

CONNECTING. CONFIDENCE. COMMUNITY

A wellbeing space for women and girls aged 14+

AUTISK HORIZONS



**WOMEN & GIRLS' MENTAL AND
PHYSICAL WELLBEING HUB**

Wednesdays, 12–2 pm

**Adswood Youth Centre
Neston Grove, SK3 8PH**



**FOR WOMEN AND GIRLS (14+) WHO WANT
TO GET MOVING, CONNECT, AND FEEL
EMPOWERED**



WALKING FOOTBALL ARTS & CRAFTS SENSORY ROOM

£2 per person

info@autisk.co.uk

MENCONNECT

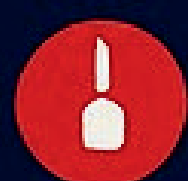


A social evening just for men
(and those who identify as male), ages 16+

**Come and join us for a relaxed,
informal evening with a variety of
activities:**



CHESS & BOARD GAMES



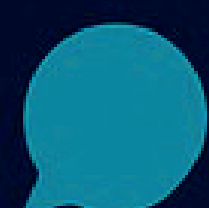
DARTS



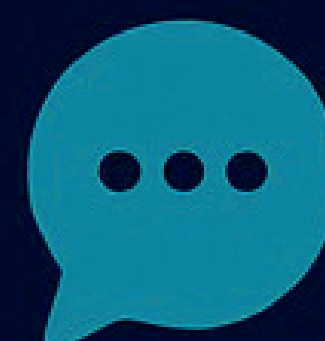
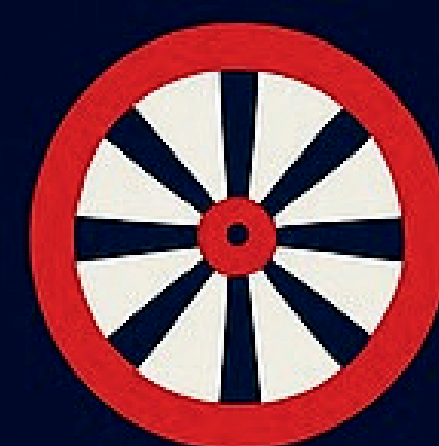
POOL



GAMING ROOM ACCESS



SENSORY ROOM ACCESS



A safe, non-judgemental space for
neurodiverse men to meet, chat, create new
friendships and enjoy activities.



Adswood Youth Centre, Neston Grove, SK3 8PH



Saturdays, every fortnight 6.30 pm – 8.30 pm



Cost: £2 per person (carers free)



No need to book – just turn up! info@autisk.co.uk

Relax. Connect. Play.



AutiSK

SOCIAL SHUFFLE

DANCE. CONNECT. BELONG.

AutiSK are proud to deliver our new Adult Social Evenings in partnership with Cheadle Social Club.

Come along, join us for a chat, a dance – or a bit of both! Our DJ will be bringing you all your favourite songs to dance along to.

24th October | 21st November 3rd January
28th March 24 April | 29 June 24 July

Time: 8pm – 12am

£3 per person (Carers free)

Venue: Cheadle Social Club
Ashfield Road, Cheadle

**NO NEED TO BOOK –
JUST TURN UP WITH
YOUR DANCING SHOES!**



Contact: info@autisk.co.uk for more information.