



UPCOMING EVENTS...

JANUARY 2026

**6TH
JAN**

15:00-17:00



Autism Friendly Cookery Course

Book your space on our 4-week cookery course. Learn how to prepare easy health meals that focus on reducing food waste, saving time, and energy

Pre booking essential

Address - Brookside Community Centre, Bembridge, TF3 1LP

**13TH
JAN**

**27TH
JAN**

**7TH
JAN**

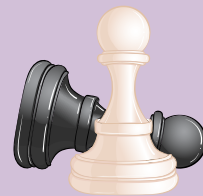
17:00-18:00

All Age Chess Club

A welcoming and inclusive chess club for players of all ages, backgrounds, and skill levels. Whether you're completely new to the game and eager to learn, or an experienced player seeking a challenge, you'll find a friendly, supportive environment here. Come along to play casual or competitive games, share strategies, improve your skills, and connect with others who share your passion for chess. Everyone is encouraged to join, learn, and enjoy the timeless game together.

**4TH
FEB**

**Address - Brookside Community Centre,
Bembridge, TF3 1LP**



**21ST
JAN**

**18TH
FEB**

**8TH
JAN**

13:00 - 15:00

Welcome in the New Year Walk

Begin the New Year with a gentle, low-level walk around Telford Town Park with the Hub. Enjoy fresh air, good company, and a relaxed pace suitable for all abilities.

We'll meet at Southwater One, just outside the library, before setting off to explore the park's scenic paths together.



£ - There will be a cost involved for this event



If you would like to attend any of our Upcoming Social Events, please contact us via. email; admin@telfordautismhub.org.uk or call us directly on 01952 916109.



UPCOMING EVENTS...

JANUARY 2026

**15TH
JAN**

17:30 -19:00



Supper Club

Join us for an evening of tasty food, the opportunity to meet new friends and socialise, in a safe and relaxing environment.
Each month, we will have a new two-course menu with a Vegetarian/vegan option available.
£10 per person with a soft drink included
Booking essential
RSVP - 14th January



Address - Brookside Community Centre, Bembridge, TF3 1LP

**16TH
JAN**

11.00-13.00

Information, Advice and Guidance Drop-In

**Meet a range of professionals who can provide
support and guidance**



- Employment Advisory Support Team (Job Box): Their services include assistance with job applications, writing a CV, job interview support, work trials, job coaching, and more. They can also provide support to help you retain employment and access to work applications, as well as general advice and guidance.
- MIND: Providing supportive and reliable information to empower those who require additional mental health support. They aim to help people understand their mental health and the choices available to them.
- STAY: offering a person-centred support for homeless and vulnerable individuals in the Telford & Wrekin Borough. Their focus is on supporting those who are facing significant life challenges.
- The Healthy Lifestyles Team Telford: Their team of advisors is here to help you live your healthiest life. Their advice is free and confidential, and their experts can help you access local support and make positive changes to your lifestyle.
- Job Centre Plus: For those who are unemployed and seeking employment, Job Centre Plus offers advice and support. Whether you need help with job searching or would like assistance in developing new skills, our team is here to help.

**Address - Family Zone, Suite 12 & 15 Hazledine House, Central
Square, Telford Centre, Telford, Shropshire, TF3 4JL**

£ - There will be a cost involved for this event



If you would like to attend any of our Upcoming Social Events, please contact us via. email; admin@telfordautismhub.org.uk or call us directly on 01952 916109.

**20TH
JAN**

15:30-17:45



Silver Threads Drop-in

The Silver Threads Drop-In is a welcoming space where older adults can access support and reliable information. Our team offers clear advice and guidance on local services and activities, with signposting to specialist help when needed. We are here to help you stay informed, supported, and connected to your community.

Address - Silver Threads Hall, Next to Lawndale, Wellington Road, Donnington, Telford, TF2 8AD

**22ND
JAN**

18:00-19:30

Joint Quiz Night

Join the Autism Hub staff for a friendly Quiz Night with socialising, laughs, varied quiz questions, and a light buffet. Relax, meet new people, and enjoy a welcoming evening together.

Cost - £2.50 child and £3.00 adult

Please book your space for this as we have limited spaces available.



Address - Family Zone, Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, Shropshire, TF3 4JL

**28TH
JAN**

17:30 - 19:00

Autistic Women's Support Group (WAG)



We are inviting our users who identify as female/were assigned female at birth/femme-presenting to our Autistic Women's/AFAB Support Group. We recognise how unique the autistic female experience is and want to open up the conversation around neurodiversity in a safe and friendly space. Join us in a relaxed, accepting group for a drink & a chat amongst others with shared experiences.

Address - The Wakes, Theatre Square, Oakengates, Telford, TF2 6EP

**29TH
JAN**

13:00 - 15:00

Managing Anger Workshop

This workshop will take place in our Family Zone on the second floor of Hazeldine House.

Come and share your experience and find out more in our Family Zone on the second floor of Hazeldine House.

RSVP - 28th January



JANUARY/FEBRUARY 2026

**29TH
JAN**

17.00-18.30

SYNAPSE Youth Group

If you are aged 16-24 then please join us for our monthly activity.

Activity to be decided nearer the time so look out for updates.

Family Zone, Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, Shropshire, TF3 4JL



**3RD
FEB**

15.00- 17.00



Autism Friendly Cookery Course

Book your space on our 4 week cookery course. Learn how to prepare easy health meals that focus on reducing food waste, saving time and energy

Pre booking essential (limited places)

Address - Brookside Community Centre, Bembridge, TF3 1LP

**10TH
FEB**

**24TH
FEB**

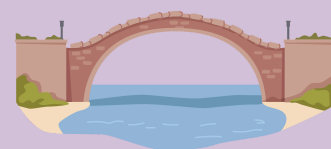
**5TH
FEB**

13.00-15.00

Ironbridge Wellness Walk

Please join the Autism Hub at Ironbridge car park for a scenic walk around Ironbridge.

Meeting Address - 5 Ladywood, Ironbridge, Telford TF8 7JR (Carpark)



**12TH
FEB**

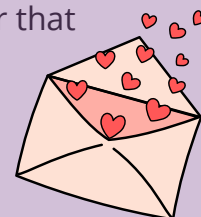
13.00-15.00



Hearts and Kindness Crafts

Join our Hearts & Kindness craft session to explore things you love through creative projects. Make colourful heart sun catchers, positivity cards, and friendship bracelets in a calm, welcoming space designed for connection, self-expression, and uplifting moments together that support relaxation and gentle social interaction.

Family Zone, Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, Shropshire, TF3 4JL



**17TH
FEB**

15:30-17:45



Silver Threads Drop-in

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Address - Silver Threads Hall, Next to Lawndale, Wellington Road, Donnington, Telford, TF2 8AD

**19TH
FEB**

17:30-19:00

**£ - There will
be a cost
involved for
this event**

Supper Club

Join us for an evening of tasty food, the opportunity to meet new friends and socialise, in a safe and relaxing environment. Each Month we will have a two course menu with vegetarian/vegan options available.

£10 per person with a soft drink included
Booking essential.

Address - Brookside Community Centre, Bembridge, TF3 1LP



**20TH
FEB**

11:00-13:00

Information, Advice and Guidance Drop-In

Meet a range of professionals who can provide support and guidance

- Education Employment Advisory Support Team (Job Box)
- TELFORD MIND
- Adult Social Care
- The Healthy Lifestyles Team Telford:
- Job Centre Plus

Address - Family Zone , Suite 12 & 15 Hazledine House , Central Square, Telford Centre, Telford, Shropshire, TF3 4JL



**25TH
FEB**

17:30-19:00

Autistic Women's Group (WAG)

Our Autistic Women's group is a safe and friendly space with like minded individuals, so please join us in a relaxed, accepting group for a drink & a chat among others with shared experiences.

We invite individuals who identify as female, Femme presenting or assigned female at birth

Address- The Wakes, Theatre Square, Oakengates, Telford, TF2 6EP



£ - There will be a cost involved for this event



If you would like to attend any of our Upcoming Social Events, please contact us via. email; admin@telfordautismhub.org.uk or call us directly on 01952 916109.

**26TH
FEB**

13.00-15.00

Autism and ADHD Workshop

Our Autism and ADHD Workshop helps build understanding and inclusion. Learn about autism, challenge misconceptions, and explore practical strategies to support autistic individuals in everyday life.

Family Zone, Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, Shropshire, TF3 4JL

**26TH
FEB**

17.00-18.30

SYNAPSE Youth Group

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Activity to be decided nearer the time so look out for updates.

Family Zone, Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, Shropshire, TF3 4JL

**3RD
MARCH**

15.00-17.00

Autism Friendly Cookery Course

Book your space on our four week cookery course. Learn how to prepare easy healthy meals that focus on reducing food waste, saving time and energy.

Pre-Booking Essential

Address - Brookside Community Centre, Bembridge, TF3 1LP

**10TH
MARCH****24TH
MARCH**

17.00-18.00

All Age Chess Club

A welcoming club for all ages and abilities to enjoy the game of chess. Whether you're a beginner wanting to learn or an experienced player looking for a challenge, come along to play, share tips, and connect with others in a friendly environment.

Address - Brookside Community Centre, Bembridge, TF3 1LP

**18TH
MARCH**

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**5TH
MARCH**

13.00-15.00

Wellness Walk

Join the Adult Autism Hub staff for a gentle, relaxing walk around Telford Town Park. Take in the sights and sounds of nature, enjoy some fresh air, and spend some time connecting with others in a calm, supportive environment.

We will meet at Southwater one, outside the Library for a 1pm start.



**12TH
MARCH**

13.00-15.00

Boardroom Gaming Cafe

Enjoy a beverage and a selection of various board games at the Boardroom Gaming Café in Wellington with the Adults Autism Hub.

Cost - £3.00 per person

Address - 13 New Street, Wellington, Telford, TF1 1LU



**17TH
MARCH**

15.30-17.30

Silver Threads Drop-in

The Silver Threads Drop-In offers a welcoming space access support, and find reliable information. Our team provides clear advice along with guidance on local services and activities. We also offer signposting to specialist help when needed. The drop-in is here to help you stay informed, supported, and part of the community.

Address - Silver Threads Hall, Next to Lawndale, Wellington Road,, Donnington, Telford, TF2 8AD



**19TH
MARCH**

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Supper Club

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MARCH 2026

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Telford, TF2 6EP**



**26TH
MARCH**

13.00-15.00

Flexibility of Thought Workshop

This workshop will take place in our Family Zone and delivered by Autism West Midlands.

**Address - Family Zone , Suite 12 & 15 Hazledine House ,
Central Square, Telford Centre, Telford, Shropshire, TF3 4JL**

Pre Booking Essential



**26TH
MARCH**

17.00-18.30

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