



# ASD Family Help

Autism & neurodiversity - embracing differences

JULY 2025

## Wokingham Newsletter

### Wokingham JULY Drop In FUN Session

Radstock Community Centre

Wednesday 9<sup>th</sup> July 4.15pm to 5.15pm

A safe and welcoming space for everyone to connect.  
Everyone is welcome - for children, adults & families!

We'll be enjoying all things summer before we break for the holidays!

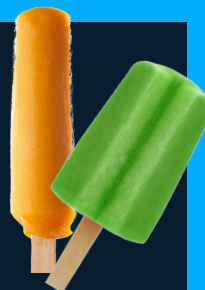
Join us to **make and play sensory sand**, summer colouring and even enjoy an **ice cream** or **ice lolly** together!

We will of course have our usual tables out with Lego and table top card games if you'd like to bring Pokémon or Yu-Gi-Oh cards. Free tea, coffee, squash and biscuits are provided.

This session is **FREE** to attend and you don't need to book.

Takes place on the 2<sup>nd</sup> Wednesday of every month term-time only.

Staff are here to guide you through the activity if you need help.



**FREE!**



### NEW! Adult Social Club @ Den 42, Wokingham

3rd Tuesday of each month 6pm to 8pm

We launched a NEW social group in April for neurodivergent adults. (You are welcome to bring along partners, family, friends & carers)!

This is free to attend but here is food and drink you can purchase if you wish.

We usually enjoy the pub's games, but you're very welcome to bring along a favourite game of your own to share. The pub also has interactive darts and shuffleboard to try.

This is a relaxed social get together, to meet other adults, chat & enjoy games.



We are unable to provide one to one help, so you must be able to access this event without support (or bring somebody to help you).

Please complete our registration form if you intend to come

<https://tinyurl.com/ASDFHAdultSocial>

or email [Jayne@asdfamilyhelp.org](mailto:Jayne@asdfamilyhelp.org).

We look forward to seeing you all there!



## Meet a member of the team! Emma

Emma is our Activity Leader for our Drop in Sessions, and you will also see her working at our Chat & Connect Coffee Mornings and our Teen Club in Wokingham!

"I have 4 children, 2 of those are neurodiverse. Between us we have ASD, ADHD, Tourette's syndrome and OCD. Things have changed a lot surrounding support and diagnosis in the last 15 years since I became a SEN parent and it's great to be involved in support that I wish had myself as a single Mum years ago.

In my spare time I love all things musical theatre and Disney. I'm a member of FBC church and often run the crèche on Sunday mornings."

## SUMMER HOLIDAY FAMILY DAY OUT!

7th August 10am to 5pm

We are holding a family day out to Beale Park on Thursday 7<sup>th</sup> August!

The day out is for children of ANY age accompanied by their parent/carer.

ASD Family Help staff will be on hand to help welcome you and your children and they will be available throughout the day.

There is loads to do at Beale Park and the ticket booked with us will cover your entry to the park, access to view the animal enclosures, adventure play areas, splash park and a miniature train ride.

We have also booked a mini-beasts workshop in the morning that you may wish to attend.



The Park is open from 10am to 5pm (last entry at 4pm).

ASD Family Help staff will be at the entrance to welcome everybody for entry to the park at 10am. (You are welcome to arrive later, but please let us know so we can be sure a member of staff will meet you).

The tickets are heavily discounted (due to group booking discount & funding) - **therefore all tickets for children or adults will be the same price.** A free carers ticket is available to book (but you need to bring proof on the day).

**Tickets are LIMITED - <https://tinyurl.com/ASDFH-Summer25>**

If you have any questions, please email [Rachael@asdfamilyhelp.org](mailto:Rachael@asdfamilyhelp.org)

## SUMMER NERF PARTY!

18<sup>th</sup> August 2-3pm

We are holding a summer Nerf Party in Wokingham on Monday 18<sup>th</sup> August from 2-3pm.

The session is available for children or young people who are registered with us and currently attending a regular activity.

If you are registered with us you should have received the booking link. Please let us know if you haven't.

Parents & carers - we ask that you remain at this session - because YOU will be getting involved in this too! We will have 30 minutes for the children to play and then asking the adults to join in. The kids love to have you as part of the fun!



[ASD Family Help Website](https://www.asdfamilyhelp.org)

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## SUMMER HOLIDAY FIRE STATION VISIT!

12th August 1.30pm to 3.30pm

**FREE!**

On the 12<sup>th</sup> August we are visiting Newbury Fire Station for our families to have the opportunity to have a relaxed session to see a Fire Engine, some of our fire-fighters and have a little tour around the station!

The event is FREE to attend, but you will need to book your place as spaces are very limited: <https://tinyurl.com/ASDFH-Summer25>

This activity is suitable for all ages. This is a FAMILY activity so parents/carers must attend with their children.

We will have some quiet activities/colouring available for those who wish to participate.

## SUMMER HOLIDAY FOOTBALL SESSIONS

31st July 3 - 4pm John O Gaunt Astro Pitch, Hungerford and

21<sup>st</sup> August 5 - 6pm Henwick Worthy Astro Pitch, Thatcham



We are running **TWO** football sessions over Summer.

One will be on the Astro Pitch in Hungerford at John O Gaunt school and the other in Thatcham at the Henwick Worthy Astro Pitch.

We have a couple of staff helping to run this session who are rather passionate about football, so we are hoping to have lots of fun!



This is a fun and active session where the aim is to enjoy ourselves and have the opportunity to join in with some football fun to burn off their excess physical energy!

The football session is for children and young people to have fun (not be the best at football). We will have a kick about, show you some football tricks you might like to try, have a go at some little skills and maybe have a mini game to finish. We will be led by what the children/young people would like to do most when we're there.

**Bookings for both dates can be made on Eventbrite:**  
<https://tinyurl.com/ASDFH-Summer25>

## SUMMER HOLIDAY SOFT PLAY

28th August 2-3pm

We have booked an EXCLUSIVE soft play session for our families to enjoy together.

This session is for children aged 5 years to 18 years to attend with their parent/carers.

This is a relaxed soft play session, exclusively for our families so that you can enjoy the hour together, meet new families and catch up with old!

Children and young people with any additional need are welcome at this activity and siblings are welcome to book too. Children do not need any diagnosis to participate in our activities.

**Tickets are LIMITED -** <https://tinyurl.com/ASDFH-Summer25>



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# SUMMER HOLIDAY MARTIAL ARTS TASTER

## 14<sup>th</sup> August 5pm to 6pm Northcroft Leisure Centre

**FREE!**



Damien (from RA Martial Arts) is our instructor for this session and he already teaches lots of martial arts classes for children, adults, ladies only and for families.

Our staff will be joining in with this family session too and it's a great opportunity to try something new for FREE over the summer with your child!

This activity is for children aged 5 years to 18 years to attend with their parent/carer.


This is a fun and active session where the aim is to enjoy ourselves and have the opportunity to join in with something to burn off the excess physical energy and try some NEW for FREE!

If you'd like to know more about our Damien's Martial Arts Classes, you can visit his website here (which has lots of pictures and videos to look through). <https://www.realaquifer.com/>  
For this session parents/carers must remain with their child and we would absolutely LOVE you to join in too!

Children and young people with any additional need are welcome at this activity and siblings are welcome to book too. Children do not need any diagnosis to participate in our activities.

Tickets are LIMITED and you can book here: <https://tinyurl.com/ASDFH-Summer25>

## What's on at a glance

 <b>ASD Family Help</b> <small>Autism &amp; neurodiversity - embracing differences</small>				
<b>What's on in July 2025</b> <small>See our website or Facebook page for details</small>				
	MON	TUE	WED	THUR
30 <sup>th</sup> June to 6 <sup>th</sup> July	10 - 11.30am Chat & Connect Arborfield  6 - 7pm Active Games Finchampstead	11am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub & Thatcham	5pm - 6pm Active Games Newbury
7 <sup>th</sup> to 13 <sup>th</sup> July	10 - 11.30am Chat & Connect Winnersh & Calcot  6 - 7pm Active Games Finchampstead	5 - 6pm Family Drop In Newbury	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub  4.15 - 5.15pm Fun Drop In Earley	5pm - 6pm Active Games Newbury
14 <sup>th</sup> to 20 <sup>th</sup> July	10 - 11.30am Chat & Connect Finchampstead & Thatcham  6 - 7pm Active Games Finchampstead	11am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham  6 - 8pm Adult Social Club DEN 42 Wokingham	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub & Thatcham  5.15 - 6.45pm Teen Club Wokingham	5pm - 6pm Active Games Newbury
21 <sup>st</sup> to 27 <sup>th</sup> July	10 - 11.30am Chat & Connect Wokingham & Newbury  6 - 8pm Adult Social Group Crucible Newbury	11am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham  4.45 - 6.15pm Teen Club Newbury	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub & Thatcham	5pm - 6pm FAMILY Active Games Newbury  7pm - 9pm Adult Dinner Club 3 Frogs - Wokingham
28 <sup>th</sup> July to 3 <sup>rd</sup> August	10 - 11.30 am Chat & Connect Arborfield & Hungerford	11am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub & Thatcham	3pm - 4pm FAMILY Football Newbury
<a href="http://www.asdfamilyhelp.org">www.asdfamilyhelp.org</a> <a href="mailto:jayne@asdfamilyhelp.org">jayne@asdfamilyhelp.org</a> <a href="https://www.facebook.com/ASDFamily">www.facebook.com/ASDFamily</a>				

We run regular and ad-hoc activities and sessions throughout Wokingham and West Berkshire.

Take a look at our calendar to see what's on in July. Email us if you have any questions:

[Jayne@asdfamilyhelp.org](mailto:Jayne@asdfamilyhelp.org)  
or  
[Rachael@asdfamilyhelp.org](mailto:Rachael@asdfamilyhelp.org)

Some of our sessions require registration to book a place.

Please contact us or check out our website for more information .

[ASD Family Help Website](http://www.asdfamilyhelp.org)

[Visit us on Facebook](https://www.facebook.com/ASDFamily)

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A summary of our Summer Sessions in one place

If you have any trouble booking, please email us.

All activities can be booked on Eventbrite:

<https://tinyurl.com/ASDFH-Summer25>



**ASD Family Help**  
CHARITY NUMBER: 1135718



## Summer Holiday Fun!

For families with neurodiverse children and young people

	Tuesday	Thursday
<b>Week 1</b> <b>July 21st</b>	Teen Club The Riverside Centre 4.45-6.15 <b>Must sign up</b>	Family Active Club Northcroft Leisure Centre 5-6
<b>Week 2</b> <b>July 28th</b>		Family Football John O'gaunt, Hungerford 3-4
<b>Week 3</b> <b>Aug 4th</b>	Family Beale Park visit Beale Park 10-4.30	
<b>Week 4</b> <b>Aug 11th</b>	Family Fire Station visit Newbury Fire Station 1.30-3.30	Family Martial Arts Northcroft Leisure Centre 5-6
<b>Week 5</b> <b>Aug 18th</b>	Nerf Gun Session Finchamstead FBC 2-3 <b>On Monday 18th</b>	Family Football Henwick Fields Astro Pitch 5-6
<b>Week 6</b> <b>Aug 25th</b>		Exclusive Soft Play Northcroft Leisure Centre 1-2  Family Active Club Northcroft Leisure Centre 5-6

**Book Tickets here**



 <https://TinyUrl.com/ASDFH-Summer25>

 [james@asdfamilyhelp.org](mailto:james@asdfamilyhelp.org)

 07733 601755

[ASD Family Help Website](https://www.asdfamilyhelp.org)

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## BORROW Sensory Items from us!

**FREE!**

We have a small collection of sensory items now available for families to borrow for 7 days at a time.

Maybe you would like to try an item out before thinking about purchasing something for your child/young person? Maybe you'd just like to try something new at home during the summer holidays?

If you'd like to borrow some sensory items, you can use our booking form to pick the items you'd like to use: <https://tinyurl.com/ASDFH-BorrowSensory>.

Below are pictures of some of the items available.

You will need to collect and return the items to us (we have a choice of locations across Wokingham for you to choose from).



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## FREE One to One Appointments

**FREE!**

Are you a neurodivergent adult or a parent/carer with a child or young person with additional needs? Do you need some one to advice, information or just somebody to chat to?

You can book a private appointment with us (in person/phone/online). We can help with: Benefits including DLA & PIP forms), finding information on Socialising & Groups to join, Health & Wellbeing, Employment & Education, Finances & Adult Care Support.

You can book with us online using our booking link: [Booking Link](#)

If you need help to book online, email [jayne@asdfamilyhelp.org](mailto:jayne@asdfamilyhelp.org) or call, text or WhatsApp on 07733 601755


## Feeling anxious about coming along?

If you are an adult and you are worried about coming along alone for the first time, please get in touch.

We will always be happy to arrange for a member of the team to meet you outside and walk in with you at your own pace.

The majority of staff & volunteers are neurodivergent themselves - so we understand!

## Join us at a Chat & Connect Coffee Group




**WOKINGHAM**  
**Chat & Connect Group**  
**Mondays 10-11.30am**

A friendly and welcoming coffee group for neurodiverse adults and parents/carers of neurodiverse children.

<b>Winnersh Garden Centre</b> 656 Reading Road Wokingham RG41 5HG <b>1<sup>st</sup> Monday of the month</b>	<b>FBC Centre</b> Gorse Ride North Finchampstead RG40 4ES <b>2<sup>nd</sup> Monday of the month</b>
<b>Cantley Cafe</b> Twyford Road Wokingham RG40 5QG <b>3<sup>rd</sup> Monday of the month</b>	<b>Henry Street Cafe</b> Swallowfield Rd Arborfield RG2 9JY <b>4<sup>th</sup> Monday of the month</b>

Build meaningful connections with others.  
Chat to a liaison worker. No need to book!

If it's your first time and you're feeling a bit nervous about coming along, please get in touch. We'd be more than happy to meet you outside and walk in together.



Reach out.  
Find Support.

[jayne@asdfamilyhelp.org](mailto:jayne@asdfamilyhelp.org) 07733 601755  
[www.asdfamilyhelp.org](http://www.asdfamilyhelp.org) ASDFamily

Whether you are a neurodivergent adult, a friend or family member of a neurodivergent person or a parent/carer for your neurodiverse child, young person or adult - you are **WELCOME!**

We are a friendly and relaxed bunch. Topics of conversation can be random and varied, but there is always a listening ear on hand from our staff, our volunteers or the fab people who come along!

It's a safe space in friendly coffee shops for us to chat, ask questions, find out more, discover helpful answers or even just to sit and do your crochet alongside everybody!

We host Chat & Connect's every Monday throughout the year (except Bank Holidays).

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