club for players of all ages, backgrounds, and skill levels. Whether you're completely new to the game and eager to learn, or an experienced player seeking a challenge, you'll find a friendly, supportive environment here. Come along to play casual or competitive games, share strategies, improve your skills, and connect with others who share your passion for chess. Everyone is encouraged to join, learn, and enjoy the timeless game together.

Address - Brookside Community Centre, Bembridge, TF3 1LP

RSVP - admin@telfordautismhub.org.uk

WED
22 JULY



£ - There will be a cost involved for this event

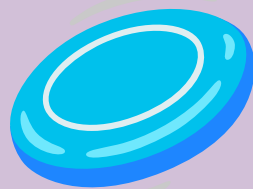


If you would like to attend any of our Upcoming Social Events, please contact us via. email; admin@telfordautismhub.org.uk or call us directly on 01952 916109.

JULY-SEPTEMBER 2026

**THUR
9TH JULY**

13:00-15:00



Disc Golf

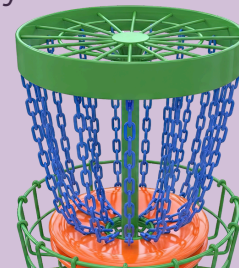
Come and join us for disc golf.

We're heading out for a relaxed, friendly session where you can try something new, get active outdoors, and enjoy time together in a supportive group. No experience needed just come along, have a go, and take part at your own pace.

It's all about fresh air, movement, and connection
Everyone is welcome, we'd love to see you there!

TLC card £4.60

Address - Telford Town Park



**MON
13TH JULY**

17:30-19:00

AuDHD Group

Inclusive, supportive space for people with Autism and ADHD, offering peer support, validation, diverse communication understanding, and welcoming neurodiverse community.

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



**THUR
16TH JULY**

13:00-15:00

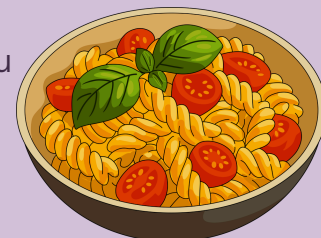
Supper Club

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 two-course menu with vegetarian/vegan options available.

£10 per person with a soft drink included

Booking essential.

Address - Brookside Community Centre, Bembridge, TF3 1LP



**FRI
17TH JULY**

11:00-13:00



Information, Advice and Guidance Drop-In

Meet a range of professionals who can provide support and guidance.

- Employment Advisory Support Team (Job Box)
- TELFORD MIND
- Adult Social Care
- The Healthy Lifestyles Team
- Job Centre (DWP)
- Aquarius
- Trident Group
- Teldoc
- Learning disabilities navigator
- Citizens Advice Bureau

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

£ - There will be a cost involved for this event



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JULY-SEPTEMBER 2026

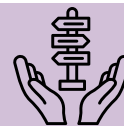
**TUES
21ST JULY**

15:30-17:30



Silver Threads Drop-in

The Silver Threads Drop-In is a welcoming space where older adults can access support and reliable information. Our team offers clear advice and guidance on local services and activities, with signposting to specialist help when needed. We are here to help you stay informed, supported, and connected to your community.



Address - Silver Threads Hall, Next to Lawndale, Wellington Road, Donnington, Telford, TF2 8AD



**THUR
23RD
JULY**

13:00-15:00

Bike Hire Ride

Join us for a bike ride in Telford Town Park, where you can hire a bike for an hour for just £5, and take a leisurely ride whilst taking in the beautiful scenery.

We will be meeting at Southwater One, outside of the library for 1:00pm, and the ride will be commencing from 1:30pm until 2:30pm.

Address - Southwater One Outside Library



**WED
29TH
JULY**

17:30 - 19:00



Women's Autism Group (WAG)

Our Autistic Women's support group is a safe and friendly space with like minded individuals, so please join us in relaxed, accepting group for a drink & a chat among others with shared experiences.

We invite individuals who identify as female, Femme presenting or assigned female at birth.

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

**THUR
30TH
JULY**

11.45 12.30

ASD Learning and Affirming Group

New support group for those seeking support after an ASD diagnosis Diagnosis. This group is for those that have received an Autism diagnosis within the last three months.

Please come along to gain support and to share your experiences with the Autism hub staff and your Peers.

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



£ - There will be a cost involved for this event



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JULY-SEPTEMBER 2026

**THUR
30TH
JULY**

13.00-15.00

Autism & ADHD Workshop

Learn to understand, manage, and cope with Autism & ADHD through triggers, behaviours, consequences, and strategies in a supportive autism-focused workshop

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



**THUR
30TH
JULY**

17.00-18.30

SYNAPSE Youth Group

If you are an autistic young person aged 16–24, we'd love for you to join us for our monthly activity. Synapse Youth Group offers a welcoming, supportive, and inclusive space to meet new people, build confidence, try new experiences, and connect with others who may share similar interests and experiences. Whether you enjoy socialising or prefer a more relaxed approach, you are welcome to join in at your own pace. Come along, have fun, and be part of a friendly autistic community.

Activity to be decided by you so look out for updates



**TUES
4TH
AUGUST**

15.00-16.30

Cookery Course

Book your space on our three week cookery course. Learn how to prepare easy healthy meals that focus on reducing food waste, saving time and energy. The First session will start at 14:30pm as there is a conflicting booking.

Pre-Booking Essential

Address - Brookside Community Centre, Bembridge, TF3 1LP

**TUES
11TH
AUGUST**



**TUES
25TH
AUGUST**

**WED
5TH
AUGUST**

17.00-18.00

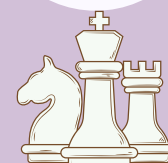
All Age Chess Club

A friendly, inclusive chess club for all ages and abilities. Learn, play, improve, share strategies, and enjoy chess together.

Address - Brookside Community Centre, Bembridge, TF3 1LP

RSVP - admin@telfordautismhub.org.uk

**WED
19TH
AUGUST**



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

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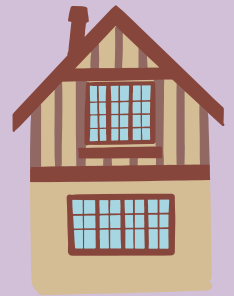
JULY-SEPTEMBER 2026

THUR
6TH
AUGUST

13:00-15:00

Wellbeing Walk at Sunny Croft

Join members of the Autism Hub Staff for a friendly, inclusive walk around Sunnycroft. It's a great chance to connect, enjoy the outdoors, and spend time with others in a relaxed and welcoming environment.

**Pre-Booking Essential****Address - 200 Holyhead Rd, Telford TF1 2DR**MON
10TH
AUGUST

17:30-19:00

AuDHD Group

Our group offers a welcoming and inclusive space for autistic people and those with ADHD to connect, share experiences, and support one another. We provide peer support, understanding, and validation in a respectful, non-judgemental environment. Embracing diverse communication styles and strengths, we foster a sense of belonging, friendship, and community where everyone feels valued, accepted, and empowered to be themselves.

**Address - Family Zone , Suite 12 & 15 Hazledine House , Central Square, Telford Centre, Telford, Shropshire, TF3 4JL**THUR
13TH
AUGUST

13:00-15:00

Summer Crafts

Lets get together to celebrate summer with a range of craft activities. Supported by the hub team

**Address - Family Zone, Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, Shropshire, TF3 4JL**TUES
18TH
AUGUST

15:30-17:30

Silver Threads Drop-in

The Silver Threads Drop-In is a welcoming space where older adults can access support and reliable information. Our team offers clear advice and guidance on local services and activities, with signposting to specialist help when needed. We are here to help you stay informed, supported, and connected to your community.

Address - Silver Threads Hall, Next to Lawndale, Wellington Road, Donnington, Telford, TF2 8AD**£ - 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.

JULY-SEPTEMBER 2026

**THUR
20TH
AUGUST**

All-Age Quiz Night

18.00-19.30

Come along and join the Autism Hub team for a fun and friendly Quiz Night! This relaxed social event is a great opportunity to meet others, share some laughs, and take part in a variety of quiz rounds covering different topics. Whether you love quizzes or just want a welcoming evening out, everyone is welcome to get involved at their own pace.

QUIZ

A light buffet and refreshments will be provided, giving you the chance to relax, socialise, and enjoy the evening in a supportive and inclusive environment. It's a great way to connect with others and be part of the community.



The cost is £2.50 per child and £3.00 per adult. Places are limited, so booking is essential to secure your spot.

Please let us know of any dietary requirements, allergies, or food preferences when booking so we can make sure everyone is catered for.

Address - Family Zone, Hazledine House, Central Square, Telford Centre, TF3 4JL

**FRI
21ST
AUGUST**

All-Age Information, Advice and Guidance Drop-In

11.00-13.00

Join us at the All Age Autism Hub Information, Advice and Guidance Drop-In Session, where families will have the opportunity to speak with a range of professionals including; Best Start Family Focus Hubs, School Nurse, Home-Start and My Options. The session will offer support, guidance and information about services available within the community.



- Employment Advisory Support Team (Job Box)
- TELFORD MIND
- Adult Social Care
- The Healthy Lifestyles Team
- Job Centre (DWP)
- Aquarius
- Trident Group
- Teldoc
- Learning disabilities navigator
- Citizens Advice Bureau



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

£ - 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.

JULY-SEPTEMBER 2026

**WED
26TH
AUGUST**

17:30 - 19:00

Women's Autism Group (WAG)

Our Autistic Women's Support Group offers a safe, friendly space to connect with like-minded individuals. We warmly invite those who identify as female, femme-presenting, or were assigned female at birth to join us.

Come relax, enjoy a drink, and share a chat with others who understand and share similar experiences in an accepting environment.

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



**THUR
27TH
AUGUST**

13:00-15:00

Managing Anger Workshop

Learn to understand, manage, and cope with anger through triggers, behaviours, consequences, and strategies in a supportive autism-focused workshop

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

Pre Booking Essential



**THUR
27TH
AUGUST**

17:00-18:30

SYNAPSE Youth Group

If you are aged 16-24, join us for our monthly activity, a great opportunity to meet new people, have fun, try something different, build confidence, and enjoy a positive experience together.

Activity to be decided by you so look out for updates

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



**TUES
1ST SEP**

15:00-16:30

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

Address - Brookside Community Centre, Bembridge, TF3 1LP

**TUES
22ND SEP**

**TUES
8TH SEP**



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JULY-SEPTEMBER 2026

**WED
2ND SEP**

All Age Chess Club

17:00-18:00

A friendly, inclusive chess club for all ages and abilities. Learn, play, improve, share strategies, and enjoy chess together.

**WED
16TH SEP**

Address - Brookside Community Centre, Bembridge, TF3 1LP

**WED
30TH SEP**

RSVP - admin@telfordautismhub.org.uk



**THUR
3RD SEP**

Wellbeing Walk at The Cockshutt Nature Reserve

13:00-15:00

Join members of the Autism Hub Staff for a friendly, inclusive walk around the Cockshutt Nature Reserve. It's a great chance to connect, enjoy the outdoors, and spend time with others in a relaxed and welcoming environment.

Pre-Booking Essential

Address - We will be meeting at What3Words location - radiating-facelift-streetcar.



**THUR
10TH SEP**

SUMMER TRIP

Details to follow



**MON
14TH SEP**

AuDHD Group

17:30-19:00

Our group offers a welcoming and inclusive space for autistic people and those with ADHD to connect, share experiences, and support one another. We provide peer support, understanding, and validation in a respectful, non-judgemental environment. Embracing diverse communication styles and strengths, we foster a sense of belonging, friendship, and community where everyone feels valued, accepted, and empowered to be themselves.



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JULY-SEPTEMBER 2026

TUES
15TH SEP

15:30-17:30

Silver Threads Drop-in

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**Address - Silver Threads Hall, Next to Lawndale, Wellington Road,
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THUR
17TH SEP

17:30-19:00

Supper Club

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**



Address - Brookside Community Centre, Bembridge, TF3 1LP

FRI
18TH SEP

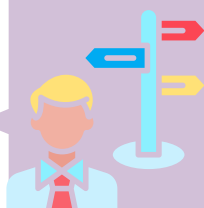
11:00-13:00

All-Age Information, Advice and Guidance Drop-In

Join us at the All Age Autism Hub Information, Advice and Guidance Drop-In Session, where families will have the opportunity to speak with a range of professionals including; Best Start Family Focus Hubs, School Nurse, Home-Start and My Options. The session will offer support, guidance and information about services available within the community.

In addition to our usual adult support services

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Telford Centre, Telford, Shropshire, TF3 4JL**



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JULY-SEPTEMBER 2026

**TUES
22ND SEP**

17:00-18:30

Neuro-Affirming Sensory Experience

Join the Autistic LGBTQ+ Group for a low-light sensory evening which provides a safe, welcoming, and inclusive environment where individuals can unwind and regulate at their own pace. The space will feature soft lighting, sensory resources, and optional quiet activities, allowing attendees to engage in a way that feels comfortable for them.

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



**THUR
24TH SEP**

13:00-15:00

Social Communication Workshop

This Autism West Midlands workshop explores social communication in autism. This session offers a supportive space to better understand how communication can be experienced differently by autistic people, with practical insights, shared learning, and open discussion.

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



**THUR
24TH SEP**

17:00-18:30

SYNAPSE Youth Group

If you are aged 16-24 and autistic, we would love for you to join us for our monthly autistic youth group.

These sessions provide a welcoming and supportive environment to meet other autistic young people.

Activity to be decided by you so look out for updates

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



**WED
30TH SEP**

17:30-19:00

Women's Autism Group (WAG)

We invite those who identify as female, were assigned female at birth, or are femme-presenting to our Autistic Women's Support Group. Join us for a relaxed, friendly space to share experiences, chat, and support each other.



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