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# Richmond Adult Autism Group

Social group for 18+

Richmond Adult Autism Group is a friendly group for autistic adults aged over 18.

We have a mix of activities including outings to local places such as cinema, restaurants, theatre, parks, bowling, steam railways, boat trips etc.

We also have discussion sessions on autism related topics and also non-autism related topics. Recently, we have discussed autism diagnosis, struggling with autism, dating, sensory issues, anxiety, employment, mental health, understanding emotions etc. We have also had sessions about gender, social media, wildlife, space exploration, steam railways, hobbies etc.

Day: Thursdays

Time: 6-8pm each week (There are occasional Sunday sessions)  
Ability Level: Independent adults who do not require a one to one worker, can travel independently and engage in discussion.

Location: Crossways Centre, East Twickenham, TW1

There is a £10 charge attached to all groups and subsidies are available for those on low income.

For more information or to discuss RfA's Adult Services, please contact the RfA Office on  
020 8458 3259 or  
e-mail [jeff@resourcesforautism.org.uk](mailto:jeff@resourcesforautism.org.uk)

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