

## SEN Sessions in The Community

There are an increased amount of leisure services that now offer low arousal SEN sessions for a discounted price, as well as free carer access. We would like to share some of these sessions to support with our students accessing the community.

Click on the pictures below to be taken to relevant website.





# autism south east

<https://www.autismsoutheast.co.uk/events>



**AUTISM COFFEE MORNING**  
EVERY THIRD FRIDAY OF THE MONTH

**EMMANUEL BAPTIST CHURCH**  
GRAVESEND TOWN CENTRE  
WINDMILL STREET, GRAVESEND, DA12 1BB

We run monthly coffee mornings in Gravesend. Whether you are autistic yourself or a parent, carer or professional, come along for a chat with us! Tea and coffee is available.

**10:00-12:00**

#AUTISMFRIDAY

Booking isn't required for our Coffee Morning... **Just turn up!**






**Autistic Adults Social Group**  
*By autistic people, for autistic people!*

**MARIE'S TEAROOM**  
GRAVESEND TOWN CENTRE  
22 HIGH ST, GRAVESEND, DA11 0BQ


We understand that as an autistic adult it can be difficult to make friends or even find people to talk to sometimes. Our new social group in Gravesend will be an opportunity for anyone over 18 who is autistic, or suspects they could be, to meet others in a calm and understanding environment, without prejudice.

**LAST TUESDAY OF THE MONTH\***  
**19:00-21:00**

\*Subject to public holidays and unforeseen circumstances. Any variations will be advertised.

SEE BELOW FOR MAP AND VENUE PICTURES



**GIRLS GROUP**  
*"A group for girls!"*

**YMCA ROUND HOUSE (DARTFORD)**  
OVERY STREET, DARTFORD  
DA1 1UP




Whether you have a diagnosis, are on the pathway or identify as neurodivergent, you are very welcome to join us. A lot of autistic girls mask, however it is our belief that being amongst others who are like minded can create a comfortable and welcoming environment.

Activities include arts and crafts, anime colouring sheets, pool, Lego, board games, as well as retro gaming. The café will be open and selling drinks and snacks.

**Monthly\* 6pm-8pm**  
11/01/24, 22/02/24, 14/03/24, 18/04/24, 9/05/24, 13/06/24, 11/07/24  
\*Arbitrary dates £4 per child

Ages 8-18, parents/carers required to stay throughout.

**BOOK YOUR PLACES NOW!**



autism south east

# Northfleet LEGO CLUB



**ST BOTOLPHS CHURCH HALL**  
THE HILL, NORTHFLEET  
DA11 9EU

5:30pm-7:00pm  
First Friday of the month\*  
01/03/24, 03/05/24,  
07/06/24, 05/07/24

\*Except February & May      £4 per child

Join us for a creative play Lego session. Lego will be available for imaginations to run wild!

Suitable for ages 3-16 years.  
Refreshments available to buy.  
**Parents/carers required to stay throughout.**

**BOOK YOUR PLACES NOW AT [AUTISMSE.UK/LEGOCLUB](https://autismse.uk/legoclub)**




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# Dartford LEGO CLUB



**THE MEETING PLACE**  
ORCHARDS SHOPPING CENTRE, DARTFORD  
DA1 1DN

6pm-7:30pm  
Third Thursday of the month\*  
18/01/24, 29/02/24, 21/03/24,  
25/04/24, 16/05/24,  
20/06/24, 18/07/24

\*Except February & April      £4 per child

Join us for a creative play Lego session. Lego bricks and trays will be available for imaginations to run wild!

Suitable for ages 3-16 years.  
Drinks will be available for a donation.  
**Parents/carers required to stay throughout**

**BOOK YOUR PLACES NOW AT [AUTISMSE.UK/LEGOCLUB](https://autismse.uk/legoclub)**




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# AUTISM CAFÉ

EVERY THIRD TUESDAY OF THE MONTH




**NEW ASH GREEN VILLAGE HALL**  
CENTRE ROAD  
NEW ASH GREEN, DA3 8HH


10:30-12:00

We run monthly drop in sessions on Tuesdays at New Ash Green "Little Legs" Community Hub. Whether you are autistic yourself or a parent, carer or professional, come along for a chat with us! Tea, coffee and other refreshments available at the café.


Booking isn't required for our autism cafés...  
**Just turn up!**

autism south east



**YOUTH CLUB**



**AT FUTURE SURVIVAL**


**FUTURE SURVIVAL GRAVESEND**  
51-53 NEW ROAD, GRAVESEND  
DA12 0AD  
(ENTRANCE AT REAR)

10am-12pm  
First Saturday of the month\*  
\*Unless otherwise stated  
£11 or £16.95 with two games of laser tag

Come and join our youth club for autistic 8-16 year olds in Gravesend. Activities will include retro gaming, pool and board games.

**Parents/carers required to stay throughout, refreshments can be purchased on site.**

**BOOK YOUR PLACES NOW!**



There are dedicated areas on Council websites to inform the community about SEN sessions and days out. Please click on your local council to find out more.



Many supermarkets are also offering low arousal times to enable their stores to be more inclusive. During these times, the stores have announced a number of adjustments, including no instore announcements, no music being played, till scan sounds lowered and extra assistance upon request.

The current quieter times can be found below:

Aldi: Tuesdays 6.30pm – 8.30pm

Asda: Mondays – Thursdays, 2pm – 3pm

Tuesdays, 10am until 11am

Lidl: Tuesday, 6pm – 8pm

Morrisons: Saturdays, 9am – 10am

Tesco: Wednesdays and Saturdays, 9am – 10am

Facilities may change their SEN times/prices. Parents/carers will need to check the suitability of each venue and activity for their child.