

Groups and Forums

For Adults



This list was created on 13/9/19. For more detail, and the most up to date entries, please look on the Local Autism Directory - <https://www.autismhampshire.org.uk/local-autism-directory/>

Autism Hampshire - Serendipity Social Groups, for Adults who are on the Autism Spectrum

Network of groups across the county

Contact:

078 23344302

serendipity@autismhampshire.org.uk

<https://www.autismhampshire.org.uk/service-development/serendipity-groups>

Alex Kelly Ltd - Romsey

Communication services for people with a learning disability or autism

Contact:

Alex Kelly Ltd, Romsey, Hampshire, SO51 8ED

02380 987134

<http://alexkelly.biz/>

Andover and District Mencap

Supporting individuals with learning disabilities

Contact:

The Wellington Centre, Winchester Road, Andover, Hampshire, SP10 2EG

01264321840

enquiries@andovermencap.org

<https://andovermencap.org/>

ASD/Asperger Support group

3 Counties Counselling and Autism Assessment for adults, aged 18 plus

Contact:

07767329624

Aspire, National Autistic Society Social Group, Godalming, Surrey

Adult social group

Contact:

The Pepperpot, Godalming, Surrey, GU7

07899 935518

SEResourceCentres@nas.org.uk

<https://www.autism.org.uk/directory/resources/6662.aspx935518>

AutAngel Support Groups - Reading

Support groups for people with autism run by a community interest company in Reading

Contact: <http://www.autangel.org.uk/>

Autism Inclusion Matters - AIM - Isle of Wight

Social and advocacy group for adults on the autism spectrum

Contact:

AIM; Independent Living Centre, Newport, Isle of Wight, PO30 5YL

01983241494

aimisleofwight@gmail.com

<https://www.positivedifferenceiow.co.uk/aim-autism-inclusion-matter-new-social-group/>

Autism Support and Advice - Portsmouth

Free service for raising awareness of autism & Asperger's syndrome

Contact:

07954404184

[Pirates are cooler than ninjas@hotmail.co.uk](mailto:Pirates_are_cooler_than_ninjas@hotmail.co.uk)

<http://autismsupportandadvice.wordpress.com/about/>

Basingstoke GAP Club

Youth club for young adults, 16-25, with learning difficulties or special educational needs

Contact:

Junction 6 Youth Club, Everest Community Academy, Basingstoke, , RG24 9UP

helen@basingstokegap.org

<http://www.basingstokegap.org/>

Brockenhurst Gateway Club, New Forest

For young adults aged 16+ with learning difficulties

Contact:

Village Hall, Brockenhurst, Hampshire, SO42 7RY

Pauline French, club leader, on 07756 257241

pafrench@yahoo.co.uk

Capable Creatures Guides for the Mind

Peer support dog walking meet up for dog owners with a mental health condition in Southampton

Contact:

023 80559163

capablecreatures@btinternet.com

Choices Advocacy Groups - People with Learning Disabilities Have Their Say!

Self-advocacy group for people with learning disabilities living in Portsmouth

Contact:

The Cornelius Centre, Portsmouth, Hampshire, PO2 7RB

02392820917

hello@choices-advocacy.org.uk

<http://www.choices-advocacy.org.uk/our-work/hampshire/>

Discount Events Club

For adults who are on the autism spectrum Southampton

Contact:

Dawn dawndiaper2@gmail.com or Dan privatedan@sky.com

Eastleigh Disability Leisure Access Group (EDLAG)

Free service helping people with a disability access sports and leisure

Contact:

<https://www.eastleigh.gov.uk/sport-health-parks-and-open-spaces/sport-and-health/sportworks/disability-sport>

Enable Ability - For Portsmouth and the Surrounding Area

Independent charity for the care, welfare and advancement of disabled people

Contact:

311-313 Copnor Road, Portsmouth, Hampshire, PO3 5EG

02392 671846

richard@enableability.org.uk

<http://www.enableability.org.uk>

Enable Ability Multi-Sports Club

For those aged between 5-25 years old with mild to moderate disabilities

Contact:

311-313 Copnor Road, Portsmouth, Hampshire, PO3 5EG

07429596822

pals@enableability.org.uk

Fareham Area Disability Forum

Run by disabled people with personal knowledge and lived experience of disability

Contact:

86 North Wallington, Fareham, Hampshire, PO16 8TJ

01329826245

info@fadf.org.uk

<http://www.fadf.org.uk/>

Gosport Access Group and Disability Forum (GAGDF)

Helping Gosport to be as inclusive and accessible as possible to all visitors and residents regardless of any disability or impairment

Contact:

The Day Room, Gosport, Hampshire, PO12 2LZ

07847 228394

gospportaccessgroup@hotmail.co.uk

<http://www.gospportaccessgroup.org.uk/>

Healthwatch Hampshire

Your spotlight on local services

Contact:

Healthwatch Hampshire, Unit 12, Winchester, Hampshire, SO23 0LD

01962 440 262

enquiries@healthwatchhampshire.co.uk

<http://www.healthwatchhampshire.co.uk/>

John's Club – Isle of Wight

Supporting people with disabilities in the community

Contact:

John's Club, Shanklin, Isle of Wight, PO37 6JJ

07702 340 193 / 01983865865

john@johnsclubiow.org

<https://www.johnsclubisleofwight.com/>

Mencap Southampton

Working for children, young people and adults with learning disabilities

Contact:

Southampton Mencap, , Southampton, Hampshire, SO17 2NF

023 8058 4088

admin@southamptonmencap.co.uk

<http://www.southamptonmencap.org/what-we-do/>

Mixed Ability Rugby – Chobham Rugby Club, Surrey

For children and adults aged 13+ with autism, learning difficulties and/or physical disabilities

Contact:

Fowlers Wells, Chobham, Surrey, GU24 8LD

07808 630053

mike.oregan@waitrose.com

<https://chobhamrugby.co.uk/teams/mixed-ability-rugby/>

National Autistic Society (NAS) South Hampshire Branch Social Groups

Social groups for children and adults with Asperger's or autism

Contact:

St Patrick's Church Hall, Woolston, Hampshire, SO19 9BD

023 8043 2612 or 07532 282301

southampton@shantsnas.org.uk

<http://www.shantsnas.org.uk/Home/Sholing>

National Autistic Society - Isle of Wight Branch

Providing support, information and guidance for adults/children and their families

Contact:

Riverside Centre The Quay , Newport , Isle of Wight , PO30 2QR

07827 308768

isleofwight@nas.org.uk

<https://www.autism.org.uk/directory/resources/12630.aspx>

National Autistic Society, Surrey Social Group for Young Adults

Transition group (18-25-year-olds) – Guildford

Contact:

Howard Childs - 07899 935518

howard.childs@nas.org.uk

<http://www.nassurreybranch.org/services-for-adults.html>

National Police Autism Association Web Forum

A forum for UK police officers and police staff who are affected by autism spectrum condition and Asperger syndrome, either personally or caring for family members with the condition

Contact: <http://www.npaa.org.uk>

No Worries - Free Forum

For people with social phobia and anxiety issues

Contact:

<http://www.noworries.freeforums.net/>

Portsmouth Aspies United

Group for adults with Asperger's syndrome

Contact:

Bryan on Aspiebry@gmail.com

<https://www.facebook.com/events/portsmouth/portsmouth-aspies-united/906833629337018/>

Portsmouth Disability Forum (PDF)

Promoting care, welfare, interest, education and advancement for disabled people and their families

Contact:

Frank Sorell Centre, Southsea, Hampshire, PO4 9HR

02392 815266

contact@p-d-f.org.uk

<http://www.p-d-f.org.uk/en/>

Scarf (Supporting Special Children and their Relatives and Friends) – New Forest

Parent-led charity

Contact:

07874 221249

scarfnewforest@gmail.com

<http://www.scarfnewforest.org>

Sing For Fun – Lee-On-The-Solent

Sing for fun music group for adults with autism and other disabilities

Contact:

St Johns Catholic Church, Lee On Solent, Hampshire , PO13 9AS

07811140188

phil6131@sky.com

<https://www.facebook.com/Sing-for-fun-345930755562750/>

St Denys Activity Group

For people with mental health issues and their carers

Contact:

65 Priory Road, St Denys, Hampshire, SO17 2JQ

07399 877141

<https://www.carersinsouthampton.co.uk/st-denys-activity-group-drop-in>

The Stable Family Home Trust - Ringwood

Supporting adults with a learning disability in Dorset and Hampshire

Contact:

The Stables, Ringwood, Hampshire, BH24 3BN

01425485093

mandyharris@sfht.org.uk

<http://www.sfht.org.uk/Touching> base club. To support independence skills in Ringwood

The Friday Night Project - Hedge End

Youth project for young people (11-21) with ASDs, (Autism Spectrum Disorder) LDs, (Learning Disabilities) and/or

mild to moderate physical difficulties

Contact:

The Community Hub, Southampton, Hampshire, SO30 4EJ

01489 789638/ 07534563424

Donna.brewer@hedgeend-tc.gov.uk

<https://fish.hants.gov.uk/kb5/hampshire/directory/service.page?id=zbwwBoA4in0>

The G.R.O.W Social Club

For adults with learning, mental and physical difficulties

Contact:

Fairways House, Southampton, Hampshire, SO14 0QB

0330 133 0174

thegrowproject@srglimited.co.uk

<https://thegrowproject.co.uk/social-clubs-day-trips/>

We Connect Now

Website and Facebook group for university students with disabilities

Contact:

weconnectnow2008@gmail.com

<https://weconnectnow.wordpress.com/>