



July 2026

A friendly group of independent autistic adults who meet regularly for discussions, mutual support and community outings in Devon

Date	Start	End	Location*	Topic
2nd	14.30	16.30	Online	Alexithymia
4th	15.00	19.00	Exeter	The Cool Autism Social
6th	15.00	17.00	Exeter	Ladies Group (open discussion)
9th	14.30	16.30	Community	Community outing
9th	18.00	20.00	Online	All Ages
10th	14.30	16.30	Barnstaple	Sensory Differences
15th	18.00	20.00	Online	LGBTQ+ group (open discussion)
16th	14.30	16.30	Newton Abbot	Late Diagnosis and Impact
18th	13.00	17.00	Exmouth	East Devon Autism Social
23rd	14.30	16.30	Exeter	Cooccurring ND Conditions
25th	13.00	17.00	Barnstaple	North Devon Autism Social
27th	14.30	16.30	Paignton	Cooccurring ND Conditions
30th	14.30	16.30	Online	Decision Paralysis

* Exact meeting locations can be requested using the contact details below

+ Approximate end time – actual end time may be different

If you have any questions, contact:



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For more information, visit:



www.dimensionsforautism.life

Unfortunately DFA cannot provide support to children under 18 or adults with a learning disability

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