



# **Autistic Adult Programme**

## **August-October 2026**

# Introduction

HOPE for Autism are excited to share with you our autistic adult programme running August-October 2026. We would like to personally thank all our adults who have attended our groups, our staff team for all their hard work and to Inspiring Scotland and Community Solutions for allowing us to continue to run our exciting groups.

We have a variety of groups and events to develop an understanding of Autism and identity, gain practical life skills and learn to self-advocate.

They will all be **free to attend** and detailed in this booklet!

# Costing/Signing Up

As this has been funded by Inspiring Scotland and Community Solutions, these services will be **free of charge**.

If you are an autistic adult and interested in coming to one of our sessions, please contact us for more details: [hope@hopeforautism.org.uk](mailto:hope@hopeforautism.org.uk)

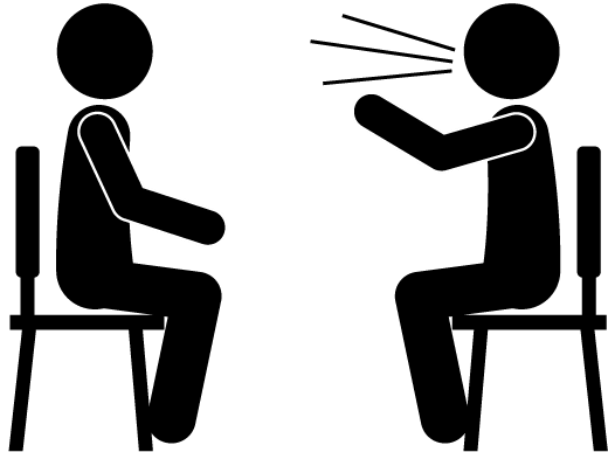
# Adult Activities

## Daytime Chat and Chill

Our chat and chill session is a relaxed, judgment-free space for autistic adults to chat, connect and unwind. The session will be delivered by HOPE staff. Tea and coffee available.

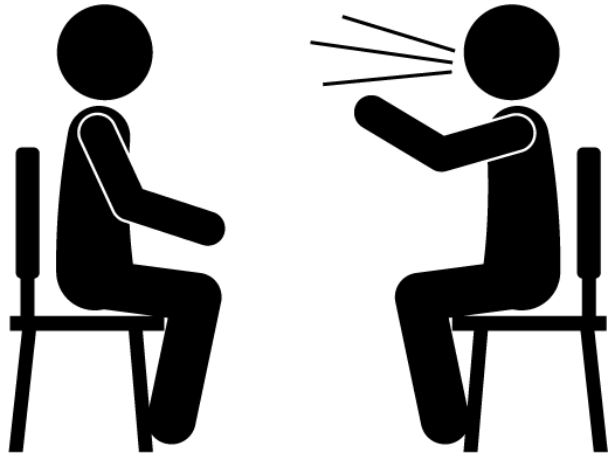
**Thursday 20<sup>th</sup> August to Thursday 8<sup>th</sup> October**

- **Ages:** 18 + Years
- **Time:** 11:30am to 12:30pm
- **Location:** Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW



## Evening Chat & Chill

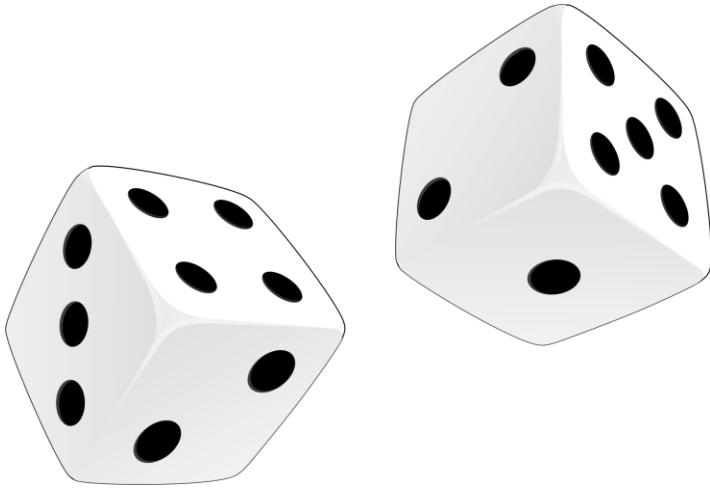
Our evening chat and chill session is a calm, friendly space for autistic adults to chat, share and relax- no pressure to socialise, just be yourself.



**Monday 17<sup>th</sup> August to Monday 5<sup>th</sup> October**

- **Ages:** 18 + Years
- **Time:** 6:45pm to 8:15pm
- **Location:** Harty's Function Suite, 94 Hallcraig St,  
Airdrie ML6 6AW

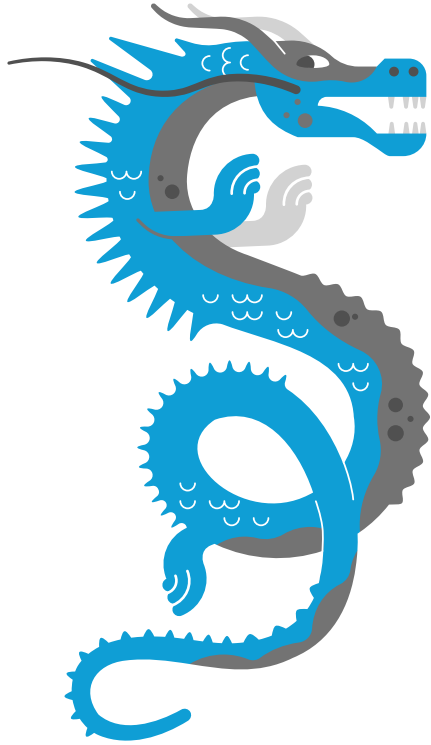
# Tabletop Drop-In



This is a supportive drop-in tabletop group, offering a calm and inclusive space to enjoy board games and social interaction.

**Monday 17th August to Monday 5<sup>th</sup> October**

- **Ages:** 18+ Years (Adults Drop-In)
- **Time:** 7.15pm to 9.45pm
- **Location:** Bellshill Central Parish Church of Scotland,  
346 Main Street, Bellshill. ML4 1BA



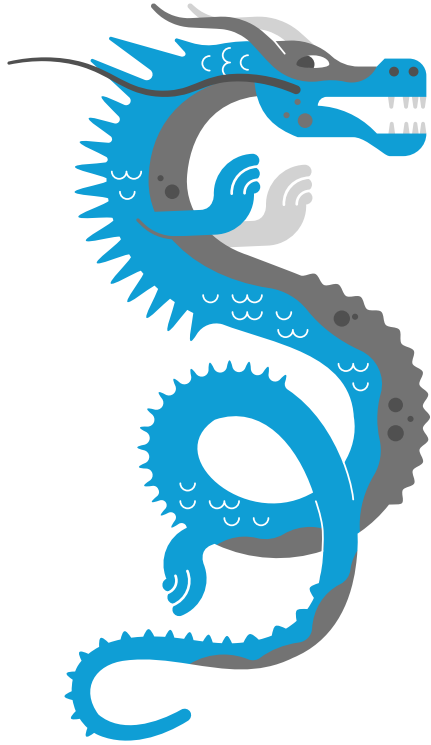
# Dungeons & Dragons

We will be running 3 Dungeons & Dragons groups for Autistic Adults to meet new people and play a bit of D&D with our Dungeon Master Adam!

## Monday Group- Coatbridge

- Monday 17th August to Monday 5<sup>th</sup> October
- Ages: 18+ Years (Adults Drop-In)
- Time: 4:00pm to 6:00pm
- Location: Knowledge Hub, Time Capsule, 100 Buchanan St, Coatbridge ML5 1DL

Please see next page for more D&D groups



# Dungeons & Dragons

## Wednesday Group- Cumbernauld

- Wednesday 19th August to Wednesday 7<sup>th</sup> October
- Ages: 18+ Years (Adults Drop-In)
- Time: 4:00pm to 6:00pm
- Location: Muirfield Community Centre, 1a S Muirhead Rd, Cumbernauld, Glasgow, G67 1AX

## Wednesday Group- Bellshill

- Wednesday 19<sup>th</sup> August to Wednesday 7<sup>th</sup> October
- Ages: 18+ Years (Adults Drop-In)
- Time: 10:15am to 12:45pm
- Location: Bellshill Central Parish Church of Scotland, 346 Main Street, Bellshill. ML4 1BA



# Gaming Groups

Programme Co-ordinator - Derek

We have a PS5, Xbox Series X and Nintendo Switch available for all gamers! We will have a board games area set up too for popular games such as chess, Yahtzee and card games! We have an exciting retro corner for classic gamers!

We will look to pre-install games before the block begins, so any suggestions on games to play, please let us know! We also encourage players they can bring their own games and consoles if they wish, BUT AT THEIR OWN RISK! **Please note Roblox will not be available.**

## Monday Group

### Group 1

- Monday 17th August to Monday 5th October
- Ages: 18+ years
- Time: 12:00pm – 1:45pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

### Group 2

- Monday 17th August to Monday 5th October
- Ages: 18+ years
- Time: 2:00pm – 3:45pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

Autistic Adult  
Support Fund



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## Tuesday Group

- **Tuesday 18<sup>th</sup> August to Tuesday 6<sup>th</sup> October**
- **Ages:** 18+ Years
- **Time:** 12:00pm to 1:45pm
- **Location:** Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

# Outdoor 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 28<sup>th</sup> August 11th & 25th September & 9th October**

- **Ages:** 18 + Years (fortnightly)
- **Time:** 3:00pm to 5:00pm
- **Location:** Viewpark Glen, Coatbridge, ML5 5AB



# Outdoor 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 of August – 9th of October**

- **Ages:** 18 + Years
- **Time:** 12:00 to 2:00pm
- **Location:** Strathclyde Country Park, Bothwellhaugh Rd, Bellshill ML4 2SU



## Outdoor 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.

**Thursday 20th of August – 8th of October**

- **Ages:** 18 + Years
- **Time:** 12:00 to 2:00pm
- **Location:** Palacerigg Country Park, Cumbernauld, G67 3HU

## Walking Group



A Stroll, a chat and a cuppa!

Join our walking group to connect with others, form new friendships and become more active.

The group will consist of a 20-to-40-minute easy walk around various routes throughout North Lanarkshire then anyone who wishes can join us for a Tea/Coffee/Juice etc and have a chat.



**Thursday 20<sup>th</sup> August to Thursday 8<sup>th</sup> October**

- **Ages:** 18 + Years
- **Time:** 12:30 to 1:30pm
- **Location:** Various

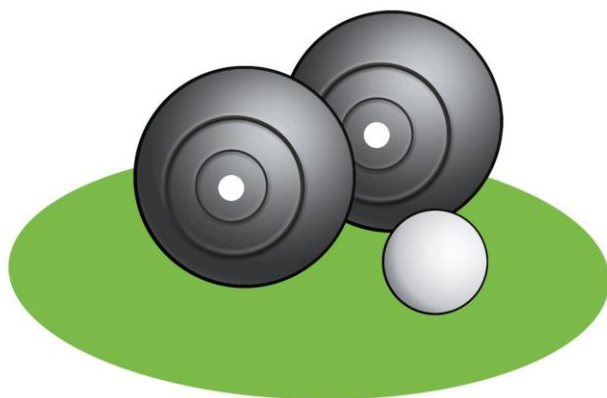
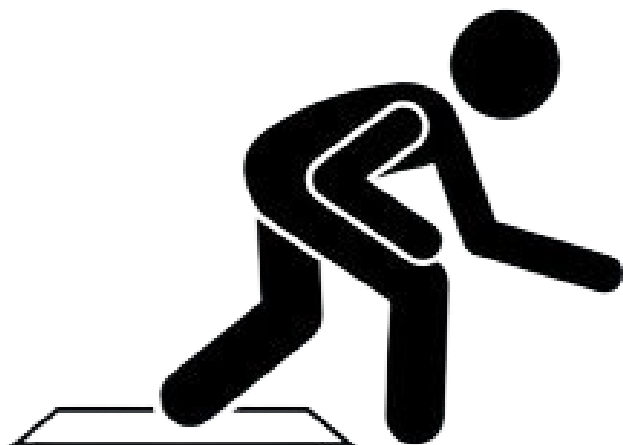
Week 1 - One Wellwynd, 35 Wellwynd, Airdrie, ML6 0BN

## Bowling Group

Our adult Bowls session will continue every Monday.  
In partnership with Coatbridge Indoor Bowling Club.

**Monday 17<sup>th</sup> August to Monday 5<sup>th</sup> October**

- **Ages:** 18 + Years
- **Time:** 12:30 to 1:30pm
- **Location:** Coatbridge Indoor Bowling Club  
Quarry St, Coatbridge ML5 3PU



# 1-1 Coaching

These sessions provide personalised, supportive guidance and practical support tailored to your individual needs - whether that's building confidence, developing life skills or accessing services within your local community.

Please contact [Hope@hopeforautism.org.uk](mailto:Hope@hopeforautism.org.uk) to enquire further.

# Autism Discussion

This service offers autism information grounded in current research for autistic adults who want deeper self understanding. Self diagnosis is welcome, and you can bring any questions you want to explore.

The service can cover anything from gaining clarity about autism, considering diagnosis, reasonable adjustments, sensory needs, communication, and identity. All sessions are delivered with a fully neuro-affirming and person-centred approach.

Please contact [Hope@hopeforautism.org.uk](mailto:Hope@hopeforautism.org.uk) to enquire further.

# Group Coordinators



Adam



Chloe



Derek



Gregor

Several group assistants and volunteers will also be supporting the groups!



If interested in attending any of our training courses, contact us at [hope@hopeforautism.org.uk](mailto:hope@hopeforautism.org.uk), or visit our Eventbrite page at <https://www.eventbrite.co.uk/o/hope-for-autism-29090863501>