



**April - June 2025**  
**Group Information Booklet**

# Welcome



Once again, we just want to say thank you to everyone who has come along to all our groups this year. We are excited to share with you our next booklet, with a couple of new groups being introduced.

**Some of these groups will run longer than others, due to venue availability.  
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 or adult is interested and would like to book a place in a group,  
please contact [hope@hopeforautism.org.uk](mailto:hope@hopeforautism.org.uk)

# Stay and Play Groups

## Stay & Play Groups

**Programme Co-ordinator - Derek**

HOPE for Autism will be running several weekly Stay and Play sessions across North Lanarkshire.

We are delighted to not only extend our current groups in Cumbernauld and Bellshill, but we'll now be also running Stay and Play sessions in both Coatbridge and Wishaw!

These sessions are open to families with one or more child who have a confirmed Autism diagnosis or are currently on the waiting list for a diagnosis, and 6 years old or under.

Alongside a variety of fun resources, we will also deliver Bookbug sessions, provided by a trained member of staff!

**As we will be running small groups, our spaces will be limited!**

Please see the next page for all the days, times and locations!



**Bookbug**



SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**



SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**

## Stay and Play Groups – Days & Times

### Monday Morning Group

- Time: 10.00am to 11.30pm (**Monday 28th April to Monday 30th June**)
- Location: Pather Community Facility, Caledonian Rd, Wishaw ML2 0HZ

### Monday Afternoon Group

- Time: 12.30pm to 2.00pm (**Monday 21st April to Monday 23rd June**)
- Location: Freedom City Church, 6 St. Mungo's Road, Glasgow G67 1QR

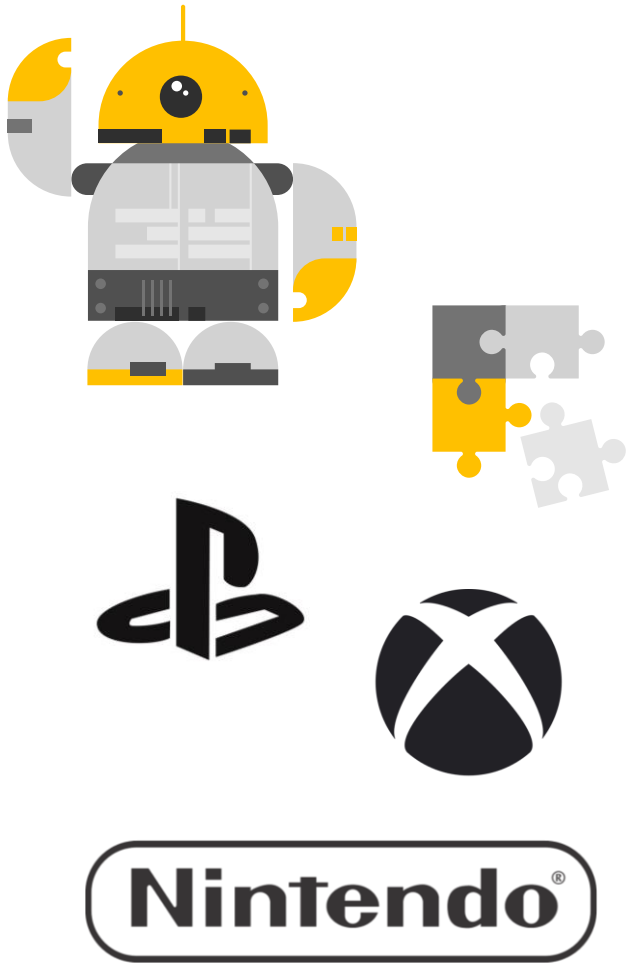
### Friday Afternoon Group - Viewpark

- Time: 12.30pm to 2.00pm (**Friday 25th April to Friday 27th June**)
- Location: Viewpark Community Centre, 59 Kew Gardens, Uddingston, Glasgow G71 6LT

### Friday Afternoon Group - Coatbridge

- Time: 12.30pm to 2.00pm (**Friday 25th April to Friday 27th June**)
- Location: St Augustine's Church, 12 Dundyvan Rd, Coatbridge ML5 1DQ

# 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 are excited to announce that alongside our current three groups in Airdrie, we will be running a brand new 13 to 17 years group in Wishaw!

**If your child prefers a particular night, please get in touch. We will do our best to accommodate you!**

We will have a selection of consoles available; PlayStation 5, Xbox Series X and 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!**

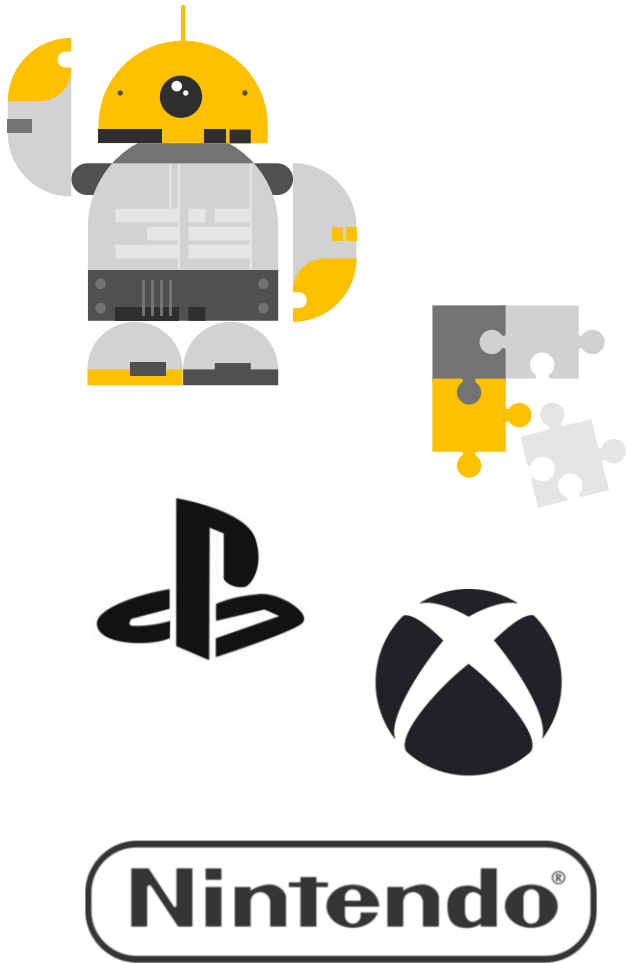
And for the board or card game fans, we will have a selection of those too, such as Chess, Yahtzee, quiz games and more!

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

SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**





## Gaming Groups

**Programme Co-ordinator – Derek**

**Week commencing - Monday 21st April 2025**

**Week ending – Monday 23rd June 2025**

### Ages 12 and Under - Mondays

- Time: 5.00pm to 6.30pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

### Ages 12 and Under - Tuesdays

- Time: 5.00pm to 6.30pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

### Ages 13 to 17 - Tuesdays

- Time: 6.45pm to 8.30pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

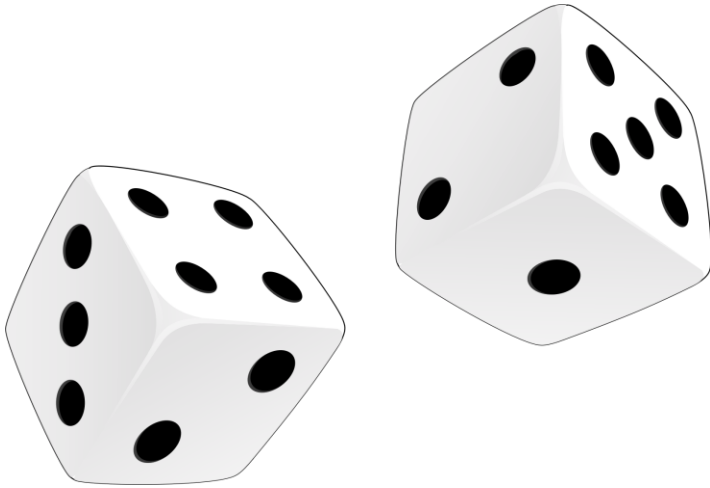
### Ages 13 to 17 - Wednesdays

- Time: 5.00pm to 6.45pm
- Location: Pather Community Facility, Caledonian Rd, Wishaw ML2 0HZ

**SUPPORTED BY**

**BBC**  
**CHILDREN**  
**IN NEED**

## Tabletop Group



**Programme Co-ordinator: Adam**

A group to meet new people and play Dungeons & Dragons, board games, wargames and more. This group is both good for beginners and experts alike!

**Ages:** 12+ Years

**Times:** 4.30pm to 7pm

**Dates:** Wednesdays (starting Wednesday 23rd April to 25th June)

**N.B (Wednesday 14th May unavailable)**

**Location:** Muirfield Community Centre, Cumbernauld, 1A South Muirhead Road, Glasgow G67 1AX

SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**



## Digital Group

**Group Leader – Jacqueline**

This group is a more relaxed session to allow our members to access different forms of digital play.

Be it digital art, animation or just an opportunity to try out different digital tools or games.

This group is a good chance to socialize with other like-minded individuals or to work on your own projects.

**Ages:** 10 to 17 Years

**Time:** 6.00pm to 7.30pm

**Day:** Wednesdays starting 23rd April 2025, ending 25th June 2025

**Location:** @Home Youth Centre, 2 Clark Street, Airdrie. ML6 6DH



# Arts & Crafts Group

**Group Co-ordinator – Adam**

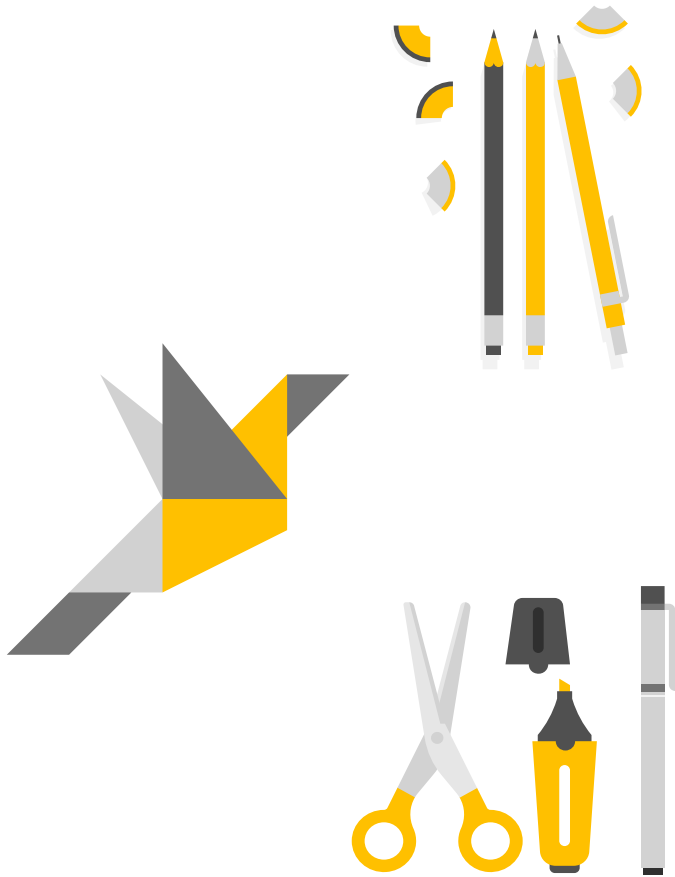
This is a group for our members to use different forms of creative play such as drawing/colouring and using creative resources like Lego or clay. We will be teaching origami and different crafts too! This would be great for people who are artistic or who prefer a group with a more relaxed environment.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

- **Ages:** 8 to 14 Years
- **Time:** 5.00pm to 6.30pm
- **Day:** Thursday evenings starting 24th April 2025, ending Thursday 26th June 2025

**N.B (15th May unavailable)**

- **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 let us know via email or through the digital group!



# 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!

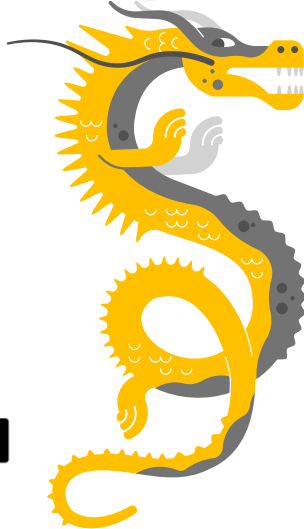
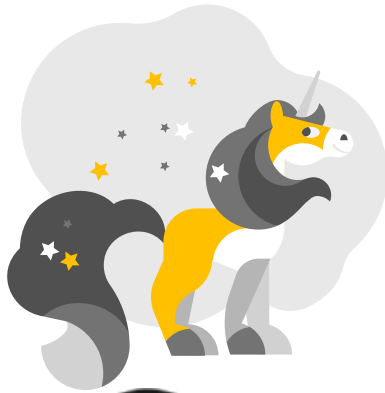
Our dungeon master Adam will be facilitating the sessions and guiding you on your path to distant lands and unknown foes! Great for newcomers and experts alike.

## **Ages 12 to 17 Years - Monday**

- **Time:** 4.30pm to 6.30pm
- **Day:** Mondays (starting Monday 28th April, ending Monday 30th June)
- **N.B (Monday 12th May unavailable)**
- **Location:** @Home Centre (Stem Room) - 2 Clark Street, Airdrie, North Lanarkshire, ML6 6DH

## **Ages Mixed Years - Thursday**

- **Time:** 6.45pm to 8.15pm
- **Day:** Thursdays (starting Thursday 24th April, ending Thursday 26th June)
- **N.B (Thursday 15th May unavailable)**
- **Location:** @Home Centre (Stem Room) - 2 Clark Street, Airdrie, North Lanarkshire, ML6 6DH



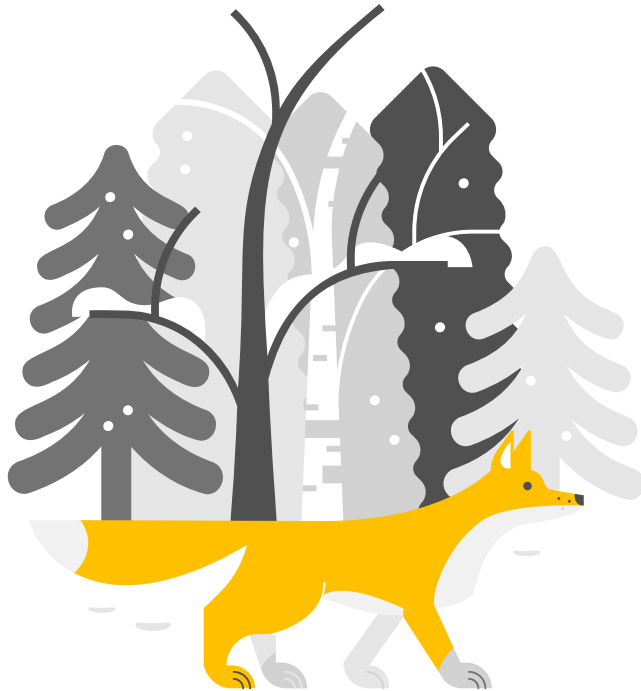
## Outdoors Group

**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.

- **Ages:** 10 to 16 Years (fortnightly)
- **Time:** 4.00pm to 6.00pm
- **Day:** Friday afternoons starting 25th April 2025, ending Friday 27th June 2025
- **Location:** Viewpark Glen, Coatbridge, ML5 5AB



# Muddy Boots Sessions

**Staff Leader – Debbie**



This outdoor group allows our members to explore and play in the Whinhall allotment in Airdrie, with its fully kitted muddy kitchen, sand house and many more fun outdoor resources!

For children between the ages of 2 and 8 years old!

**Please make sure your child is wearing appropriate outdoor clothing and footwear/wellies as it may be cold and muddy in the winter months!**

- **Days:** Various
- **Time:** 1.00pm to 2.30pm
- **Dates:** Monday 5th May & Sunday 18th May & Friday 23rd May  
Sunday 8th June & Thursday 26th June
- **Location:** Muddy Boots Allotment, Whinhall, Airdrie, ML6 0ER

SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**

# Sports Groups





## 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 & Coordination.

Create new social connections and learn to love the Beautiful game!

- **Ages:** 5 to 9 Years
- **Group Time:** 6:00pm to 7:00pm
- **Day:** Wednesdays Evenings starting 23rd April, ending 25th June  
**NB. (Wednesday 28th May unavailable)**
- **Location:** Coatbridge High School, 17 Park Street, Coatbridge, ML5 3NP

SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**



## 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 & Coordination.

Create new social connections and learn to love the Beautiful game!

- **Ages:** 10+ Years
- **Group Time:** 5:00pm to 6:00pm
- **Day:** Thursday Evenings starting 24th April, ending 26th June.
- **Location:** The Link Community Centre Cumbernauld, Bron Way, G67 1EW

SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**

## Cross-fit

**Group Co-ordinator – Gregor**



Our Cross-fit tasters in partnership with Airdrie Cross-fit were a roaring success! We are delighted to announce they will be returning fortnightly in our next block. Cross-fit Kids teaching foundational and positive movement patterns via fun games, improves muscular fitness and focuses on teamwork.

- **Ages:** 5 to 12 Years
- **Group Time:** 1:00pm to 2:00pm
- **Day:** Saturdays 26th April & 10th May & 24th May & 7th June,
- **Location:** Cross-fit Airdrie, Craigneuk Avenue,  
Airdrie, ML6 8QZ

SUPPORTED BY

**B B C**  
**CHILDREN**  
**IN NEED**

# Movement & Dance



**Group Co-ordinator - Gregor**

After our successful taster sessions and positive feedback we will be continuing Our movement & Dance group. In our next block of activities, learn some new moves and improve fundamental movement skills.

Movement to music can help regulate mood, encourage use of motor skills, balance and coordination

- **Ages:** 3 to 9 Years
- **Time:** 4:30pm to 5:30pm
- **Dates:** Tuesdays (starting Tuesday 29th April to 24th June)

**NB. (3rd June unavailable)**

- **Location:** Cairnlea Parish Church, 127-129 Graham St,  
Airdrie. ML6 6DE



SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**

# Multi-Sports



**Group Co-ordinator - Gregor**

We will be running a new programme in Cumbernauld with a variety of Activities each week including Athletics, Basketball, Dodgeball, Boccia & Gymnastics!

Learn a new sport focusing on fun games, building strong relationships, social skills and teamwork.



- **Ages:** 5 to 10 Years
- **Time:** 5.00pm to 6:00pm
- **Dates:** Mondays (starting Monday 28th April to 23rd June)

**N.B (Monday 5th and 26th May unavailable)**

- **Location:** St Maurices High School, Westfield Rd, Westfield, Cumbernauld, Glasgow G68 9AG

SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**



# Swimming Saturdays

**Group Co-ordinator - Gregor**



Our Swimming Fun play sessions return in April 2025 ( **Fortnightly** )

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.

- **Ages:** Open to everyone (**But should be competent in the water**)
- **Times:** 3:00pm to 4:00pm (Fortnightly)
- **Day:** Saturdays: **3rd May** & **17th May** & **31st May** & **14th June** & **28th June**
- **Location:** The Time Capsule, 100 Buchanan Street, Coatbridge, ML5 1DL



SUPPORTED BY

**B B C**  
**CHILDREN**  
**IN NEED**

# Trampoline Thursdays

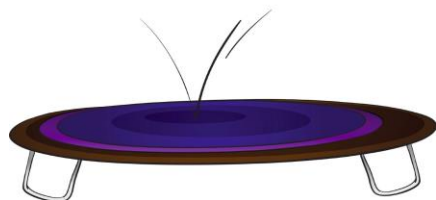


**Group Co-ordinator – Gregor**

Trampoline Thursdays are back!

This Block we will have Three Sessions - 5 to 9 Years, Mixed Years & 11 + Years

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



- **Ages:** **Group 1:** 5 to 9 Years      **Time:** 4.30pm to 5.30pm  
**Group 2:** Mixed Years      **Time:** 5.30pm to 6.30pm  
**Group 3:** 11 + Years      **Time:** 6.35pm to 7.35pm
- **Days:** 24th April & 1st May & 8th May & 22nd May  
29th May & 5th June & 12th June
- **Location:** Airdrie Academy, South Commonhead Road, Airdrie. ML6 6NX

SUPPORTED BY

**BBC**  
**CHILDREN**  
**IN NEED**

# Group Timetable Summary

## Mondays

Pre-5 Group Wishaw:  
10.00pm to 11.30am

Pre-5 Group Cumbernauld:  
12.30pm to 2.00pm

Dungeons and Dragons 12+  
4.30pm to 6.30pm

Multi-Sports  
5.00pm to 6.00pm

Gaming Group 12 and Under:  
5.00pm to 6.30pm

## Tuesdays

Movement and Dance  
4.30pm to 5.30pm

Gaming Group 12 and Under:  
5.00pm to 6.30pm

Gaming Group 13 to 17 years:  
6.45pm to 8.30pm

## Wednesdays

Tabletop 12 + Years  
4.30pm to 7.00pm

Gaming Group 13 to 17 years  
5.00pm to 6.45pm

Football Ages 5 to 9 Years:  
6.00pm to 7.00pm

Digital Group 10 + Years  
6.00pm to 7.30pm



# Group Timetable Summary

## Thursdays

Arts and Crafts: 8 to 14 Years  
5.00pm to 6.30pm

Dungeons and Dragons: Mixed Years  
6.45pm to 8.15pm

Football: 10 + Years  
5.00pm to 6.00pm

Trampolining: 5 to 9 Years  
4.30pm to 5.30pm

Trampolining: Mixed Years  
5.30pm to 6.30pm

Trampolining: 11 + Years  
6.35pm to 7.35pm

## Fridays

Stay and Play Viewpark:  
12.30pm to 2.00pm

Stay and Play Coatbridge:  
12.30pm to 2.00pm

Outdoors Group  
4.00pm to 6.00pm

## Saturdays

Cross-fit:  
1.00pm to 2.00pm

Swimming @ The Time Capsule:  
3.00pm to 4.00pm

## Other

Muddy Boots: Various days  
1.00pm to 2.30pm

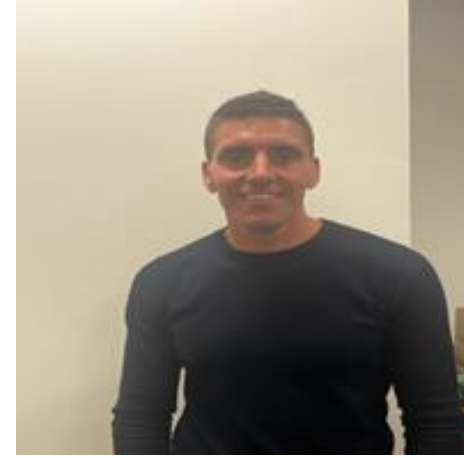
## Group Coordinators



Adam



Derek



Gregor

Now let's meet our core staff who will be helping in these groups!  
A number of group assistants and volunteers will also be supporting the groups!

# Costing

All groups cost £6.50 per group – **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.**

If you have any questions regarding payments, please contact [hope@hopeforautism.org.uk](mailto:hope@hopeforautism.org.uk)

