



AutAngel newsletter October 2026

Seasonal news

It may seem a bit early to be focusing on the festive season, but we like to make sure we give you plenty of notice.

We'll be meeting on Saturday 12th December from 2-5pm for our usual **seasonal gathering**. More details to follow in next month's newsletter, but there will, as usual, be nibbles and soft drinks, a chance to catch up with other members and staff, and to have your say in how we do things. We would love to see you there. Please note new venue.

 Saturday 12th December

 2-5pm

 St Michael's Church Hall, Routh Lane (off The Meadway), Tilehurst

After an enjoyable **visit to Illuminate** last December, we're looking forward to visiting again this year. Look out for further details in our next newsletter!

We'll also have our usual **seasonal drop-in sessions** over the festive period – dates to be confirmed.

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 - we'd love to hear what you're reading!



October book: A Prayer for Owen Meany by John Irving

JustGiving fundraiser

Our current JustGiving fundraiser aims to raise funds for venue hire for our groups, so we can keep them going. We would appreciate if you could share it on social media and with friends and family. Every share can make a difference!

Group details for October 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 8th 19:30-21:00	Email info@autangel.org.uk
In-person Women's peer support	Tuesday 20th 19:30-21:00	Email info@autangel.org.uk
Craft group	Thursday 15th 10:30-12:00	Email info@autangel.org.uk
Saturday drop-in	Saturday 24th 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)	Saturday 10th 09:00-11:00 Wednesday 14th 09:00-11:00 Saturday 24th 09:00-11:00 Wednesday 28th 09:00-11:00	Email sharon@autangel.org.uk
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And our online groups:

Women's peer support	Tuesday 6th 19:00-20:00	Email info@autangel.org.uk
Young Adults peer support	Friday 16th 19:00-20:00 Friday 30th 19:00-20:00	Email jessie@autangel.org.uk
Queer group	Tuesday 13th 19:00-20:00	Email info@autangel.org.uk
Men's group	Wednesday 21st 19:30-21:00	Email info@autangel.org.uk
Book group	Thursday 15th 19:00-20:30	Email info@autangel.org.uk
General peer support	Thursday 22nd 19:00-20:00	Email info@autangel.org.uk
D&D	Saturday 10th 14:00-17:00	Email info@autangel.org.uk

Other items of interest

Ridgeline Trust Harvest Fete

RT is holding its Harvest Fete/Open Garden Afternoon

Sunday 20th September

2pm - 4.30pm

FREE ENTRY

Highlights will include:

-  live music
-  delicious refreshments
-  the apple press serving freshly pressed juice
-  pottery sale
-  bric-a-brac
-  (a few!) plants, produce and preserves
-  children's activities
-  Dogs (on a lead) are welcome.

Grant opportunity for individual gardeners

The Gardening with Disabilities Trust offers small grants of under £1000 to individuals (not groups) to fund accessibility adaptations or adapted tools for their own garden or allotment. They require proof of disability.

<https://www.gardeningwithdisabilitiestrust.org.uk/services/giving-grants/>

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 The Co-operative Bank
via 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

Raise money for AutAngel, and have a chance of winning a cash Community Lottery 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.