



AutAngel newsletter June 2026

Please nominate us for £5,000

Movement For Good are giving 10 health and wellbeing charities/non-profits £5,000 each in a limited-time special draw, open until 24th May.


[Nominate us here](#)


You can find instructions on filling in the form on the attached document - **you'll need to manually type AutAngel Community Interest Company rather than searching for us**, as the search function only shows registered charities, and we are a CIC (but don't worry – *we are eligible!*)

Summer community meeting

As usual, we'll be getting together next month 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.

 Saturday 27th June

 2-5pm

 12A Southview Park, Marsack Street, Reading RG4 5AF



AutAngel office


In view of our current financial position, we are going to be vacating the AutAngel office at the end of May, so we can focus funds on running groups and keeping the organisation going.

For most people, this won't make a big difference – we will continue to run our in-person groups at 12A Southview Park, and our upcoming community gathering will be there too. We just won't have a permanent base there.

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 13th June

 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.

May's reads:

Asako Yuzuki – Butter

Robert Cormier - The Chocolate War

June's reads:

Caro Claire Burke - Yesteryear

Laura Messina - The Library of Heartbeats

6-week free Family Wellbeing course

The University of Reading Centre for Autism “have developed a 6-week programme designed for parents and carers of children who are autistic, or awaiting an autism diagnostic assessment. Using evidence-based approaches to thriving and a library of videos created by autistic children and young people, the course aims to deepen your understanding of your autistic child while also focusing on your own wellbeing as a parent/carer.”

You can learn more about the programme [here](#).

Group details for June 2026

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

Women's peer support	Tuesday 2nd 19:30-21:00	Email info@autangel.org.uk
Craft group	Thursday 4th 10:30-12:00 Thursday 18th 10:30-12:00	Email info@autangel.org.uk
Saturday drop-in	Saturday 26th 15:00-17:00	Email info@autangel.org.uk
In-person peer support	Wednesday 10th 19:30-21:00	Email info@autangel.org.uk

At other venues:

Allotment group – Bulmershe Allotments (please note these are provisional dates only – please contact us if you would like to attend)	Saturday 6th 09:00-11:00 Wednesday 10th 09:00-11:00 Saturday 20th 09:00-11:00 Wednesday 24th 09:00-11:00	Email info@autangel.org.uk
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And our online groups:

Online body doubling	Every Thursday 11:00-12:00	Email info@autangel.org.uk
Dungeons and Dragons	Saturday 13th 14:00-17:00	Email info@autangel.org.uk
Young Adults peer support	Friday 12th 19:00-20:00 Friday 26th 19:00-20:00	Email jessie@autangel.org.uk
Queer group	Tuesday 9th 19:00-20:00	Email info@autangel.org.uk
Women's peer support	Tuesday 16th 19:00-20:00	Email info@autangel.org.uk
Men's group	Wednesday 17th 19:30-21:00	Email info@autangel.org.uk
Peer support online (open to all AutAngel community members)	Wednesday 24th 19:00-20:00	Email info@autangel.org.uk
Book group	Thursday 25th 19:00-20:30	Email info@autangel.org.uk

We look forward to seeing you at a group soon.

Sharon, Sarah and Carrie

How you can help AutAngel

Monthly donations via The Co-operative Bank
direct debit/standing
order

Account name – Autangel CIC

Sort code – 08-92-99

Account number - 65674400

Easyfundraising

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!

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

Follow us on social
media and share our
posts

[Bluesky](#)

[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 with quotes, or to ask about making a short video with her.

Go to <https://movementforgood.com/> and scroll down to the £5,000 Special Draws, and select Health & Wellbeing.

Draw 1	Draw 2	Draw 3
DRAW CLOSED 23-27 March 100 x £1,000 awards See the winners map	7-11 September 100 x £1,000 awards	1-16 December 240 x £1,000 awards

£5,000 Special Draws
Nominations open during dates shown below

Health & Wellbeing	Community	Animals & Wildlife
11-24 May 10 x £5,000 awards	22 June - 5 July 20 x £5,000 awards	5-18 October 10 x £5,000 awards

Nominate a charity

You can nominate a registered charity, CIC, or other not-for-profit organisation. For registered charities, search using the charity number or registered name – this form links to the charity commission databases of the UK and Ireland.

If you do not see the name of the charity, CIC, or non-profit organisation, tick the “registration exempt” box and type the full name carefully. .

Find the charity

AutAngel Community Interest Company

Select the correct charity below

THE ARTANGEL TRUST 292976

Scroll down to the form and type “AutAngel Community Interest Company” in the first box and click search. Our organisation doesn’t come up, so click the registration exempt box.

Registration exempt

Nominate this charity

Complete your details and click on the button to nominate AutAngel. If you want, you can go back to the form and nominate another organisation. You will receive an email confirming your nomination has been submitted.