

#ActuallyHaringey

WORLD AUTISM ACCEPTANCE WEEK 2022



#ActuallyHaringey is an early help provision enabling autistic adults 16+ to live independent, fulfilling lives within their community.

In celebration of World Autism Acceptance Week 2022, we are hosting a range of inclusive events for autistic adults, friends, supporters, and professionals to promote Autism Acceptance.

Sessions will need to be booked by emailing: autismhub@haringey.gov.uk

Autism Acceptance Session (Online)

Monday 28th March 22 - 11.30am - 1pm

This is an online information session for those who would like to gain a better understanding of autism. Please email autismhub@haringey.gov.uk to receive the Microsoft Teams link.

Relaxed Open Morning at #ActuallyHaringey

Tuesday 29th March 22 and Thursday 31st March 22 - 10am - 12pm

Join us for our relaxed open morning, this will be an opportunity to have a tour of the #ActuallyHaringey building. This will also be a chance to find out more about the services we provide and meet the #ActuallyHaringey Team. Light refreshments will be available.

Origami with Laura at #ActuallyHaringey

Thursday 31st March 22 - 12.30pm - 1.30pm

Join us for our Origami session with Laura. Origami is the Japanese art of paper folding. The goal is to transform a flat square sheet of paper into a finished sculpture through folding and sculpting techniques.

Yin Yoga with Julia (Tottenham Yoga) at #ActuallyHaringey

Friday 1st April 22 - 5pm - 6pm

Julia's session will blend physical and philosophical elements of yoga practice with a sense of lightness and play, in an autism friendly environment. Her session will invite you to tune your attention and to move at the pace that is right for you.

Please wear comfortable clothing. Yoga mats will be provided.

#ActuallyHaringey, 20B Waltheof Gardens, London, N17 7HS

If you would like to attend any of these sessions please email us at:

autismhub@haringey.gov.uk