



# AUTANGEL

## AutAngel Newsletter: May 2026

### Spotlight on the allotment

Earlier this year, we were offered a free charity allotment plot at our existing allotment site (Bulmershe). The plot was very overgrown, needing lots of work to get it up to scratch, but with a thriving and growing (excuse pun) group, facilitated by AutAngel member Claire, work is well underway, and it's exciting to see the progress that's being made.

The group meets on alternate Saturday and Wednesdays (see details of dates below), and would love new members to join. Whether you're an experienced gardener or a complete novice, you are very welcome to come along. Email us at [info@autangel.org.uk](mailto:info@autangel.org.uk)



### Summer community meeting

As usual, we'll be getting together in June for a community meeting/social.

We'll be providing light refreshments (tea, coffee, cold drinks, biscuits). As with all our social gatherings, it's an autistic space. If you want to come and chat with everyone, that's lovely; but it's also lovely if you'd like to join us and not be chatty. Feel free to bring along a craft project (some of us find that knitting, crocheting, colouring etc can help us feel less anxious in social situations). We'd love to see you if you can come along.

We're hoping this year to hold it at the allotment – full details will be in the next newsletter, but here are the details for now:

Saturday 27th June

2-4pm

Venue to be confirmed

## **In-person peer support – venue change**

Please note that our general in-person peer support has moved from Tilehurst Library to the office for the time being.

## **New! Online Dungeons and Dragons**

We're trialling a new online D&D group on the 2nd Saturday of each month, facilitated by Jessie. So whether you're already a keen player, or you've never played but fancy a go, give it a try!

Saturday 9th May

2-5pm

Zoom <https://us02web.zoom.us/j/88360328097>

## **Book group**

A reminder that the book group now meets online, with Sarah facilitating. As usual, anyone is welcome to attend. You don't have to have finished (or even started!) the book/s being discussed.

April's reads:

Uta Frith - Explaining the Enigma

Octavia E. Butler - The Parable of the Sower

May's reads:

Asako Yuzuki – Butter

Robert Cormier - The Chocolate War

## **Online body doubling**

Do you have a task you just can't seem to get around to? Washing up piling up, or a form that's just sitting there neglected? We're now offering a weekly hour of online body doubling, from 11-12 each Thursday. It'll be a mics-off space, but the chat will be open. No need to let us know you're coming along – just come along with whatever it is you need to get done.

Every Thursday

11am-12pm

<https://us02web.zoom.us/j/83737936508> Meeting ID: 837 3793 6508

## **Group details for May 2026**

Here's a rundown of our in-person groups for the coming month at the AutAngel office (**12A Southview Park, Marsack Street, RG4 5AF**).

Women's peer support	Tuesday 5th 19:30-21:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Craft group	Thursday 7th 10:30-12:00 Thursday 21st 10:30-12:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Saturday drop-in	Saturday 23rd 15:00-17:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
In-person peer support	Wednesday 13th 19:30-21:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>

**At other venues:**

<p>Allotment group – <b>Bulmershe Allotments</b></p> <p>(please note these are provisional dates only – please contact us if you would like to attend)</p>	<p>Saturday 9th 09:00-11:00</p> <p>Wednesday 13th 09:00-11:00</p> <p>Saturday 23rd 09:00-11:00</p> <p>Wednesday 27th 09:00-11:00</p>	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
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**And our online groups:**

Online body doubling	Every Thursday 11:00-12:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Dungeons and Dragons	Saturday 9th May 14:00-17:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Young Adults peer support	Friday 15th 19:00-20:00 Friday 29th 19:00-20:00	Email <a href="mailto:jessie@autangel.org.uk">jessie@autangel.org.uk</a>
Queer group	Tuesday 12th 19:00-20:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Women's peer support	Tuesday 19th 19:00-20:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Men's group	Wednesday 20th 19:30-21:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Peer support online (open to all AutAngel community members)	Wednesday 27th 19:00-20:00	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>
Book group	Thursday 28th 19:00-20:30	Email <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>

### **Autistic Burnout Network 2026 conference**

A two day online conference on June 5th & 6th with neurodivergent speakers. A deep dive into autistic and other neurodivergent burnout and recovery.

Friday 5th and Saturday 6th June

Online – tickets [here](#)

For more information: [www.autisticburnoutnetwork.com](http://www.autisticburnoutnetwork.com)

We look forward to seeing you at a group soon.

Sharon, Sarah and Carrie

## How you can help AutAngel

The Co-operative Bank

Monthly donations via  
direct debit/standing  
order

Account name – Autangel CIC

Sort code – 08-92-99

Account number - 65674400

Free to use, and we get cash back for your online shopping. It may seem like small amounts, but the more of us that do it, the pennies can really add up. It's also possible to get larger amounts if booking holidays or buying household items. So far, we've raised over £500!

### Easyfundraising

If you need help to sign up, please let us know – we're happy to go through the process with you if that helps.

### Reading Community Lottery

Raise money for AutAngel, and have a chance of winning a cash prize every week.

Leave us a review on  
Facebook or Google

Bluesky

Follow us on social  
media and share our  
posts

Instagram

Facebook

Testimonials

Would you be happy to share your feedback, either written or on video? Sharon would like quotes on how AutAngel or individual groups have helped you. Please email Sharon at [sharon@autangel.org.uk](mailto:sharon@autangel.org.uk) with quotes, or to ask about making a short video with her.