ASD Family Help

Autism & neurodiversity - embracing differences

WOKINGHAM NEWSLETTER

Oct 2026

Autumn Edition

WHAT TO EXPECT THIS AUTUMN

As the warm Summer days come to an end, there are still lots of activities for everyone at ASD Family Help this Autumn. Read on for everything you need to know about our upcoming drop-in sessions, social groups, clubs and community news.

Come for 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.
1st Monday of the month - Winnersh Garden Centre
2nd Monday of the month - FBC Centre Cafe
3rd Monday of the month - Cantley Park Cafe
4th Monday of the month - Henry Street Garden Centre Cafe

These coffee mornings are great for meeting new people and sometimes learning something new. Coming to a new place can be daunting so drop us an email if you're joining for the first time, and one of us will meet you outside.
For more info, email: **hello@asdfamilyhelp.org**



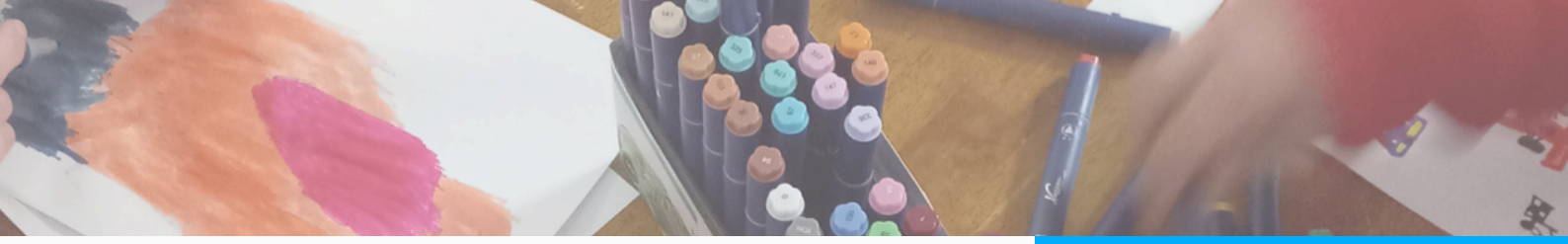
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Wellbeing & Connection

JOIN OUR BOOK CLUB

Beyond Words

NEW BOOK CLUB - WOKINGHAM LIBRARY
FREE TO ATTEND, 1ST MONDAY OF THE MONTH

We're excited to introduce our new Beyond Words Book Club at Wokingham Library!

Beyond Words is a relaxed, monthly book club for adults where we use word-free picture books to create stories together. It's a chance to have fun, get creative, meet new people and enjoy a relaxed session in a welcoming environment.

When: **First Monday of the Month**
Time: **13:15-14:00**
Where: **Wokingham Library**
Cost: **Free**
Booking: No booking required — just drop in!

Come along, get creative, make stories and enjoy a relaxed session with others. We're really looking forward to welcoming everyone.

For more info email: hello@asdfamilyhelp.org

CONNECT AND CRAFT - OAKWOOD CENTRE
FREE TO ATTEND
1st Tuesday of the Month, 10:15am-11:45am

Our Connect and Craft sessions offer a welcoming space for neurodivergent adults to meet others, get creative, and access support.

Liaison workers are available at each session to help with any queries you may have. 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

BOOK CLUB
1ST MONDAY OF THE MONTH
WOKINGHAM LIBRARY
1.15PM - 2PM

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





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!

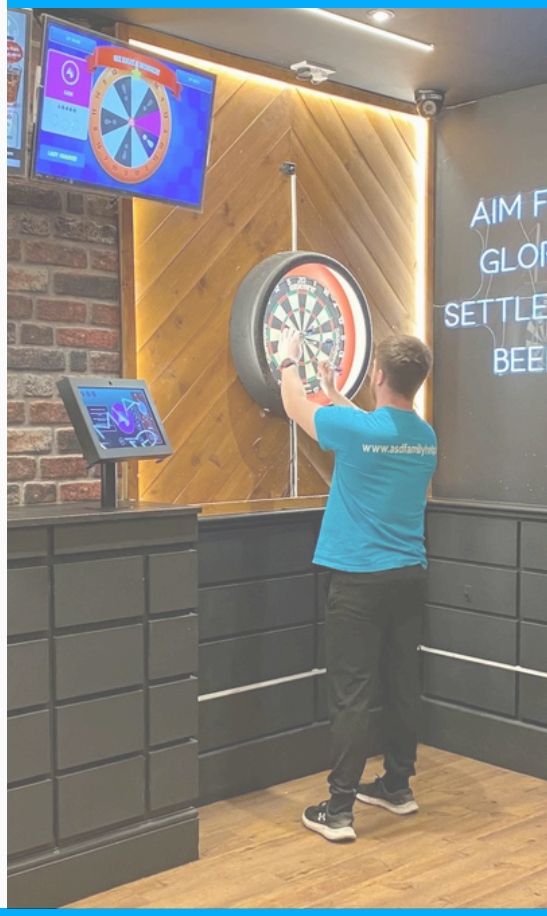
This event is free to attend. There is food and drink available for you to purchase at the venue if you wish.
We are unable to provide one to one help, so you must be able to access this event without support, or bring someone to help you. **Contact: hello@asdfamilyhelp.org**

Save the Date

OCTOBER EVENTS

ADULT DINNER CLUB
22ND OCT
THREE FROGS PUB
WOKINGHAM
REGISTER HERE

ADULT SOCIAL CLUB
20TH OCT
DEN 42
WOKINGHAM
REGISTER HERE





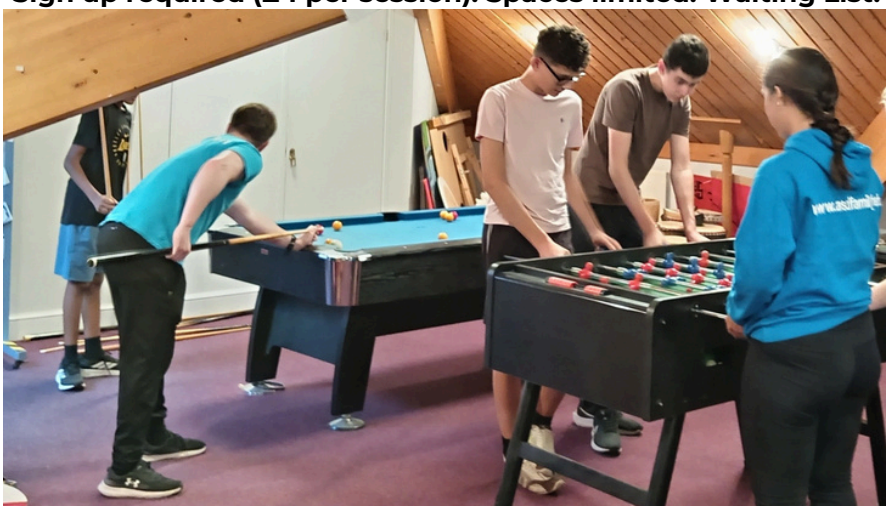
Sign-up for a Youth Club

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 from volleyball and football to relays on wheelie boards and pool noodle tag. No sporting ability is required to join and we welcome all neurodivergent young people aged 5-18 (no diagnosis required). The ratio for this session is 1 adult to 8 children. We are unable to provide one to one support.
***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**

Oct Club Info

ACTIVE GAMES

MONDAYS 6-7PM
FINCHAMPSTEAD
APPLY FOR A SPACE

TEEN CLUB

1ST & 3RD WEDNESDAYS
WOKINGHAM
APPLY FOR A SPACE





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 SHARE.

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

3rd Monday Earley Library 14:00-16:00
3rd Tuesday Share FBC 10am-11.30am
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 The Gardening Club Twyford 12.30 - 1.30pm



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





News and Updates

NERF PARTY

Thanks to those who joined us for the Nerf Party at the FBC in Finchampstead at the end of August. Everyone got involved including parents and ASD Family Help staff, having the best time. There was lots of laughter, running around, and some very sweaty people at the end of the session!

Thank you to Jake for running this activity for us, it was great to work with you again.



Winter Disco - Save the date!

WOKINGHAM WINTER DISCO
22ND DECEMBER, 5PM - 7PM

The ASD Family Help Winter Disco for our neurodivergent community, will be taking place on **Tuesday 22nd December 5-7pm at Radstock Community Centre in Earley**
Tickets are £5 for every child or adult. Keep an eye out for more details including the booking link after October half term.

Free tickets will be available for parents or carers who are accompanying their child or an adult they are supporting.

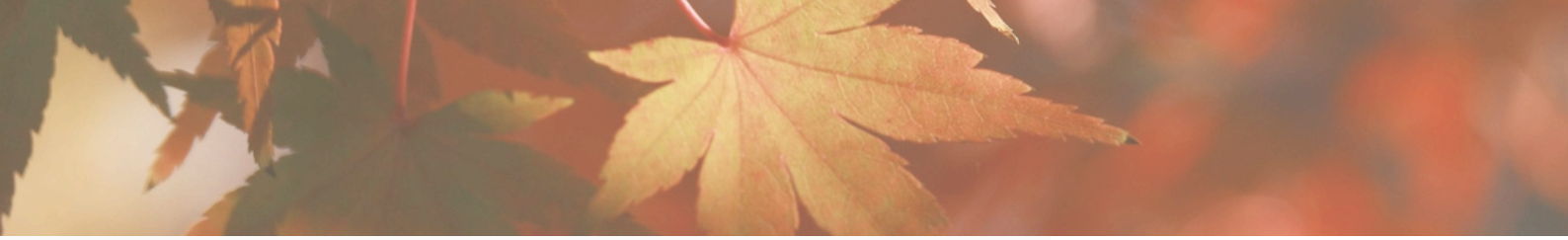
Free tickets will also be available for children under 2 years.

Save the Date

WINTER DISCO
22ND DECEMBER
5PM - 7PM

MORE DETAILS TO FOLLOW

FOR MORE INFO, EMAIL
HELLO@ASDFAMILYHELP.ORG



Community Events

ASSIST AUTISM WORKSHOPS

WOODLEY AIRFIELD CENTRE / ONLINE

ASSIST (Autism Spectrum Service for Information Support and Training) is the family support service from Wokingham Borough Council and they are running the following Autism specific workshops for adult learning from October to December.

Workshops are £10 for Parents/Carers/Autistic Individuals. Daytime workshops are offered in person at the Woodley Airfield Centre. Evening workshops are usually via Microsoft Teams.

Woodley Airfield Centre
Monday 23rd Nov
9:30am - 12 noon
Supporting autistic individuals to understand and self-manage emotions & feelings (including anger)

Thursday 10th Dec
9:30am - 12 noon
Autism specific workshop on sexual development and puberty

Online
Monday 19th Oct
7pm - 9pm
Supporting autistic individuals to understand and self-manage emotions & feelings (including anger)

Tuesday 1st Dec
7pm - 9pm
Autism understanding & acceptance

For information about the workshops or to book a place, email: **ASSISTWorkshops@wokingham.gov.uk**

For information about the workshops or to book a place,
EMAIL ASSIST

Please note when booking your workshop:
'What is autism' is covered in depth in the autism understanding
& acceptance workshop only.
For all other workshops - it is helpful if you have basic understanding
and knowledge of autism.

SEND Voices
Wokingham

Local Offer Live 2026

Family Information Day for those in Wokingham Borough with a child or young person 0-25 years with any Special Educational Needs &/or Disability



Saturday 10th October

10.30 – 12.30pm or 1pm – 3pm

St Crispin's School Sports Hub,
London Road, Wokingham, RG40 1SR

- Information & Advice Stalls
- Berkshire Reptile Encounters
- Face Painting • Circus Skills
- Tea/coffee/squash/cake

Book your FREE ticket
Scan QR code or visit Ticketsource:
https://www.ticketsource.com/send-voices-wokingham

More information on our website:
www.sendvoiceswokingham.org.uk
or email: info@sendvoiceswokingham.org.uk

Many thanks to St Crispin's School for supporting this event
Photos by Steve Smyth



ASD Family Help
Autism & neurodiversity - embracing differences

What's on in October 2026

See our website or Facebook page for details

	MON	TUE	WED	THUR	FRI
5th to 11th	**10 - 11.30am** **Chat & Connect** Winnersh Garden Centre **NEW 1.15pm -2.00pm** **Book Club (Adults)** Wokingham Library **6 - 7pm** **Active Games** Finchampstead	**10:15 - 11:45am** **Connect & Craft** Oakwood Centre **1:30 - 2:30pm** **Community Outreach** Foodbank Newbury	**10am - 1pm** **Adult 1 to 1 Support** Wokingham Hub **6 - 7.30pm** **Teen Club** Wokingham	**5 - 6pm** **Active Games** Newbury	
12th to 18th	**10 - 11.30am** **Chat & Connect** FBC Finchampstead **6 - 7pm** **Active Games** Finchampstead	**1.30 -3pm** **Community Outreach** Foodbank Newbury **5 -6pm** **Drop In** St Mary's Church Newbury	**4pm-5:30pm** **Drop In** Radstock Earley	**5 - 6pm** **Active Games** Newbury	
19th to 25th	**10 - 11.30am** **Chat & Connect** Cantley Park Cafe Wokingham **2pm - 4pm** **Community Outreach** Earley Library **6 - 7pm** **Active Games** Finchampstead **6 - 8pm** **Adult Social Club** Crucible Newbury	**10 - 11:30am** **Community Outreach** FBC **6 - 8pm** **Adult Social Club** Den 42 Wokingham	**10am - 1pm** **Adult 1 to 1 Support** Wokingham Hub **11am - 1pm** **Community Outreach** Newbury Library **1.30 -3pm** **Community Outreach** Wokingham Library **6 - 7:30pm** **Teen Club** Wokingham	**NEW 10am -10:45am** **Book Club (Adults)** Newbury Library **5 - 6pm** **Active Games** Newbury **7pm - 9pm** **Adult Dinner Club** Three Frogs Wokingham	
26th Oct to 1st Nov	**10 - 11.30am** **Chat & Connect** Henry Street Garden Centre **12pm - 1:30pm** **Community Outreach** SHARE Shinfield	**10am - 12pm** **Community Outreach** Twyford Library **12:30 - 1:30pm** **Community Outreach** The Gardening Club Twyford		**5-6pm** **Family Martial Arts** Newbury	