



# DIMENSIONS FOR AUTISM

## September 2025

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

Date	Start	End	Location*	Topic
01/09/2025	15.00	17.00	Exeter	Ladies' group (open discussion)
04/09/2025	14.30	16.30	Online	Personal Independence Payment (PIP) advice
11/09/2025	14.30	19.00+	Community	Community outing
11/09/2025	18.00	20.00	Online	Evening Group (open discussion)
12/09/2025	14.30	16.30	Barnstaple	Open discussion
17/09/2025	18.00	20.00	Online	LGBTQ+ group (open discussion)
18/09/2025	14.30	16.30	Newton Abbot	Meltdown & shutdown shame
18/09/2025	19.00	20.30	Online	Younger Adults group (18+)
25/09/2025	14.30	16.30	Exeter	Burnout shame
29/09/2025	14.30	16.30	Paignton	Meltdown & shutdown shame

\* 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](http://www.dimensionsforautism.life)

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

Scan this QR code to visit the DFA website:

