



AutAngel newsletter September 2026

Changes to group times/dates

This September some of our groups are being moved around, and we hope that this means that groups are spread more evenly throughout the month. This is how months should look from now on – any groups not listed here will remain on the same days/times as they are now:

Week	Group	In person/online	Day	Facilitated by
Week 1	Women's group	Online	Tuesday	Sharon and Jessica
Week 2	General peer support	In-person	Thursday	Sharon
Week 3	Women's group	In-person	Tuesday	Sharon
	Book group	Online	Thursday	Sarah
Week 4	General peer support	Online	Thursday	Sharon and Jessica

General peer support is being moved back to Thursdays so that through the month we have peer support on Tuesdays, Wednesdays (Men) and Thursdays. We hope that this will make groups as accessible as possible.

Book group

Our book group meets monthly online, with Sarah facilitating. All members are welcome to come along. You don't have to have finished (or even started!) the book/s being discussed.

September book: *Ella Minnow Pea* by Mark Dunn

Group details for September 2026

Here's a rundown of our in-person groups for the coming month at **12A Southview Park, Marsack Street, RG4 5AF (what3words: return.speak.boring)**

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

At other venues:

Allotment group – Bulmershe Allotments (what3words: weds.living.skirt) (please note these are provisional dates only – please contact us if you would like to attend)	Wednesday 2nd 09:00-11:00 Saturday 12th 09:00-11:00 Wednesday 16th 09:00-11:00 Saturday 26th 09:00-11:00	Email sharon@autangel.org.uk
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And our online groups:

Women's peer support	Tuesday 1st 19:00-20:00	Email info@autangel.org.uk
Young Adults peer support	Friday 4th 19:00-20:00 Friday 18th 19:00-20:00	Email jessie@autangel.org.uk
Queer group	Tuesday 8th 19:00-20:00	Email info@autangel.org.uk
Men's group	Wednesday 16th 19:30-21:00	Email info@autangel.org.uk
Book group	Thursday 17th 19:00-20:30	Email info@autangel.org.uk
General peer support	Thursday 24th 19:00-20:00	Email info@autangel.org.uk
D&D	No group this month	

Other items of interest

Suzanne's play

AutAngel member Suzanne has written a play - *Babushka – One Woman. 2 Lives. Multiple Layers*. It's an autobiographical play exploring the lifelong impact of childhood bullying.

Suzanne says:

“I was diagnosed as AuDHD at 50, and that diagnosis completely changed how I understood my childhood, why I may have been targeted and many of the struggles I carried into adulthood..

Although *Babushka* isn't solely about neurodivergence, it is an important layer of both the play and the wider Babushka Project I am now building.

The first rehearsed reading will take place at 7pm on Saturday 29 August at the Old Library Studio Theatre in Newbury.. It also happens to be my birthday—because apparently writing and performing my first play wasn't quite enough excitement for one day!

Tickets will be free, and I would love to invite members of the AutAngel community who might be interested.”

If you would like to see Suzanne's play, you can book your free ticket [here](#).

We look forward to seeing you at a group soon.

Sharon, Sarah and Carrie

How you can help AutAngel

JustGiving https://www.justgiving.com/crowdfunding/sharonsarah-perry?utm_medium=FA&utm_source=CL

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.