



HOPE
FOR AUTISM

**Children and Teens Group Information
Booklet**

August-October 2026

Welcome



HOPE for Autism are excited to share with you our group booklet running August- October 2026.

Please be aware of each group's start and end dates.

Our activities will have limited spaces available, so will be offered on a first come, first served basis. Please get in touch as soon as possible to book a space before it is gone!

Booking/Sign-up Process

If your child, teen is interested and would like to book a place in a group, please contact hope@hopeforautism.org.uk

Please note if your child, teen has attended a group in previous blocks, you must rebook to secure a place.

ALL PARTICIPANTS MUST REGISTER AND PAY FOR SESSIONS BEFORE THEY COMMENCE, FAILURE TO DO SO SHALL RESULT IN ENTRY TO ACTIVITIES BEING REFUSED.

Costing

All groups cost £6.50 a session – number of sessions for some activities will vary.

If you have more than one child attending the same group, the first child will be full cost, and any additional children will be discounted (£5 per session).

As a membership benefit, if your child chooses to attend a second group this will be discounted to half price.

Payments for the block of groups must be made in full prior to attending the group.

We strive to ensure that our groups and membership remain accessible to everyone. If you are facing any challenges in paying the listed fees, please don't hesitate to reach out to us. We are happy to discuss alternative options or payment arrangements to make sure financial concerns do not prevent anyone from participating.



Costing- Bank Details

All payments should be made in full to the following account:

Name- Hope for Autism
Account number – 00148468
Sort code: 80-05-26

If you have any questions regarding payments, please
contact hope@hopeforautism.org.uk



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ACTIVITIES

Muddy Boots



This outdoor group allows our members to explore and play in the Whinhall allotment in Airdrie, with its fully kitted muddy kitchen, sand house and many more fun outdoor resources.

For children between the ages of 2 and 8 years old.

Please make sure your child is wearing appropriate outdoor clothing and footwear/wellies.

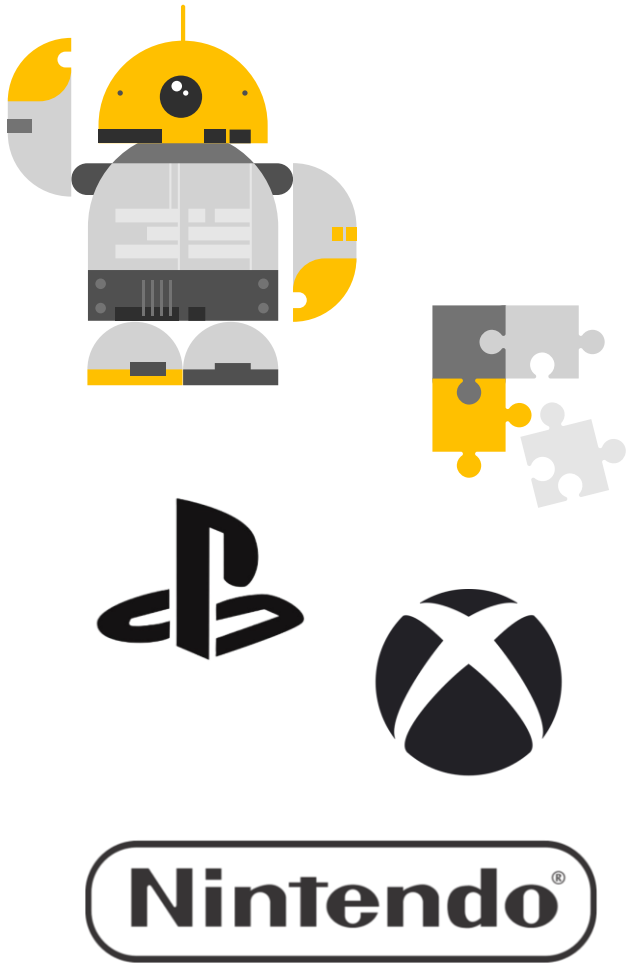
Sunday 23rd August to Sunday 11th October

- **Ages:** 2 to 8 years old
- **Time:** 1:00pm to 2:30pm
- **Location:** Muddy Boots Allotment, Whinhall, Airdrie, ML6 0ER

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This group is free of charge



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Gaming Groups



Programme Co-ordinator – Derek

Our weekly gaming groups are split into different age groups, 12 years and under and 13 to 17 years.

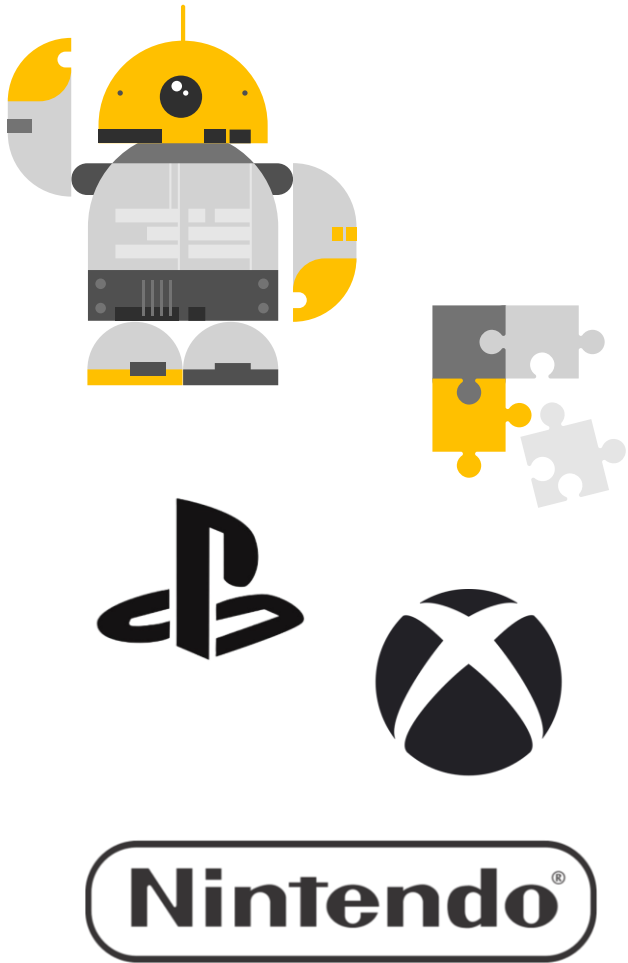
We will be running our gaming groups in Airdrie and Cumbernauld.

We will have a selection of consoles available; PlayStation 5, Xbox Series X, Nintendo Switch and some retro consoles too.

We will look to pre-install games before the block begins, so any suggestions of games your child would like to play, please let Derek know! **Please note Roblox will not be available.**

And for the board or card game fans, we will have a selection of those too, such as Chess, Yahtzee, quiz games and more.

- Please turn over to see all the details of each group.



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Gaming Groups- Airdrie



Monday 17th August to Monday 5th October (12 and Under)

- Time: 5:00pm to 6:30pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

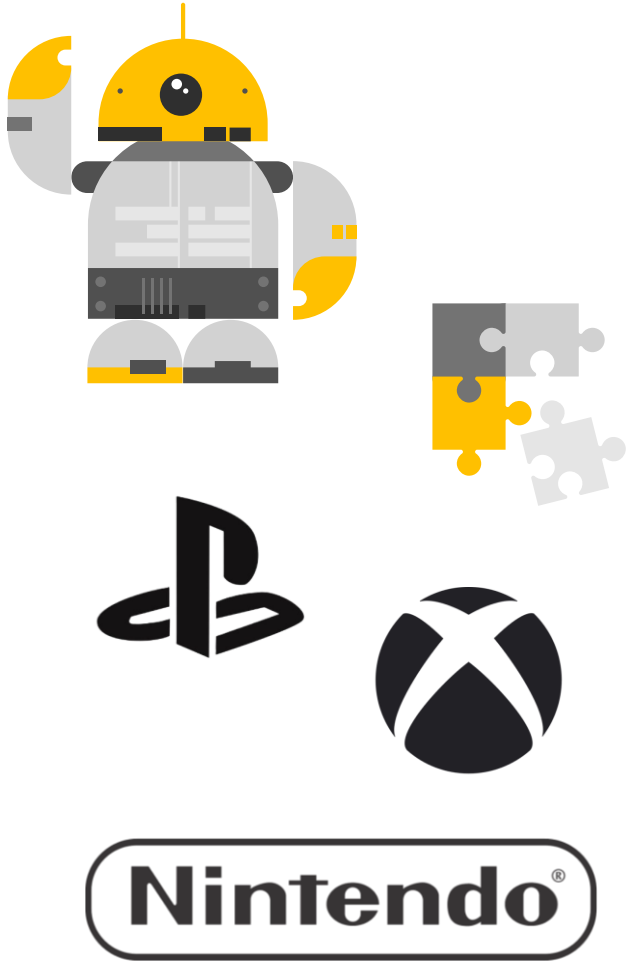
Tuesday 18th August to Tuesday 6th October (12 and Under)

- Time: 5:00pm to 6:30pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

Tuesday 18th August to Tuesday 6th October (13- 17 Years)

- Time: 6:45pm to 8:30pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

Total cost of each group- £52



Gaming Groups- Cumbernauld



Wednesday 19th August to Wednesday 7th October (12 and Under)

- Time: 5.00pm to 6.30pm
- Location: The Link Community Centre, Bron Way, Cumbernauld, G67 1EW

Wednesday 19th August to Wednesday 7th October (13-17 Years)

- Time: 6.45pm to 8.30pm
- Location: The Link Community Centre, Bron Way, Cumbernauld, G67 1EW

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Total cost of each group- £52

Dungeons & Dragons

Group Co-ordinator – Adam

Dungeons and Dragons is a popular fantasy roleplay game for ages 10 to 16 years. Suitable for any ability- all you need is a good imagination, and a little sense of adventure. Our dungeon master Adam will be facilitating the sessions and guiding you on your path to distant lands and unknown foes. Great for newcomers and experts alike.

Thursday 20th August to Thursday 8th October

Group 1

- Time: 5:00 to 6:30 pm

Group 2

- Time: 6.45pm to 8.15pm

Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

Total cost of each group- £52



Outdoors Group

Group Co-ordinator - Adam

A group around exploring the natural world. In this group you'll have a chance to learn knots, set up tarps, use tools and build fires, all in a safe environment.

This group is a great chance for those who are interested in the outdoors to learn more about it while also learning some practical skills.

Friday 21st August, 4th, 18th September and 2nd October

- **Ages: 10 to 16 Years (fortnightly)**
- **Time: 3:00pm to 5:00pm**
- **Location: Viewpark Glen, Coatbridge, ML5 5AB**





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SPORT



Football - 5 to 9 Years



Group Co-ordinator – Gregor

Our football group will be returning for ages 5 to 9 years in a new location- Riverbank Community Hub.

Develop new skills, practice, play and build up and understanding of football games in a fun environment. Working on our agility, balance and coordination. Create new social connections and learn to love the beautiful game.

Wednesday 19th August to Wednesday 7th October

- **Ages:** 5 to 9 Years
- **Time:** 5:00pm to 6:00pm
- **Location:** Riverbank Community Hub, 1 Paddock Street, Coatbridge, ML5 4PG

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Total cost of group- £52



Football - 10+ Years



Group Co-ordinator – Gregor

Our football group will be returning for ages 10+ Years in Cumbernauld.

Develop new skills, practice, play and build up and understanding of football games in a fun environment. Working on our agility, balance and coordination. Create new social connections and learn to love the beautiful game.

Thursday 20th August to Thursday 8th October

- **Ages:** 10+ Years
- **Time:** 5:00pm to 6:00pm
- **Location:** The Link Community Centre Cumbernauld, Bron Way, G67 1EW

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Total cost of group- £52



Swimming Saturdays

Group Co-ordinator - Gregor

We will have exclusive access to John Smith Pool.

Siblings are also welcome to join in. Look forward to splashing around the pool, gaining swimming competence, meeting new friends and relaxing in the water.



Saturday 22nd August 12th & 26th September and 10th October

- **Ages:** Open to everyone (But should be competent in the water)
- **Time:** 3:00-4:00pm
- **Location:** John Smith Pool, 87 Stirling Street, Airdrie, ML6 0AH

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Total cost of group- £26



Trampolining- Airdrie



Group Co-ordinator – Gregor

Trampoline Thursdays are returning to Airdrie Academy. There will be three group sessions 5 to 9 Years , Mixed Years & 10 + Years over a 6-week course.

Jump, bounce and spring with us! Having fun on the trampoline can assist with sensory system improvement, developing balance, coordination and motor skills.

Thursday 20th August – 8th October (off 1st October)

- | | |
|-------------------------------|------------------------|
| • Ages: Group 1: 5 to 9 Years | Time: 4:30pm to 5:30pm |
| Group 2: Mixed Years | Time: 5:35pm to 6:35pm |
| Group 3: 10 + Years | Time: 6:40pm to 7:40pm |

- Location: Airdrie Academy, South Commonhead Road, Airdrie, ML6 6NX
Total cost of each group- £45.50

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Trampolining- Motherwell



Group Co-ordinator – Gregor

This block we have added a new session in Braidhurst High School in Motherwell on Saturdays. There will be two group sessions 5 to 9 Years & 10 + Years over a 6-week course.

Jump, bounce and spring with us! Having fun on the trampoline can assist with sensory system improvement, developing balance, coordination and motor skills.

Saturday 22nd August – 10th October (off 26th September)

- **Ages:** Group 1: 5 to 9 Years **Time:** 10:00am to 10:55am
 Group 2: 10 + Years **Time:** 11:00am to 11:55am

- **Location:** Braidhurst High School, Dalriada Crescent, Motherwell, ML1 3XF

Total cost of each group- £45.50

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Group Timetable Summary

Mondays

Gaming Group 12 and Under –
Harty's Function Suite Airdrie:
5.00pm to 6.30pm

Tuesdays

Gaming Group 12 and Under -
Harty's Function Suite Airdrie:
5.00pm to 6.30pm

Gaming Group 13 to 17 years -
Harty's Function Suite Airdrie:
6.45pm to 8.30pm

Wednesdays

Gaming Group 12 and Under –The
Link Community Centre,
Cumbernauld:
5.00pm to 6.30pm

Gaming Group 13 to 17 years –The
Link Community Centre,
Cumbernauld:
6.45pm to 8.30pm

Football Ages 5 to 9 Years-
Riverbank Community Hub,
Coatbridge :
5:00pm-6:00pm

Group Timetable Summary

Thursdays

Dungeons and Dragons 10-16 years
– Harty's Function Suite:
5:00pm-6:30pm

Dungeons and Dragons 10-16
years- Harty's Function Suite:
6.45pm to 8.15pm

Football 10 + Years- The Link
Community Centre Cumbernauld:
5.00pm to 6.00pm

Trampolining- Airdrie Academy:
Group 1 5-9yrs- 4:30pm-5:30pm
Group 2 Mixed- 5:35pm-6:35pm
Group 3 10+ yrs- 6:40pm-7:40pm

Fridays

Outdoors Group 10-16 years
(Fortnightly)- Viewpark Glen
Coatbridge:
3:00pm to 5:00pm

Saturdays

Trampolining- Braidhurst High
School:
Group 1 5-9yrs- 10:00am-10:55am
Group 2 10+yrs- 11:00am-11:55am

Swimming – John Smith Pool

Sunday

Muddy Boots 2 to 8 years-
Whinhall, Airdrie:
1:00pm-2:30pm

Group Coordinators



Adam



Derek



Gregor

Now let's meet our core staff who will be helping in these groups.
Several group assistants and volunteers will also be supporting the groups.