



HOPE
FOR AUTISM

January - March 2026
Group Information Booklet



Welcome

HOPE for Autism are excited to share with you our first group booklet of 2026 for the January–March period.

Please be aware of each group's start and end dates.

Our activities will have limited spaces available, so will be offered on a first come, first served basis. Please get in touch as soon as possible to book a space before it is gone!



Booking/Sign-up Process

If your child, teen is interested and would like to book a place in a group, please contact hope@hopeforautism.org.uk

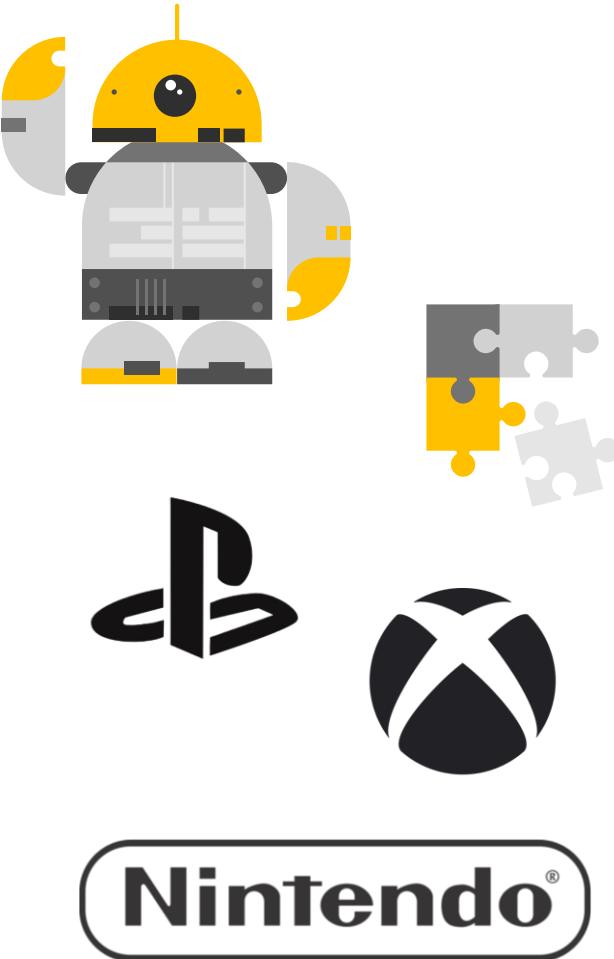
Please note if your child, teen has attended a group in previous blocks, you must rebook to secure a place.

ALL PARTICPANTS MUST REGISTER AND PAY FOR SESSIONS BEFORE THEY COMMENCE, FAILURE TO DO SO SHALL RESULT IN ENTRY TO ACTIVITIES BEING REFUSED.



HOPE
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ACTIVITIES

Interest-Led Groups



Gaming Groups



Programme Co-ordinator – Derek

Our weekly gaming groups are split into different age groups, 12 years and under and 13 to 17 years.

We will be running our gaming groups in Airdrie and Cumbernauld.

We will have a selection of consoles available; PlayStation 5, Xbox Series X, Nintendo Switch and some retro consoles too.

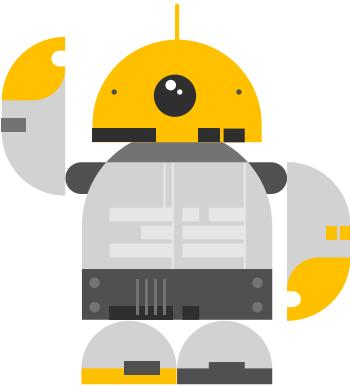
We will look to pre-install games before the block begins, so any suggestions of games your child would like to play, please let Derek know! Please note Roblox will not be available.

And for the board or card game fans, we will have a selection of those too, such as Chess, Yahtzee, quiz games and more.

- Please turn over to see all the details of each group.

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Gaming Groups- Airdrie



Monday 19th January- Monday 23rd March (12 and Under)

- **Time:** 5:00pm-6:30pm
- **Location:** Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

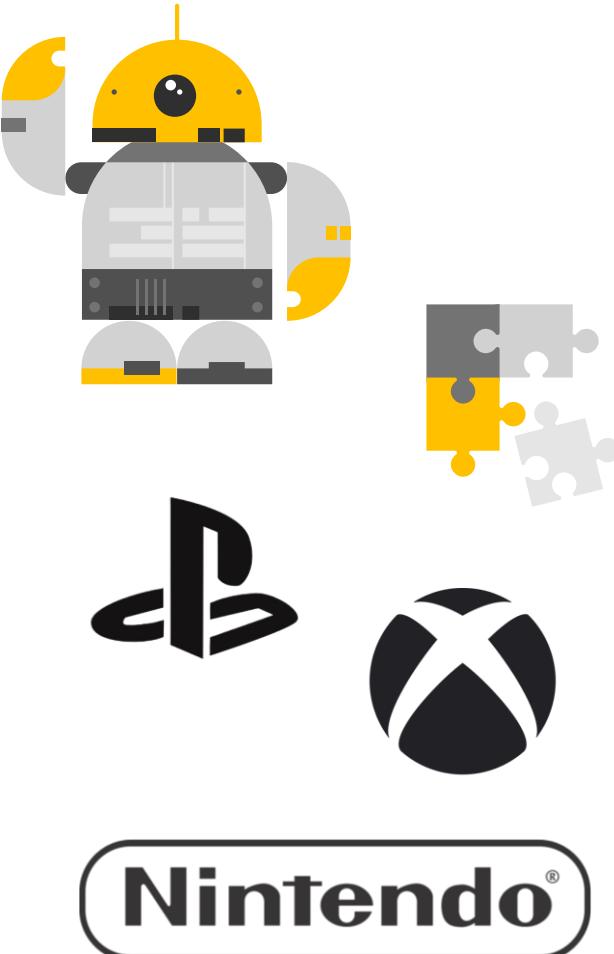
Tuesday 20th January- Tuesday 24th March (12 and Under)

- **Time:** 5:00pm-6:30pm
- **Location:** Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

Tuesday 20th January- Tuesday 24th March (13- 17 Years)

- **Time:** 6:45pm-8:30pm
- **Location:** Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

Total cost of each group- £65



Gaming Groups- Cumbernauld



Wednesday 21st January- Wednesday 25th March (12 and Under)

- **Time:** 5.00pm to 6.30pm
- **Location:** Freedom City Church, 6 St. Mungo's Road, Glasgow G67 1QR

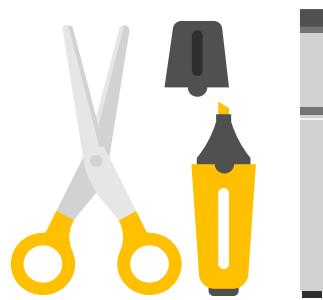
Wednesday 21st January- Wednesday 25th March (13-17 Years)

- **Time:** 6.45pm to 8.30pm
- **Location:** Freedom City Church, 6 St. Mungo's Road, Glasgow G67 1QR

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Total cost of each group- £65



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Arts & Crafts Group



Group Co-ordinator – Adam

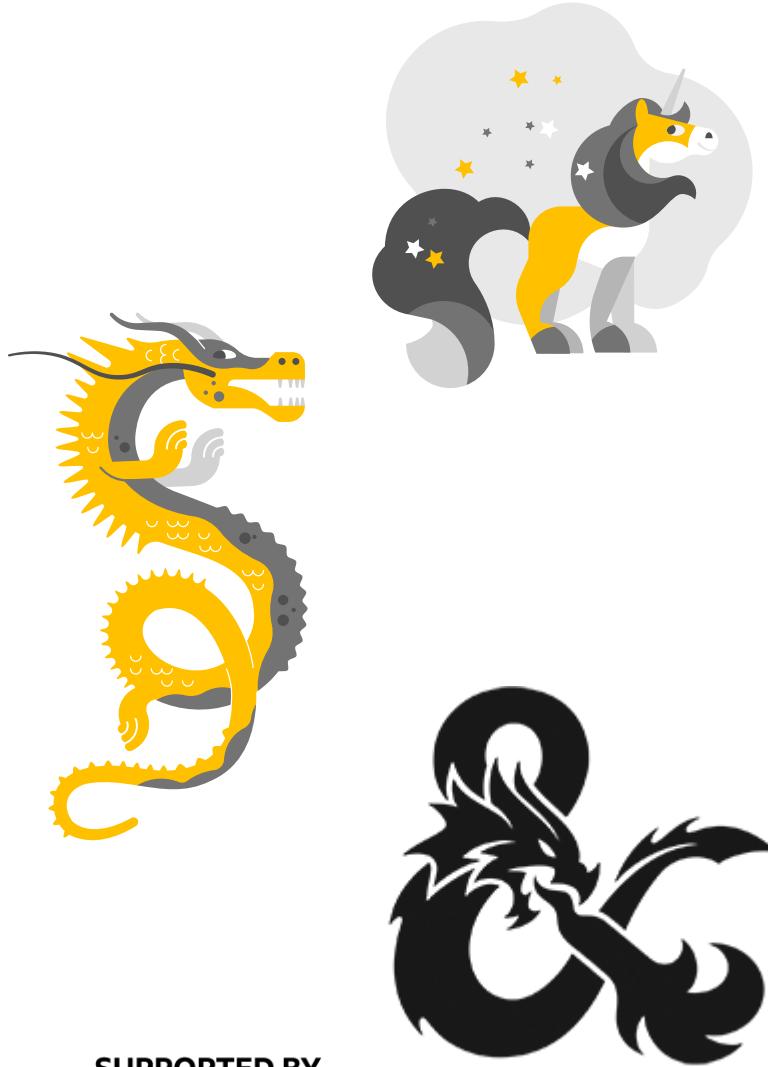
This is a group for children to use different forms of creative play such as drawing/colouring and using creative resources like Lego or clay. We will be teaching origami and different crafts too! This would be great for people who are artistic or who prefer a group with a more relaxed environment. A good chance to socialise with the option of being creative. Suitable for any ability.

Thursday 22nd January- Thursday 26th March

- Ages:** 8 to 14 Years
- Time:** 5.00pm to 6.30pm
- Location:** @Home Youth Centre, 2 Clark Street, Airdrie, North Lanarkshire, ML6 6DH

If your child has any specific themes of interest i.e. dinosaurs or robots etc for colouring in or resources interest, please us know via email.

Total cost of group- £65



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Dungeons & Dragons

Group Co-ordinator – Adam

Dungeons and Dragons is a popular fantasy roleplay game. Suitable for any ability- all you need is a good imagination, and a little sense of adventure! Our dungeon master Adam will be facilitating the sessions and guiding you on your path to distant lands and unknown foes! Great for newcomers and experts alike.

Wednesdays

- **Ages:** 10 to 16 Years
- **Time:** 6.45pm to 8.15pm
- **Day:** **Wednesday 21st January to Wednesday 25th March**
- **Location:** @Home Youth Centre (Stem Room) - 2 Clark Street, Airdrie, North Lanarkshire, ML6 6DH

Thursdays

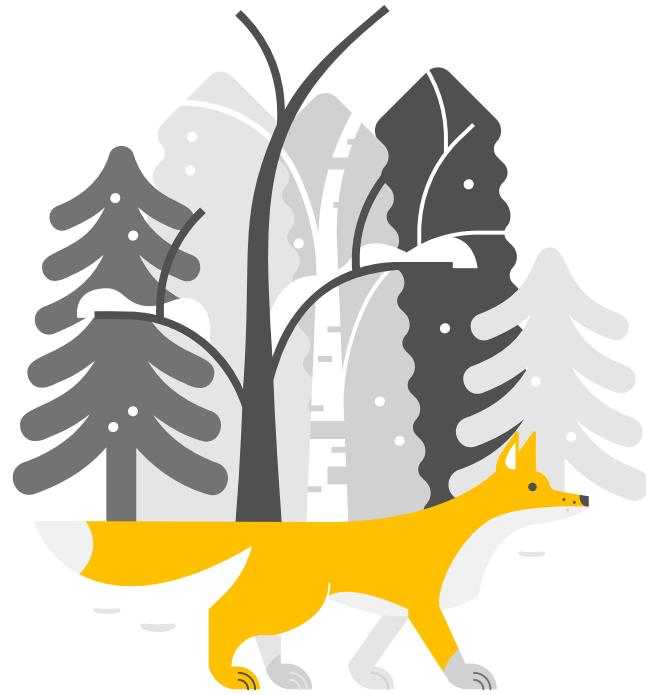
- **Ages:** 10 to 16 Years
- **Time:** 6.45pm to 8.15pm
- **Day:** **Thursday 22nd January to Thursday 26th March**
- **Location:** @Home Centre (Stem Room) - 2 Clark Street, Airdrie, North Lanarkshire, ML6 6DH

Total cost of each group- £65



Outdoors Group

Group Co-ordinator - Adam



A group around exploring the natural world. In this group you'll have a chance to learn knots, set up tarps, use tools and build fires, all in a safe environment.

This group is a great chance for those who are interested in the outdoors to learn more about it while also learning some practical skills.

Friday 23rd January- Friday 20th March

- **Ages:** 10 to 16 Years (**fortnightly**)
- **Time:** 4.00pm to 6.00pm
- **Location:** Viewpark Glen, Coatbridge, ML5 5AB

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Total cost of group- £32.50



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SPORT



Football - 5 to 9 Years



Group Co-ordinator – Gregor

Our Football groups will be returning for ages 5 to 9 years in Coatbridge. Develop new skills, practice, play and build up an understanding of football games in a fun environment. Working on our agility, balance and coordination. Create new social connections and learn to love the beautiful game.

Wednesday 21st January- Wednesday 25th March

- Ages:** 5 to 9 Years
- Time:** 5:00pm-6:00pm
- Location:** St Ambrose High School Coatbridge, 65 Townhead Road, ML5 2HT



Total cost of group- £65



Football - 10+ Years



Group Co-ordinator – Gregor

Our Football groups will be returning for ages 10+ Years in Cumbernauld. Develop new skills, practice, play and build up an understanding of football games in a fun environment. Working on our agility, balance and coordination. Create new social connections and learn to love the beautiful game.

Thursday 22nd January- Thursday 26th March

- **Ages:** 10+ Years
- **Time:** 5:00pm to 6:00pm
- **Location:** The Link Community Centre Cumbernauld, Bron Way, G67 1EW



Total cost of group- £65



Swimming Saturdays



Group Co-ordinator - Gregor



We will have exclusive access to The Time Capsule, Coatbridge!

Siblings are also welcome to join in. Look forward to splashing around the pool, gaining swimming competence, meeting new friends and relaxing in the water.



Saturday 10th & 24th January, 7th & 21st February and 7th & 21st March

- **Ages:** Open to everyone (But should be competent in the water)
- **Time:** 3:00pm-4:00pm
- **Location:** The Time Capsule, 100 Buchanan Street, Coatbridge, ML5 1DL



Total cost of group- £39



Trampolining Thursdays



Group Co-ordinator – Gregor

Trampoline Thursdays are back!

This Block we will have Three Sessions - **5 to 9 Years, Mixed Years & 10 + Years**

Jump, bounce and spring with us! Having fun on the trampoline can assist with sensory system improvement, developing balance, coordination and motor skills.

Thursday 22nd January- Thursday 26th March

- **Ages:** **Group 1:** 5 to 9 Years **Time:** 4:30pm to 5:30pm
Group 2: Mixed Years **Time:** 5:35pm to 6:35pm
Group 3: 10 + Years **Time:** 6:40pm to 7:40pm
- **Location:** Airdrie Academy, South Commonhead Road, Airdrie. ML6 6NX

Total cost of each group- £65

Group Timetable Summary

Mondays

Gaming Group 12 and Under – Harty's Function Suite Airdrie:
5.00pm to 6.30pm

Tuesdays

Gaming Group 12 and Under -Harty's Function Suite Airdrie:
5.00pm to 6.30pm

Gaming Group 13 to 17 years -Harty's Function Suite Airdrie:
6.45pm to 8.30pm

Wednesdays

Gaming Group 12 and Under –Freedom City Church Cumbernauld:
5.00pm to 6.30pm

Gaming Group 13 to 17 years – Freedom City Church Cumbernauld:
6.45pm to 8.30pm

Dungeons and Dragons 10-16 years – Home Youth Centre:
6.45pm to 8.15pm

Football Ages 5 to 9 Years- St Ambrose High School Coatbridge :
5:00pm-6:00pm

Group Timetable Summary

Thursdays

Arts and Crafts 8 to 14 Years- Home Youth Centre Airdrie:
5.00pm to 6.30pm

Dungeons and Dragons 10-16 years-
Home Youth Centre Airdrie:
6.45pm to 8.15pm

Football 10 + Years- The Link
Community Centre Cumbernauld:
5.00pm to 6.00pm

Trampolining- Airdrie Academy:
Group 1 **5-9yrs**- 4:30pm-5:30pm
Group 2 **Mixed**- 5:35pm-6:35pm
Group 3 **10+ yrs**- 6:40pm-7:40pm

Fridays

Outdoors Group 10-16 years
(Fortnightly)- Viewpark Glen
Coatbridge:
4.00pm to 6.00pm

Saturdays

Swimming Time Capsule- All ages:
3:00pm-4:00pm

Sundays

Other

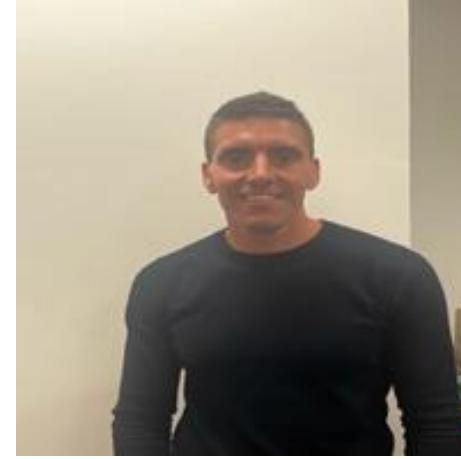
Group Coordinators



Adam



Derek



Gregor

Now let's meet our core staff who will be helping in these groups.
Several group assistants and volunteers will also be supporting the groups.

Costing

All groups cost £6.50 a session – **number of sessions for some activities will vary.**

If you have more than one child attending the same group, the first child will be full cost, and any additional children will be discounted (£5 per session).

As a membership benefit, if your child chooses to attend a second group this will be discounted to half price.

Payments for the block of groups must be made in full prior to attending the group.

We strive to ensure that our groups and membership remain accessible to everyone. If you are facing any challenges in paying the listed fees, please don't hesitate to reach out to us. We are happy to discuss alternative options or payment arrangements to make sure financial concerns do not prevent anyone from participating.

Costing- Bank Details

All payments should be made in **full** to the following account:

Name- Hope for Autism
Account number – 00148468
Sort code: 80-05-26

If you have any questions regarding payments, please contact hope@hopeforautism.org.uk



HOPE
FOR AUTISM
TRAINING



NeuroBears

NeuroBears is a course all about the autistic experience. It is designed for autistic young people (**ages 8-14**) to take part alongside their trusted adult. The course includes 12 short videos, shared over 4 weeks, with a supporting handbook to guide learning and reflection.

Created by autistic adults in collaboration with autistic young people, NeuroBears offers an easy-to-understand and engaging way to explore the autistic experience. HOPE holds a license to deliver this course.

Mondays

January 26th, February 2nd, 9th and March 2nd

6-7pm

Online via Zoom

Book via the QR code or email hope@hopeforautism.org.uk

Members- £15

Non-members- £30

