

Autistic Social Group & Wellbeing Hub (Quiet Sensory Space)

Autistic Social Group



To Join – Access the Autistic Social Group WhatsApp Group

One of the members of the group has kindly set up an 'ASC WhatsApp Group', please join the group to meet others.



To access this group, please scan the QR code. Or you can join the WhatsApp group via this link (*not QR): <https://chat.whatsapp.com/JPbGW84WgYoEOWgfljC7mE>

Dates of Meetings

Mondays 5-7pm, Term time only. Student Opportunities Room (Car Park 4) Room 2

Wednesdays 3-5pm, Term time only. Student Opportunities Room (Car Park 4) Room 2

Ambassador Roles

The Social Group will have about 3 Ambassadors. They are to help resource this groups stall during Freshers week and to talk briefly at our Early Start Programme, which usually happens, a week before freshers' week. If you think you will be available during these times and would like to volunteer, please do let me know 😊. We can always split up activities, so nobody is doing too much, or group people up, if you would like to volunteer to help, perhaps with a friend or someone you have met at the social group, please let Sharon Rolland s.rolland@reading.ac.uk know

Q&A

I can't make this meeting, can I attend future ones? Yes absolutely, you don't need to attend every session either, how often you attend is completely up to you.

I may be late, do I have to arrive exactly at 3pm? No, you can arrive at any time between 3-5pm, it will be ok for you enter whilst the group is in progress, this is completely 100% fine 😊. You can also leave at any time you wish.

Are you allowed to eat or drink in this room?

Yes you are. In fact it is one of the reasons why we meet in this venue. We just ask that you tidy up and put any rubbish in the bin after the event.

How many people are coming? Usually its between 5 – 15

Can I bring a friend with me or my Specialist Mentor? Yes absolutely, the group welcomes everybody, including neuro-typicals. They can stay for the whole time or leave at any time.

I know a student who is Autistic or suspects they are Autistic, but they haven't registered with the University Disability Team or have a formal diagnosis– can they come? Yes. You do not have to be registered with the Disability Team or be formally diagnosed to attend the group. If the student would like some advice, I am happy for them to contact me as well to see how we can assist them.

What do you do at the Group?

In this inclusive environment, you can come along and sit and listen, or join in with the conversation, most students just sit and talk, but some may bring board games with them.



Figures - Student Opportunities Building

Wellbeing Hub (Quiet Sensory Space)

This room is based in the RSU Building on the 2nd floor. The RSU Building is also known as the Student Union Building next to the Carrington Building. To access this please ask for the room key from the ground floor reception. If you don't know how to get to the room, please ask the receptionist to show you.

