



DIMENSIONS FOR AUTISM

January 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
05/01/2026	15.00	17.00	Exeter	Ladies' group (open discussion)
08/01/2026	14.30	19.00+	Community	SPECIAL (Post-)Christmas social
08/01/2026	18.00	20.00	Online	Evening Group (open discussion)
09/01/2026	14.30	16.30	Barnstaple	Open discussion
15/01/2026	14.30	16.30	Newton Abbot	EXTERNAL TALK: Learn Devon – Improving self-esteem & confidence
15/01/2026	19.00	20.30	Online	Younger Adults group (18+)
21/01/2026	18.00	20.00	Online	LGBTQ+ group (open discussion)
22/01/2026	14.30	16.30	Exeter	Differences in lesser-known senses
26/01/2026	14.30	16.30	Paignton	Issues with food & diet
29/01/2026	14.30	16.30	Online	Mental health & anxiety

* 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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visit the DFA website:

