

Thriving Abilities, Gainsborough

We want to help remove barriers which might get in the way for you attending these sessions, so we have created this helpful factsheet to help you.

What is Thriving Abilities?

A support group for people with autism to take part in activities, explore their favourite hobbies, and be part of a community.

At the sessions you can participate in a variety of activities that match your interests, such as air-dry clay, diamond art, gaming, board games, or anything else that you are interested in. Either just take part in the activities or make new friends and socialise at the same time, there's lots of things to do!

When is Thriving Abilities?

Groups will meet every Tuesday, starting from 11 June, from 1pm until 3pm.

The first and third Tuesday of the month will be groups for men to attend, and the second and fourth Tuesday of the month will be for women.

11 June – Women

18 June – Men

25 June – Women

2 July – Men

9 July – Women

16 July – Men

23 July – Women

30 July – Men

6 August – Women

13 August – Men

20 August – Women

27 August – Men

3 September – Women

10 September – Men

17 September – Women

24 September – Men

1 October – Women

8 October – Men

15 October – Women

22 October – Men

29 October – Women

5 November – Men

12 November – Women

19 November – Men

26 November – Women

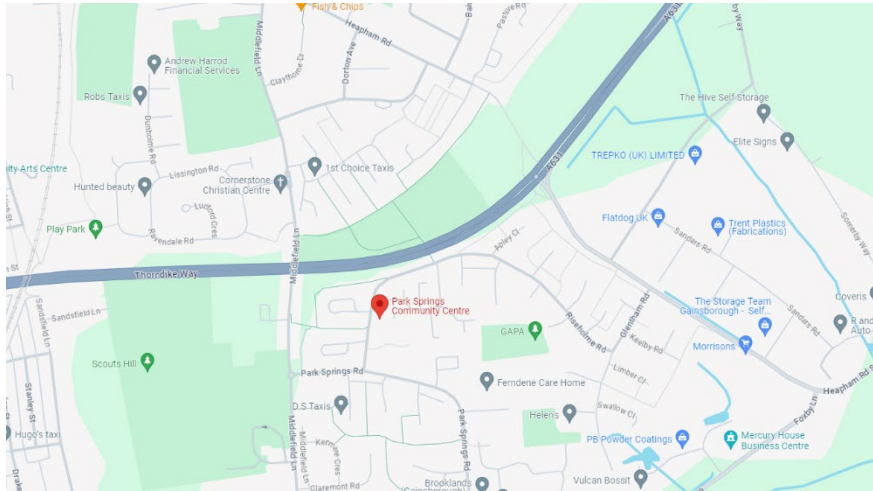
3 December – Men

10 December – Women

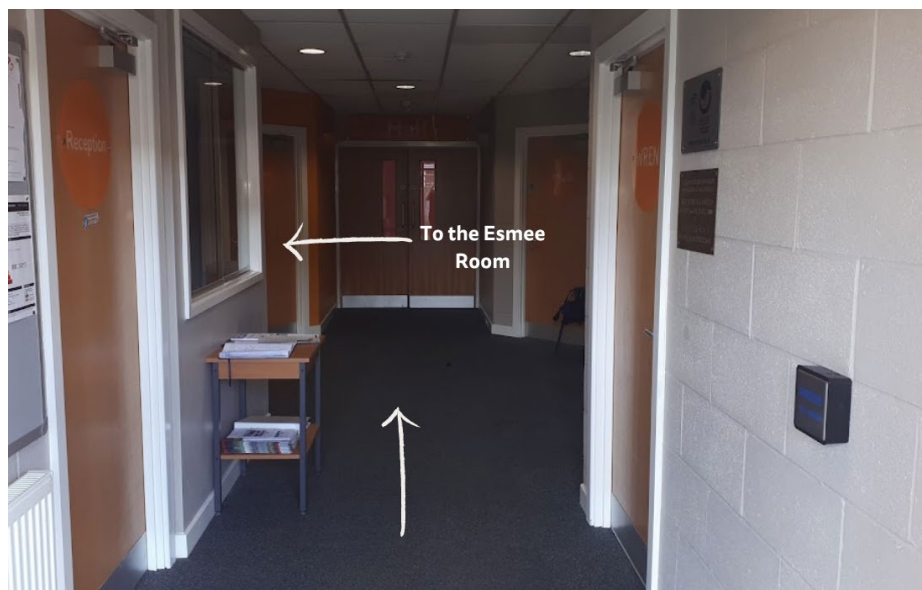
17 December – Men

Where do the groups meet?

Location: The Esmee Room at Gainsborough uphill community centre, also known as GUCC.
DN21 1NJ.



Once inside you will see a corridor, walk halfway down where the corridor opens to the left. You will see a sign above the doors at the bottom saying Esmee Room.



This is the Esmee Room:



If arriving via car, this is the car park.

