DIMENSIONS FOR AUTISM

November 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	15.00	17.00	Exeter	Ladies Group (open discussion)
5th	14.30	16.30	Online	Reducing Anxiety
7th	15.00	17.00	Exeter	The Cool Social
12th	14.30	16.30	Buckfast Abbey	Community Outing
12th	18.00	20.00	Online	All ages
13th	14.30	16.30	Barnstaple	Relationships
18th	18.00	20.00	Online	LGBTQ+ ASC
19th	14.30	16.30	Newton Abbot	CWTCH – Romantic Relationships
19th	18.30	20.00	Online	Young Autism Group
21st	13.00	17.00	Exeter Queys	East Devon Autism Social
26th	14.30	16.30	Exeter	Developing Friendships
30th	14.30	16.30	Paignton	Coping with Change

** 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:

trishdarke.dimensionsforautism@gmail.com

For more information, visit:

www.dimensionsforautism.life

Scan this QR code to visit the DFA website:

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