

Information Pack

Appeer Social Peer Group for Autistic Girls

About the Appeer Social Programme

Appeer offer Social Groups and Sessions for autistic girls aged 7- 18 years within or local to Surrey. Our Social Programme includes the following activities:

Monthly Social Peer Group - this takes place on monthly Saturdays in Woking. This is a social peer group for girls aged 7-18 and their parents and carers. Sessions run between 11am and 1pm and also 2pm - 4pm. We don't just assign participants to groups based on their chronological age. We look at their presentation, interests and development too. Parents and Carers may stay at the venue during these sessions and will be looked after by one of our Parent/Carer Facilitators.

Holiday Activity Sessions - we run our Holiday Activity Sessions for girls who are 8+. These take place in local venues at weekends and during school holidays. These Sessions may include visits to horse sanctuaries, climbing centres and gaming cafes. Parents and Carers may stay at the venue during these sessions and will be looked after by one of our Parent/Carer Facilitators.

Online Sessions - girls from age 7 can join our regular Activity, Minecraft and Roblox Online Sessions, which offer a valuable chance for autistic girls to connect with their peers. Young people are facilitated by an experienced staff during these Sessions.

Holiday Clubs - We offer Holiday Clubs during the Easter and the Summer Holidays. Have are an approved HAF (Holiday Activities and Food Provider which means we can offer fully funded places to those on free school meals plus. We also offer self funded places to our families.

What is the cost and how do I book?

Tickets for our Groups and Sessions vary according to whether they are in-person or online and the activity. We have a limited amount of concessionary tickets . These tickets are reserved for families who are in receipt of Universal Credit or Tax Credits. You can view all our fees [here](#). Details about our Sessions available can be found below or you can see our current offer on our [Sessions available to book](#) page.

We are able to offer places on our in-person sessions to residents of Surrey and surrounding areas like East Hampshire, Western London Boroughs, West Sussex. If fewer than 4 attendees sign up for the online Sessions, we will need to reschedule (or offer a refund if preferred).

Please email claire@appeer.org.uk if you have any queries relating to our Groups and Sessions.



Information about the Social Peer Groups for autistic girls aged 7 - 18



Who is the Group for?

We run monthly group Sessions for autistic (diagnosed or suspected) girls aged 7- 18 and their parents/carers on monthly Saturdays. Parents and Carers may stay at the venue during these sessions and will be looked after by one of our Parent/Carer Facilitators. We don't just assign participants to groups based on their chronological age. We look at their presentation, interests and development too.

The age range seems large - how do you separate the younger girls from the older ones?

After you have booked either Session 1 (morning) or Session 2 (afternoon) we will assign your daughter to one of 3 groups, within the Session, according to her age, presentation, development, interests and connections. These groups are called Group A, B or C in the morning session and D, E and F in the afternoon session.

What is the aim of the Group?

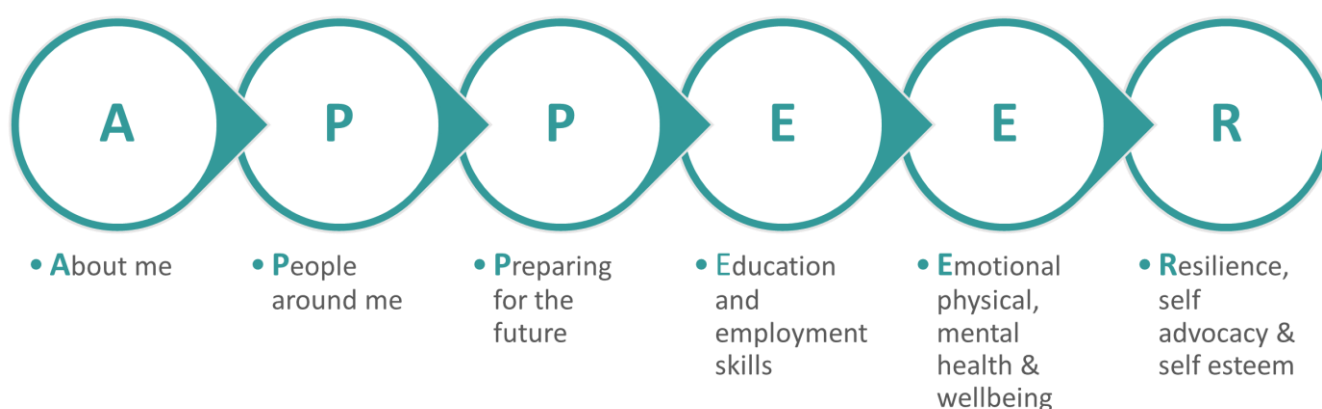
We aim to provide a space for autistic girls aged 7-18 years and their parents and carers to connect with their peers to help ease social isolation, develop skills, gain confidence and interact with the community. Additionally, these groups will aim to support the young people to:

- Build positive social experiences in a supportive setting
- Appreciate the world around them including culture and citizenship both locally and globally
- Build trusting relationships with staff and peers and engage with those around them
- Gain life skills in the home including managing their space, household tasks, life admin and cooking
- Understand their autism and support needs and how they can enable and advocate for themselves
- Explore their physical and sensory needs as well as well as their mental health and wellbeing

Is there a curriculum?

Our Social Programme curriculum is devised by Annaliese, our CEO and Cathryn, our Head of Programmes and Communications as part of the wider Appeer organisational curriculum and strategy. The curriculum is based on the Appeer Key Strands and adheres to the government's recent educational white paper – Every Child Achieving and Thriving – you can read more about this [here](#).

The Appeer Key Strands



What will happen in each Group and how long will the Sessions be?

We offer a variety of activities, including skills focused activities including games, arts, crafts, cooking, tech and more. Joining instructions and visual timetables will be sent 5 to 7 days before sessions. We also include some activities around being autistic, such as about sensory needs.

Who will be running the Groups?

The groups will be run by Nicki, Social Programme Manager and are supported by specialist staff. The parents and carers are supported by our experience Parent/Carer Facilitators. If you have any questions, please email nicki@appeer.org.uk.

Where will the Group be held?

The weekend Girls Groups are held at a quiet community venue in Woking. This setting includes the whole building which enables us to plan diverse and exciting activities. There is dedicated parking on site and it's about 5 minutes walk from Woking station.

What times are the Groups?

The Groups take place on monthly Saturdays. Session 1 is from 11am to 1pm and Session 2 is from 2pm - 4pm, so you can book whichever Session works best for you.

How much does it cost and how do I book?

The fee per session is **£38** (or £30.50 concessionary). You are able to book up to a term in advance i.e. 4 sessions at a time. As per our General Terms & Conditions, cancellations of at least 7 days prior to the event will be entitled to a full refund. We regret no other refunds can be given.



If requested, we will do our best to enable girls to be with some of the same girls each month, as they develop links with others, so that there is familiarity and consistency as far as we can manage.

You can book via the [COACHA](#) app and find out more about each month's Group looking at our [Book a Session Page](#).

How can I ensure my daughter gets a place every month?

We will arrange the groupings once booking closes based on our knowledge of the girls, their presentation and their peer connections. You are able to book a term in advance so are able to book up to 4 months in advance to secure your place. Spaces will be allocated on a first-come first-served basis. We will, of course, do our best to ensure that we can provide consistent and authentic peer groups for the girls where we can and will manage any admissions according to our [Admissions Policy](#).

What happens when I get too old for this Group?

Don't worry at all - you can go up to our [Monthly Women's Group](#). You can read all about what to expect [here](#).

Is there parking at the venue?

There is parking at the venue in the Church car park opposite the Community Centre or along the road outside the building.

Who leads the Group?

Nicki our Social Programme Manager leads the group and plans all the sessions.

Nicki is supported by Cathryn our Head of Programmes and Communications.



Can my parent or carer stay with me?

Your parents/carers can stay near you for all or parts of the session. It is up to you. They have their own rooms to go to. We ask your parents/carers to always stay at the centre for all of the first session, but most stay for every session. The parents/carers can go to our Cuppa and Chat Parent Room with the other parents/carers and their own facilitator or go to our Quieter Parent/Carer Room if they want to read, work or chill out. Parents/carers may also want a private chat with a member of our staff and so we often go into another room to speak.

Parents/carers must stay on-site during the first session and can come along to the dedicated parent/carers space for an informal parent/carers session near where the girls are during any session (or leave if agreed after session 2). A parent/carers facilitator will be provided and tea, coffee and snacks will be available.

Are there any rules?

We have a Code of Conduct to help make sure everyone is safe and benefits from and enjoys the group. We will agree the guidelines in our group together. We also ask that you:

1. Be you



You can just be yourself in this group. You or your parent/carers can let us know if you would like us to do something different to help you or if we can help in any way.



2. Be Kind

Try to be kind to others and yourself



3. Keep Safe

Follow any instructions to help keep you and others safe and well



4. Look after

Look after equipment and St John's Youth Centre area.

These Joining Instructions, together with Appeer's General Terms & Conditions, any receipt for payment and any further specific requirements for this Session or Programme, constitute the entire agreement between Appeer and the Adult Participant or Participant's Representative. By booking or attending any Appeer service, the Adult Participant or Participant's Representative confirms that they accept Appeer's General Terms & Conditions and are not relying on any other verbal or written representations which have not been recorded therein. NB: the General Terms & Conditions must be read in conjunction with Appeer's other policies.

This is the end of the Information Pack

Updated –06/08/2026 by CJ