

Children & Young People's Service

Leisure activities, respite and targeted programmes for autistic children and young people aged 7-25 years

We've been working with autistic children and young people for over 20 years, providing social activities for them to enjoy whilst developing skills and making new friends.

Twice weekly youth clubs (10–25yrs)
Saturday Clubs for (7–25 yrs)
Holiday Playschemes for (7–25 yrs)

(Please see Timetable overleaf for times, locations and prices)



We also offer a variety of personal development programmes to help young people understand their diagnosis, build their confidence and help them become more independent:

Socialwise: therapeutic speech and language group session (10-18 years) alongside 1:1 mentoring (internal referral only) for 14years+

Sportswise: weekly multi-sport sessions introducing young people to a wide range of fitness activities whilst building their confidence, self-worth, fair play and teamwork



For more information please contact
recreation@hacs.org.uk or call 0208 606 6780





HACS

Hillingdon Autistic Care & Support
Registered Charity Number 1183576

Children & Young People's Service

TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------|--|---|--------|--|
| | | Weekly Youth Club (10-25 yrs) Harlington YPC 4pm – 6.30pm <i>50p per session</i> | Weekly Youth Club (14-25 yrs) South Ruislip YPC 7pm – 9.30pm <i>50p per session</i> | | Adventures & Explorers (7-13 yrs) Pinkwell Primary School <i>£40 per session</i> |
| | | Social Wise (10-13) / (14-18) yrs Various times 5pm-8pm FREE | | | Youth Club (14 – 25 years) South Ruislip YPC 10.00am – 3.00pm <i>£40 per session</i> |
| | | Sportswise (10-25 yrs) Harlington YPC 4pm – 6.30pm <i>50p per session</i> | | | |
| Holiday playschemes run on various days and various locations during October, February, Easter and Summer holidays (£40 per session). | | | | | |
| <i>During selected holiday periods we are able to provide funded places to families eligible under the Hillingdon HAF programme.</i> | | | | | |
| Please note you will need to be a HACS member to access these clubs. A full assessment of your child's needs is required before they can attend the clubs; this will include a parent/carer interview and school-based assessment. | | | | | |
| If a child requires support that exceeds our group support ratios (e.g.. 1:1 support) this will need to be funded by Social Care. | | | | | |



HACS

Hillingdon Autistic Care & Support
Registered Charity Number 1066859

Adult Autism Hub

Whether you are awaiting a diagnosis of autism or have already been diagnosed, we are here to help



We can provide:

- One to one coaching sessions
- Peer learning programme to learn more about autism and related areas
- Monthly drop-in sessions for advice and practical issues
- Regular social activities
- Virtual, telephone and in-person support

Eligibility:

- Aged 18 years +
- Registered with a Hillingdon GP
- No existing diagnosis of an intellectual disability (learning disability)

"It's been amazing knowing I am not alone in my feelings."

For further information or please contact
katherine@hacs.org.uk or complete the [Referral Form](#)

