

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!

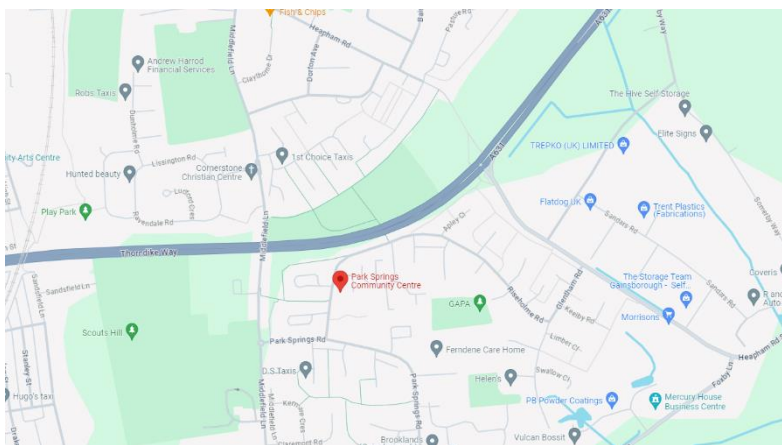
This year we will also be visiting local amenities. This will help you to gain confidence in visiting these places with the company of the group. It also helps these local amenities to better their services for neurodivergent experiences.

When is Thriving Abilities?

Groups meet every Tuesday, from 1pm until 3pm.

Where do the groups meet?

Location: Gainsborough uphill community centre, also known as GUCC. DN21 1NJ.
Here is a map to help:



If arriving via car, this is the car park.

