



Social Groups and Social Skills

Hopeful Futures Friendship Club



Friendship Group

A weekly friendship group for people with learning disabilities

Where

Custom House and Canning Town Community
Neighbourhood Centre and Library
E16 1EN

When

Tuesdays
2 to 4 pm
only during term
time

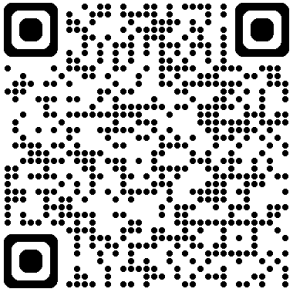
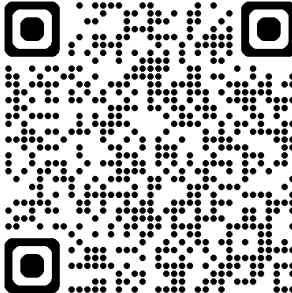


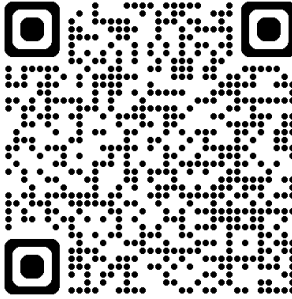

For more information email:
carys@hopefulfutures.net
naashida@hopefulfutures.net

or call/text: 07877259231

Scan the QR code
to see our website!



	Meeli's Social Club Meets every Saturday at East Ham Library. You must contact Mr. Prabhudas Tanna before attending on Tel. 07714334437 Email: prabhudastanna@gmail.com Some activities for charge / In person
 Mencap Greenwich	Mencap Greenwich groups Website: https://www.greenwichmencap.org.uk/our-services/activities/ Examples of activities they run (check website for up to date information) Charge / In person
 Powerhouse	Newham Powerhouse Run a number of activities and support for women with learning disabilities. Tel. 0207 366 6338 / 07930 162 505 Email info@thepowerhouse.org.uk Free / In person

 United Friends	United Friends <i>Drop-in session at United friends (Ilford)</i> Offers a wide range of weekly activities (Monday to Friday). You will need to become a member to attend, and the activities cost money (the cost can vary depending on whether you need them to support you or not). Examples of the type of activities they may offer: • Living skills • Yoga • Bowling • Pottery • Textile art • Multi sports • Gym • Singing and music sessions • Dance zone • Art and craft • Horse riding Address: 92c Beehive Lane, Ilford, Essex, IG4 5EG https://www.unitingfriends.org.uk/Pages/Category/daytime-activities?Take=56 Tel. 020 8551 8800 Email: admin@unitingfriends.org.uk Charge / In person
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 Waltham Forest Disability Resource	Waltham Forest Disability Resource Centre Offers a range of different activities for adults with disabilities (physical or learning disabilities). Types of activities they may offer: • table tennis • dancing • multisport • singing • art and craft The cost can vary for activities and based on whether you need support from their own staff (but there website indicates you may be able to attend with your own carer or on your own). Address: 90 Crownfield Road, London E15 2BG (Entrance in Amethyst Rd, E15 2BE) Tel : 020 8534 1589 Email: info@wfdrc.org.uk
	Autism National Groups and Forums ASD Forum- discussion forum led by autistic people: https://www.asd-forum.org.uk/forum/ • Wrong Planet- for people to chat and read what other autistic people have posted: https://wrongplanet.net/ • NAS forum: https://www.autism.org.uk/what-we-do/community • Online Youth Network from Ambitious about autism (16-25):

	https://www.ambitiousaboutautism.org.uk/what-we-do/connecting-youngpeople/online-youth-network • AutAngel- links to groups and information for autistic people: http://www.autangel.org.uk/ • Asperger London Area Group (ALAG)- Meets in the evening on the first Tuesday of every month: https://alag.org.uk/ • Meet up- links to groups for autistic people: https://www.meetup.com/ For example- Neurodissident Women: https://www.meetup.com/neurodissident-women/ • LGBTQI+ Autism Group- group for anyone who identifies as being autistic and LGBTQI+. To sign up you need to register by emailing on office@existentialacademy.com.
Social Skills	
	Books Beyond Words Have a wide library of books that have drawings, but no words. Including: Making Friends https://www.booksbeyondwords.co.uk/ebooks
	Exploring autistic / non-autistic romantic relationships Webinar developed by Autistica. https://youtu.be/Mxn1KPzkWqI?feature=shared

	Relationships and intimacy my way: an autistic perspective A collection of blogs and audio recordings about relationships and intimacy created by autistic young people from the Ambitious Youth Network and Sex Ed Matters. To read the full resource please click the link below: relationships-and-intimacy-resource.pdf
 Relationships and Sex  What is Sexuality?	Mencap Relationships and sex https://www.mencap.org.uk/advice-and-support/relationships-and-sex What is sexuality? https://www.mencap.org.uk/easyread/what-sexuality