



ASD Family Help

Autism & neurodiversity - embracing differences

WOKINGHAM NEWSLETTER

July 2026

You're Invited...

COMING UP THIS MONTH

This July there's lots to look forward to: drop in for a chat, join a social, get crafty, share a love of books and more. With so many different activities for neurodivergent adults, young people and their families we invite you to join us and hope to see you soon.

Fancy a Chat?

CHAT & CONNECT, MONDAYS 10:00 - 11:30

Free to attend Chat & Connect Sessions happen weekly on Mondays (except Bank Holidays), 10:00-11:30. Pop along for a friendly chat, share life experiences, and gain some knowledge from others, all in the same boat. (Coffee & cake not supplied, we kindly ask that you cover these costs yourself). Coming to a new place can be daunting so drop us an email and one of us will meet you outside.

For more info, email: hello@asdfamilyhelp.org

Winnersh Garden Centre
656 Reading Road
Wokingham
RG41 5HG

1st Monday of the month

FBC Centre
Gorse Ride North
Finchampstead
RG40 4ES

2nd Monday of the month

Cantley Cafe
Twyford Road
Wokingham
RG40 5QG

3rd Monday of the month

Henry Street Cafe
Swallowfield Rd
Arborfield
RG2 9JY

4th Monday of the month

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

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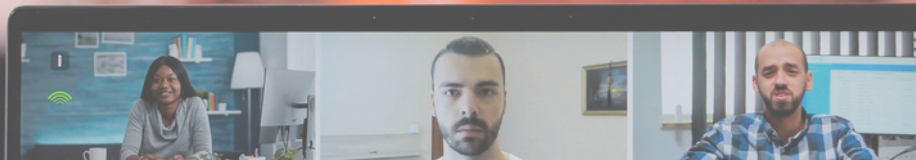
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PAGE 01



Get Connected

ASD FAMILY HELP - ADULT ADHD & NEURODIVERGENT ONLINE GROUP

We meet online on the 2nd and 4th Thursday of every month from 7pm to 8pm.

Join Rachael and Sara for a relaxed, judgment-free space created especially for ADHD or Neurodivergent adults. Whether you were diagnosed later in life like Rachael, or have grown up with ADHD like Sara, you're welcome here.

If you are 18 or over, you are welcome! You do not need a diagnosis — whether you're exploring ADHD or neurodivergence, self-identify, are on a waiting list, been recently diagnosed or have been diagnosed for years. This space is for anyone who feels they belong.

This is a friendly peer-support group to connect with others who truly get it.

We're here to create a supportive environment — not to claim we have all the answers!

Come along to share experiences, ask questions, explore strategies together, and find comfort in knowing you're not alone.

We'll chat about challenges, celebrate wins – big or small – and build community through understanding and lived experience.

The group is completely **FREE to attend**.

Just bring yourself, your curiosity, and your unique brain!

To book, click here:

[ADHD Adult Support Group - with Rachael & Sara \(2nd Thursday of the month\)](#)

[ADHD Adult Support Group - with Rachael & Sara \(4th Thursday of the month\)](#)

**You do not
need a
diagnosis...
This space is
for anyone
who feels
they belong.**



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Join a Social Group

ADULT DINNER CLUB - THREE FROGS PUB

FREE TO ATTEND. [REGISTER HERE](#)

The Adult Dinner Club is a quieter club for neurodivergent adults to socialise in a safe and welcoming environment. (Partners, family, friends and carers are welcome too).

The club meets at The Three Frogs Pub in Wokingham from 7pm-9pm on the 4th Thursday of the month.

The group enjoy a meal whilst they are at this event, but it isn't a requirement. You are welcome to come along just for a drink and a chat too! Contact: hello@asdfamilyhelp.org



ADULT SOCIAL CLUB - DEN 42

FREE TO ATTEND. [REGISTER HERE](#)

This social club is for neurodivergent adults to hang out, in a safe and welcoming environment. (partners, family, friends and carers are welcome too). It takes place on the 3rd Tuesday of the month, from 6-8pm at Den 42 in Wokingham.

Attendees spend the time connecting with others either by chatting or playing one of the many games that are available at the venue, last month we enjoyed a playing Connect 4, Dominoes and UNO!

This event is free to attend. There is food and drink available for you to purchase at the venue if you wish.

Contact: hello@asdfamilyhelp.org

Save the Date

JULY CLUB DETAILS

ADULT DINNER CLUB

23RD JULY

THREE FROGS PUB

WOKINGHAM

[REGISTER HERE](#)

ADULT SOCIAL CLUB

21ST JULY

DEN 42

WOKINGHAM

[REGISTER HERE](#)



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Sign-up for a Youth Club

ACTIVE GAMES (AGES 5-18)

PAID CLUB* [APPLY FOR A SPACE](#)

Active Games Club runs on Mondays term-time only, 6pm-7pm in Finchampstead.

There is currently a waiting list for this activity, to find out more information or apply for a space, visit our website:

[Active Games Info & Registration Form](#)

We play a variety of games with all sorts of equipment from pool noodles and dodgeballs to wheelie boards. No sporting ability is required to join and we welcome all neurodivergent young people aged 5-18 (no diagnosis required).

***Sign up required (£4 per session). Spaces limited. Waiting List!**



TEEN CLUB - (AGES 12-18)

PAID CLUB* [APPLY FOR A SPACE](#)

Teen Club is an inclusive twice monthly session for young people who are neurodivergent (for example: autistic, dyslexic, anxiety, OCD, ADHD or learning difficulties). No diagnosis is required and siblings can attend if we have spaces – just ask us.

We hang out in a very relaxed space where young people can choose to participate in a variety games, use the pool table, football table or air hockey table; sit and chat together or simply enjoy some quiet time. A small snack & bottle of water is provided at each session.

***Sign up required (£4 per session). Spaces limited**

July Club Info

ACTIVE GAMES

MONDAYS 6-7PM

FINCHAMPSTEAD

[APPLY FOR A SPACE](#)

TEEN CLUB

1ST & 3RD WEDNESDAYS

WOKINGHAM

[APPLY FOR A SPACE](#)



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Wellbeing & Connection

CONNECT AND CRAFT - OAKWOOD CENTRE FREE TO ATTEND

1st Tuesday of the Month, 10:15am-11:45am

Our Connect and Craft sessions at the Oakwood Centre in Woodley offer a welcoming space for people aged 16 and over to meet others, get creative, and access support.

Liaison workers are available at each session to help with any queries and signpost you to relevant services and sources of support. Whether you need information, advice, or simply someone to talk to, we're here to help.

You are welcome to bring along your own craft projects or join in with the range of craft activities we provide. No experience is needed – just come along, enjoy a chat, and get creative in a friendly and supportive environment.

For more info email hello@asdfamilyhelp.org



Beyond Words



BOOK CLUB - LOCAL LIBRARY (TBC) FREE TO ATTEND

Join us at our Book Club, where we will be exploring Beyond Words books. These unique books contain **no written text**, encouraging us to engage with the illustrations, create our own stories, and make personal connections to the themes and events within the pages.

The sessions provide a relaxed and welcoming environment where everyone can share their thoughts, experiences, and interpretations of the story.

No need to book - you are welcome to just turn up!

When: 4th Thursday of the month

Venue: To be confirmed

Time: 10:30am-11:15am

For more info email hello@asdfamilyhelp.org

CONNECT & CRAFT
OAKWOOD CENTRE
WOODLEY
10:15AM - 11:45AM

BOOK CLUB
23RD JULY
LIBRARY TBC
10:30AM - 11:15AM



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Community Outreach

OUTREACH SESSIONS FREE TO ATTEND

We are always out and about in the community offering a number of outreach sessions. We are currently attending local libraries, community centres, and running sessions alongside First Days Children's Charity. No need to book, just come along.

The following sessions happen monthly on the weekday shown below.

1st Tuesday Oakwood Centre Woodley Connect and Craft 10:15-11:45

2nd Monday FBC Finchampstead 11:30-13:30

2nd Wednesday Woodley Precinct 10:00-12:00 (with First days)

3rd Monday Earley Library 14:00-16:00

3rd Wednesday Wokingham Library 13:30-15:00

4th Monday Share Shinfield /Shinfield Library 12:00-13:30

4th Tuesday Twyford Library 10:00-12:00

4th Tuesday Woodley Library 2pm - 4pm

4th Wednesday Woodley Precinct 10:00-12:00 (with First days)



For more info email: hello@asdfamilyhelp.org

Book a 1:1

If you have questions about any of our activities or about the support we offer you can book a one-to-one meeting with our team.

For a 30 minute phone call or online meeting

BOOK HERE

If we can't help you with everything you need in 30 minutes, we'll happily schedule a follow-up appointment.

We also offer hour-long appointments available for in-person meetings

For a 60 minute in person meeting

BOOK HERE



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ASD Family Help Summer Events

COME AND JOIN THE FUN THIS SUMMER

We have so much family fun planned for the summer holidays. Read on to find out more.

Booking details for all our summer events will be available soon!

Don't miss an update!

[Subscribe to our newsletter](#)
[Follow-us on Facebook](#)

FOOTBALL FUN 6TH August 5pm to 6pm

This active session for children and young people with their parents/carers is a chance to have some football related fun. We'll have a kick about, show you some football tricks, have a go at some skills and maybe have a mini game to finish. Book your tickets here:

<https://ASDFH-Football26.eventbrite.co.uk>

MARTIAL ARTS TASTER SESSION

FOR AGES 5-18 WITH ADULT/CARER

The aim of the Martial Arts taster day is to enjoy ourselves and have the opportunity to join in with something to burn off excess physical energy and try something NEW for FREE! Parents/carers must remain with their child and we would absolutely LOVE you to join in too! Tickets will be available to book shortly!

FAMILY ACTIVE GAMES

We are also inviting families to come along to an Active Games session! This is a chance for all parents and carers to attend one of our Active Games sessions along with your children and young people for some family friendly active fun! Children aged 5-18 are welcome to attend with a parent/carer.

Tickets will be available to book soon!

Summer Events

**BOOKING DETAILS
COMING SOON.**

**DON'T WANT TO MISS
OUT?**

**SUBSCRIBE TO THE
NEWSLETTER**

**FOLLOW US ON
FACEBOOK**



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FIRE STATION VISIT - 18TH AUGUST 11AM TO 2PM

We will be visiting Newbury Fire Station to give families the opportunity to have a relaxed session where you'll be able to see a Fire Engine, meet some fire-fighters and have a tour of the station!

Tour of the fire station & engine: 11-12.30 pm.

Victoria Park: 12.30pm for a bring your own picnic, splash park and BUBBLES!

The event finishes at 2 pm, but families are welcome to stay and socialise at the park after this time.

Book your FREE ticket: <https://ASDFH-firevisit.eventbrite.co.uk>

CRAFT PARTY - 28TH JULY 3-5PM

This activity is for SEND young people of any age to attend with their responsible adult/s. No official diagnosis needed

This is a two-hour craft party for young people with SEND needs (no diagnosis needed) and their family. We are meeting up at the Royal British Legion in Newbury, and will have several stations of crafts set up to do, alongside snacks, hot and cold drinks, and books/games if desired. This is a low-demand session, with no pressure to join in if the young person does not want to.

We will be:

- mug decorating with wash-safe pens
- seed planting and decorating the plant pots
- decorating window sucker animal shapes
- making our own bubble wands
- making bubble bath dough

Book via Eventbrite: <https://ASDFH-craftparty.eventbrite.co.uk>

GREAT BRITISH SUMMER SAVINGS:

VAT SLASHED TO SAVE FAMILIES MONEY ON DAYS OUT AND KIDS MEALS!

From 25 June to 1 September 2026, VAT will be slashed on eligible activities, to help families enjoy the weekend treats, the days out, the small plans that make life enjoyable during the cost of living squeeze while supporting the businesses that depend on summer footfall.

VAT reduced to 5% on kids' meals in restaurants, kids' tickets (theatres/cinemas/concerts/shows/exhibits) and kids' tickets to attractions (soft play/theme parks/zoos/fairs/museums etc).

Click here to learn more



Free Bus Travel

FROM 1ST TO 31ST AUGUST

COVERS PARTICIPATING
LOCAL BUS SERVICES
ACROSS ENGLAND.

LEARN MORE



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Summer Events (Cont.)

SUMMER READING CHALLENGE WOKINGHAM BOROUGH LIBRARIES

The 2026 Summer Reading Challenge is Read to the Beat, delivered by The Reading Agency in partnership with public libraries and powered by Universal Music Group UK.

The theme inspires children to explore the connection between stories and songs, and this year's collection features 55 amazing titles for all reading levels, including fiction, non-fiction, poetry, and graphic novels (plus dyslexia-friendly options). From rap and K-pop to orchestras and opera, there's a whole world of music-inspired stories waiting to be discovered. **Sign-up at any Wokingham Borough library from Monday 29th June**



WOKINGHAM PRIDE - SAT 11TH JULY TOWN HALL & ELMS FIELD 11:00 - 17:00

Wokingham Pride is a free, inclusive and family-friendly celebration supporting Wokingham's LGBTQ+ Community. The day starts with a photo at the Town Hall at 11:00am, followed by a parade through town to Elms Field, where there will be market stalls, street food and live music. Attendees are invited to bring a picnic.



Local Groups

READING ADHD GROUP:



Reading ADHD Group will now be operating as a branch of Thames Valley ADHD Network CIC.

They will still meet on the last Tuesday of the month, there will still be walking events, online workshops AND we they will still be called Reading ADHD Group.

If you are an adult with ADHD or suspected ADHD, please help them to take the next step by filling out this short anonymous survey that will help shape their community needs assessment.

[Click here to complete the survey.](#)



Pain Management Online Workshop

Dates:
Wednesday 22, 29 July and 5 August
Time: 1pm to 2.30pm

Wokingham Recovery College are running a three-week Pain Management. Each week focuses on a different aspect of living with chronic pain, providing tools to improve wellbeing and regain control over daily life. workshop. **[BOOK HERE](#)**



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AUGUST 2026

ALL AGES

SEND

SUMMER

STAY AND PLAYS

FREE FUN FOR ALL THE FAMILY AT
OUR WELCOMING, ACCESSIBLE AND
WELL EQUIPPED SEND CENTRE

ACTIVITIES:

- LARGE BALL PIT AND SOFTPLAY
- SENSORY ROOM
- LARGE, SECURE GARDEN
- - AND MUCH MORE!!!

MON 3RD AUGUST
WED 5TH AUGUST
MON 10TH AUGUST
THURS 13TH AUGUST
MON 17TH AUGUST
THURS 20TH AUGUST
MON 24TH AUGUST
WED 26TH AUGUST
10AM-12PM



Ability
Hub

giving children and young adults with
disabilities a place to grow

600 THAMES VALLEY PARK,
THAMES VALLEY PARK DRIVE, READING RG6 1PT



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What's on in July 2026

See our website or Facebook page for details

	MON	TUE	WED	THUR	FRI
13 th to 19 th	10 - 11.30am Chat & Connect Finchampstead 11:30am - 1pm Community Outreach FBC Finchampstead 6 - 7pm Active Games Finchampstead	1:30am - 2:30pm Community Outreach Foodbank Newbury	10am - 1pm Adult 1 to 1 Support Wokingham Hub 11am - 1pm Community Outreach Newbury Library 1.30 - 3pm Community Outreach Wokingham Library		
20 th to 26 th	10 - 11.30am Chat & Connect Wokingham 2pm - 4pm Community Outreach Earley Library 6 - 8pm Adult Social Club Newbury	6 - 8pm Adult Social Club Den 42 Wokingham	10 - 1pm Community Outreach Woodley Precinct	10.30 - 11.15am Book Club (Adults) Woodley 7pm - 8pm ADHD Group Online 7pm - 9pm Adult Dinner Club Three Frogs - Wokingham	
20 th to 26 th Aug	10 - 11.30am Chat & Connect Arborfield 12:30 - 1.30pm Community Outreach School Green	10am - 12pm Community Outreach Twyford Library 2 - 4pm Community Outreach Woodley Library			



WORK WITH US

CURRENT VACANCIES

Registered Charity No. 1135718

ASD Family Help is committed to safeguarding and promoting the welfare of children and vulnerable adults and expects all staff, other workers, and volunteers to share this commitment.

We embrace diversity and equal opportunities and want to continue to build a team that is inclusive, celebrates differences and is a place where you can be yourself.

We are hiring!

Activity Workers (18yrs+)

Active Games & Teen Club

(Wokingham)

Part time – 10 hrs a month (approx.) - £12.71 - £13.50ph

We need Activity Workers for Active Games, and/or Teen Club sessions for children & young people with additional needs.

Sessions are aimed at children & young people 5 to 18 years on a ratio of 1 adult to 8 children
Sessions take place weekly on Mondays for Active Games in Finchampstead and bi-monthly on a Wednesday for Teen Club in Wokingham.

Sessions are after school 1.5/2hrs per session, term-time only

Key Responsibilities:

As part of a team:

- Attend sessions as a positive and engaging role model to provide a fun and active session that is inclusive for all attending
- Be responsible for providing first-aid as required (you will be given training)
- To create accurate & timely records of first-aid, behaviour or safeguarding concerns
- To work alongside children & young people with additional needs and their families to ensure the sessions are safe but fun; that reasonable adjustments are made and that behaviour is appropriate
- To create and help to run fun games and activities for the sessions (including physical games)
- Regularly review the Risk Assessment & Fire Plan with the Activity Leader & Project Manager to ensure it remains up to date and accurate in respect of every attendee

Individually:

- Keep up to date and secure records of each child/young person as applicable
- Liaise with the Safeguarding Lead (DSL) and/or Activity Leader regarding any safeguarding concerns or session adjustments needed

Apply here: <https://tinyurl.com/ASDFHApply> or email jayne@asdfamilyhelp.org for more information

We will ensure that you have a DBS check, are given up to date Safeguarding, Prevent & Paediatric First Aid training alongside our induction training.

Other hours may be available on an ad-hoc basis. Other hours/responsibility may be given following successful probation period and further training.

We are a 'User Led' independent and voluntary group created by parents/carers in 2005. We offer support, advice, and activities for autistic individuals and/or those with other learning disabilities or difficulties



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Annual SEND Survey 2026



**We'd love
to hear
your views!**

**Share your experiences of all aspects of SEND;
Education, Health, Social Care, Information &
Parent Carer wellbeing**

This year's survey is especially important as it will set a baseline for measuring improvements following the recent Ofsted/CQC Area SEND Inspection & SEND Reform plans.

**Scan the QR code to
go to the survey:**



or use this link:

<https://www.surveymonkey.com/r/2K5WDQB>

**More information on our website:
www.sendvoiceswokingham.org.uk/news**