

#Actually Haringey

1:1 Information and Advice

Meet with the staff team for advice,
signposting, advocacy support.

(Appointment Only)



Tuesdays and Thursdays

Time: 10am - 12pm

**Location: #ActuallyHaringey, 20B Waltheof
Gardens, London, N17 7HS**

If you would like to book an appointment, or would like more information, please email us at: autismhub@haringey.gov.uk
or call/text 07929839921

#Actually Haringey

Afternoon Social Drop-In

A relaxing space for autistic adults to meet and socialise. Activities on offer include, board games, video games, quizzes, book library, and crafts.



Date: Tuesdays and Thursdays

Time: 2pm -4pm

**Location: #Actually Haringey 20B Waltheof Gardens,
London, N17 7HS**

If you would join this session, or would like more information, please email us at: autismhub@haringey.gov.uk

#Actually Haringey

Friday Tea & Chat

Join us for our weekly tea & chat sessions. This is a chance for us to catch up, share achievement stories, and check in with one another at the end of the week.

Everyone is welcome to contribute as much or as little as they like. Grab a drink and join us for friendly chit to end the week.



Fridays

Time: 4.30pm - 5pm

Online via Microsoft Teams

If you would like the link to join this session, or would like more information, please email us at: autismhub@haringey.gov.uk

#Actually Haringey

Better Connected

Join us for our monthly social group for autistic adults in Haringey.

Who is this group for:

- For autistic adults with or without a formal diagnosis.
- Autistic adults without a learning disability.

Group aims:

- Connecting and building friendships with autistic people in Haringey.
- Developing social contacts outside of study or work.
- Planning other social activities/outings.



Saturday 30th July 2022

Time: 1pm - 2pm

**Location: #Actually Haringey 20B Waltheof Gardens,
London, N17 7HS**

If you are an autistic adult and would like to join this session, or would like more information, please email us at: autismhub@haringey.gov.uk

#Actually Haringey

Lunchtime Mindfulness Session

Join us for our short 10minute mindfulness session online.

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.



Wednesday's

Time: 12.30pm - 12.45pm

Online: Microsoft Teams

If you are an autistic adult and would like the link to join this session, or would like more information, please email us at:
autismhub@haringey.gov.uk

#Actually Haringey

What's your special interest?

Join us for our brand new 4 week project with Cyril to discover and research a subject of personal interest.

These sessions will enable you to expand your knowledge, develop a presentation, talk about your favourite artist or artists.

Filming, developing, designing, there are no limits.

Come along and meet new people in a safe and friendly environment.



Date: Tuesdays (July)

Time: 2pm - 4pm

**Location: #Actually Haringey 20A Walthef
Gardens, London, N17 7HS**

If you are an autistic adult and would like to join this session, or would like more information, please email us at: autismhub@haringey.gov.uk

#Actually Haringey

Pre-Diagnosis Support Group

A safe space to share, meet others, receive advice and support with getting an adult autism diagnosis.



Friday 22nd July

Time: 5pm - 5.30pm

Location: Online via, Microsoft Teams

**If you are an autistic adult and would like to join this session, or would like more information, please email us at:
autismhub@haringey.gov.uk**