

Things to consider when choosing a group activity

Location	Activity	How members can take part	Things to consider
Online or in-person	Book club	People read or listen to the same book and discuss it. Or people take turns to talk about and recommend their favourite books.	Establish clear ground rules, eg, turn-taking/the length of time each member is allowed to speak.
Online or in-person	Choir	Rehearsals and musical quizzes online.	This has considerations for those with auditory sensitivities.
In-person	Cinema group	Watch an autism-friendly screening of a film.	Budget, need to have access to a local venue.
In-person	Climbing club	Attending a climbing wall together.	Need to have access to a local venue. Members may have differing physical/co-ordination abilities.
Online or in-person	Dance classes	Shared screening of free online dance classes, such as 305.	Members may have differing physical/co-ordination abilities.
Online or in-person	Gaming groups	Online multiple player games or in-person board games.	Establish clear ground rules, eg, turn-taking, code of conduct.

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Online	Gogglebox group	The group watch a TV show together and discuss their thoughts on the show. One week could be watching an art class, the next a cooking show, the next a history documentary...	Establish clear ground rules, eg, taking turns to choose a show.
Online or in-person	Late diagnosis support groups	A space for recently diagnosed autistic people to have a chat and a cuppa. Members can share their tips on overcoming barriers, eg, how to answer a phone or use public transport.	This group is not a post-diagnostic service, and this needs to be made clear for people wishing to join the group.
Online or in-person	LGBTQ+ group	An accepting space for LGBTQ+ members to share news, listen to speakers, and take part in events and challenges.	Access to a quiet space. Establish clear ground rules, eg, treat all members with respect.
Online or in-person	Lego club	Attendees can share their own Lego models with the group, or all work on similar models.	Budget.

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Online or in-person	Life skills group	Attendees can share skills they'd like to learn, and learn them with group members that can already do these skills. For example, cooking, gardening, socialising, preparing for job interviews, writing, or photography.	Suitable equipment/ facilities may be needed to learn the skills, eg, to follow online baking tutorials.
Online or in-person	Music group	This could be attending or watching a gig online, or learning a musical skill.	Budget, auditory sensitives, different musical abilities and experiences.
Online	Quiz group	Everyone brings five questions, so the quiz master role is shared and members' attention is maintained.	Multiple choice questions work well. Ask members to create questions based on their special interests.
Online or in-person	Repair café workshop group	Attendees take turns to pick an item of interest and explain why it broke/how to fix it.	Make sure no one chooses to physically dismantle anything particularly essential or any dangerous items.
In-person	Ten-pin bowling club	Playing games and socialising.	Need to have access to a local venue. Differing physical/ co-ordination abilities.
Online	Virtual tour group	Visit museums, cities, the pyramids, etc together online.	Members need to respect each other's choices.

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In-person	Walking groups	Members take part in local walking routes.	Differing physical and sensory sensitivities.
Online or in-person	Warhammer club	To paint figures together or play a game in a venue.	Budget.
Online or in-person	Women's group	A group for autistic women to share their challenges and strengths.	Access to quiet space. Establish clear ground rules, eg, respect.