



autism spectrum
connections cymru

SOCIAL GROUPS

We offer the following free-to-access social groups for autistic adults (aged 16+), held in our base at 21 High Street, Cardiff. There is no need to book – just turn up!

Our groups are available to individuals who live across Blaenau Gwent, Caerphilly, Cardiff, Monmouthshire, Newport, Torfaen and The Vale of Glamorgan.

If you have any questions, or if you would like to come and visit us before you attend a group, **please get in touch!**

info@asc-cymru.org
www.asc-cymru.org



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Creative Writing

Tuesdays, 1pm-3pm

Let your imagination soar as you write alongside others in a quiet setting. Whether you use prompts or work on your own projects, all levels are welcome.

Social Drop-In

Tuesdays, 1pm – 5pm

Relax in our top floor Games Room. Play video games, pool, use our PC's, or just hang out with others using the space. Stay for as little or as long as you would like!

Board Game Group

Wednesdays, 2pm-5pm

Join us for a blast of fun with table top games. Learn new games, make friends, and enjoy playing together.

Arts and Crafts Club

Wednesdays, 12:30pm-2pm

Get creative with us! Bring your own project or use our supplies. This is a place where you can chat casually or enjoy some peaceful arty time, all while keeping your hands busy (and maybe a little messy!).

Dungeons and Dragons

Thursdays, 3pm-5pm (Group FULL)

Explore fantasy worlds with our D&D group. If we're full, join the waiting list for a chance to join the fun!