



HOPE
FOR AUTISM

August - October 2025
Group Information Booklet

Welcome



We at HOPE are excited to share our new booklet for the August-October 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 or adult is interested and would like to book a place in a group, please contact hope@hopeforautism.org.uk

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

Stay and Play Groups



Stay & Play Groups

Programme Co-ordinator - Derek

HOPE for Autism will be running weekly Stay and Play sessions in Cumbernauld and Viewpark.

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!

Monday Afternoon Group

- Time: 12.30pm to 2.00pm (Monday 18th August to Monday 6th October)
- Location: Freedom City Church, 6 St. Mungo's Road, Glasgow G67 1QR

Friday Afternoon Group - Viewpark

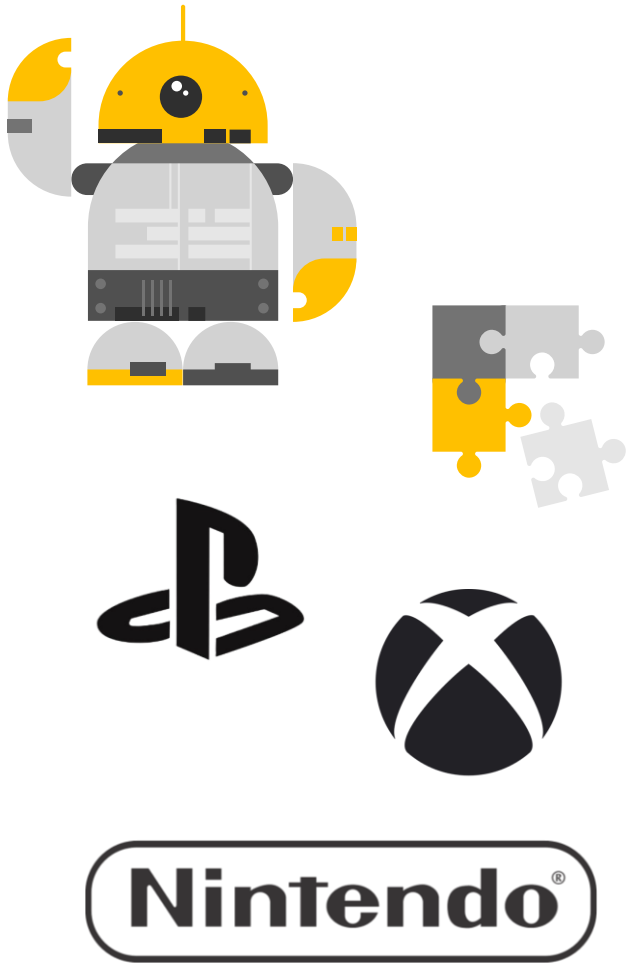
- Time: 12.30pm to 2.00pm (Friday 22nd August to Friday 10th October)
- Location: Viewpark Community Centre, 59 Kew Gardens, Uddingston, Glasgow G71 6LT



SUPPORTED BY



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 now in Cumbernauld.

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

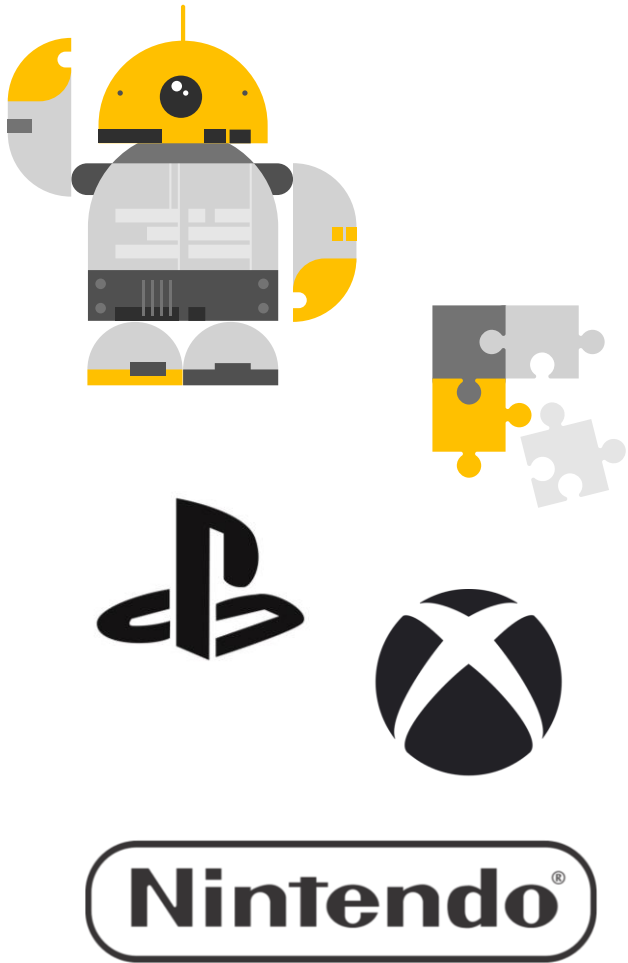
We will look to pre-install games before the block begins, so any suggestions of games your child would like to play, please let Derek know!

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 - Airdrie

Programme Co-ordinator – Derek

Week commencing - Monday 18th August 2025

Week ending – Monday 6th October 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

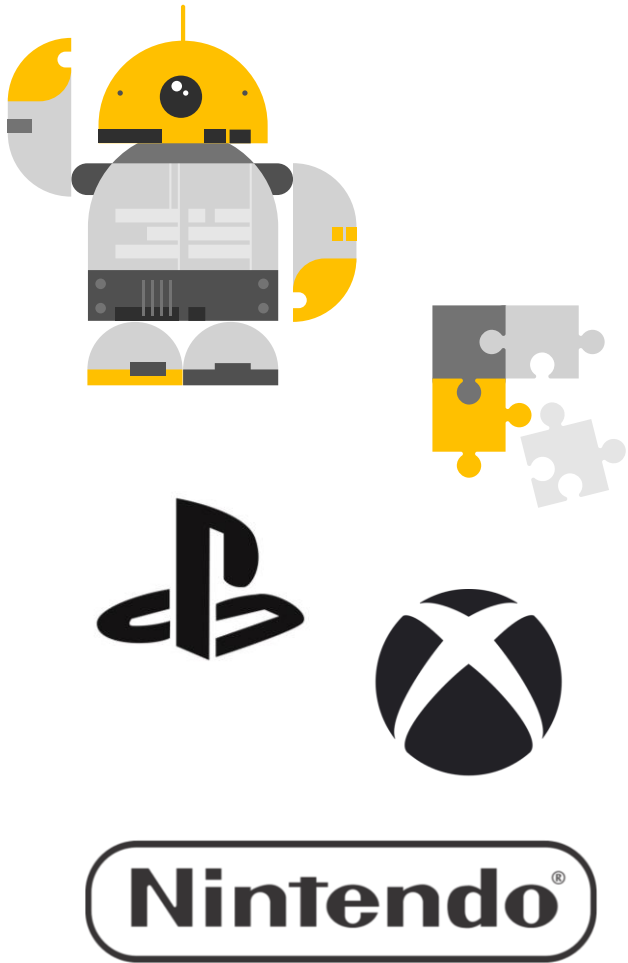
- Time: 5.00pm to 6.30pm
- Location: Harty's Function Suite, 94 Hallcraig St, Airdrie, ML6 6AW

Ages 13 to 17 - Tuesdays

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

SUPPORTED BY

BBC
CHILDREN
IN NEED



Gaming Groups - Cumbernauld

Programme Co-ordinator – Derek

Week commencing - Wednesday 20th August 2025

Week ending – Wednesday 8th October 2025

Ages 12 and under - Wednesdays

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

Ages 13 to 17 - Wednesdays

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

SUPPORTED BY

BBC
CHILDREN
IN NEED

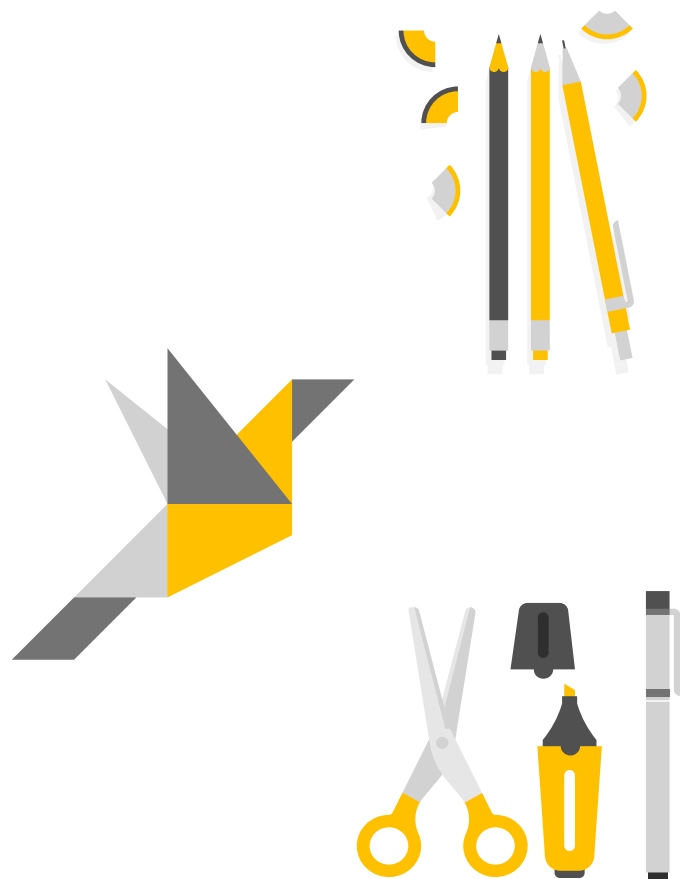
Arts & Crafts Group

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 21st August 2025, ending Thursday 9th October 2025
- **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!

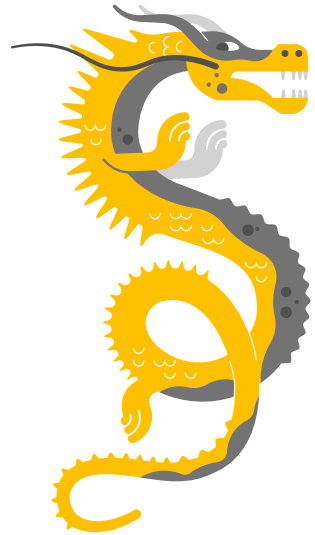
Our dungeon master Adam will be facilitating the sessions and guiding you on your path to distant lands and unknown foes! Great for newcomers and experts alike.

Ages 10 to 16 Years - Wednesday

- Time: 6.45pm to 8.15pm
- Day: Wednesdays (starting Wednesday 20th August, ending Wednesday 8th October)
- Location: @Home Centre (Stem Room) - 2 Clark Street, Airdrie, North Lanarkshire, ML6 6DH

Ages 10 to 16 Years - Thursday

- Time: 6.45pm to 8.15pm
- Day: Thursdays (starting Thursday 21st August, ending Thursday 9th October)
- Location: @Home Centre (Stem Room) - 2 Clark Street, Airdrie, North Lanarkshire, ML6 6DH



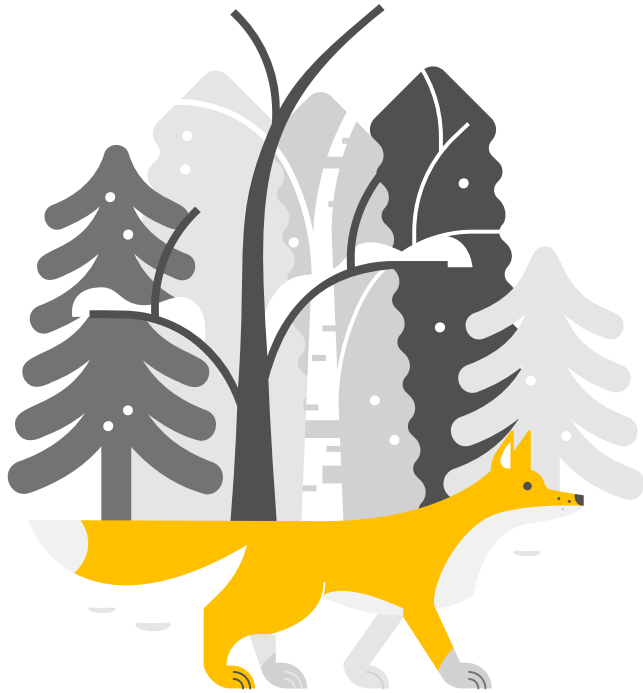
Outdoors Group

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 22nd of August – 3rd of October
- **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:** Sundays
- **Time:** 1.00pm to 2.30pm
- **Dates:** 24th August, 7th, 21st September, 5th and 17th October

N.B. - 17th October is a Halloween party, fancy dress is optional.

- **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:** 5:00pm-6:00pm
- **Day:** Wednesdays Evenings (starting 20th of August to 8th October)
NB. (Wednesday 17th September unavailable)
- **Location:** Coatbridge (TBC)



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 21st August to 9th October)
- **Location:** The Link Community Centre Cumbernauld, Bron Way, G67 1EW

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 18th August to 6th October)
N.B (Monday 1st September unavailable)
- **Location:** St Maurices High School, Westfield Rd, Westfield, Cumbernauld, Glasgow G68 9AG



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: 23rd August , 6th & 20th September & 4th October
- **Location:** The Time Capsule, 100 Buchanan Street, Coatbridge, ML5 1DL



Trampoline Thursdays

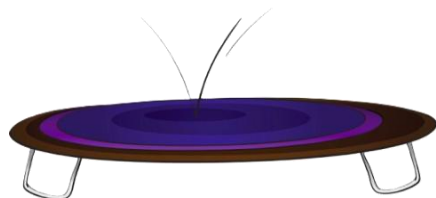


Group Co-ordinator – Gregor

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:** Thursdays - 21st & 28th of August, 4th, 11th & 18th September
 2nd & 9th October
- **Location:** Airdrie Academy, South Commonhead Road, Airdrie. ML6 6NX

Group Timetable Summary

Mondays

Pre-5 Group Cumbernauld:
12.30pm to 2.00pm

Multi-Sports
5.00pm to 6.00pm

Gaming Group 12 and Under - Airdrie:
5.00pm to 6.30pm

Tuesdays

Gaming Group 12 and Under - Airdrie:
5.00pm to 6.30pm

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

Wednesdays

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

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

Football Ages 5 to 12 Years:
6.00pm to 7.00pm

Dungeons & Dragons 10 to 16 years:
6.45pm to 8.15pm

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: 11 + Years
5.00pm to 6.00pm

Fridays

Stay and Play Coatbridge:
12.30pm to 2.00pm

Outdoors Group
4.00pm to 6.00pm

Saturdays

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

