AutAngel newsletter November 2026

Seasonal news
This Saturday, our usual drop-in is going spooky for Halloween. All are welcome – please come along if you can!

🗓️ Saturday 24th October
🕐 3-5pm
🌏 12A Southview Park, Marsack Street, Reading RG4 5AF

Note: Rosie, Steve & Sarah's dog, will be attending. She's a mini poodle, does not bark, and she has no teeth. She will happily snuggle with whomever wishes to pet her, but she will leave you alone if you don't.



We'll be meeting on Saturday 12th December from 1-4pm 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
🕐 1-4pm
🌏 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 in the next newsletter.

Craft group
With the help of a new small grant to help pay for some of our facilitation costs, the craft group is returning to fortnightly from November – see dates below.

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.
November book: Convenience Store Woman by Sayaka Murata
December book: When We Were Orphans by Kazuo Ishiguru

Group details for November 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 12th 19:30-21:00	Email info@autangel.org.uk
Women's peer support	Tuesday 17th19:30-21:00	Email info@autangel.org.uk
Craft group	Thursday 5th 10:30-12:00 Thursday 19th 10:30-12:00	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 7th 09:00-11:00 Wednesday 11th 09:00-11:00 Saturday 21st 09:00-11:00 Wednesday 25th 09:00-11:00	Email sharon@autangel.org.uk
Saturday drop-in (Venue TBD)	Saturday 28th 15:00-17:00	Email info@autangel.org.uk

And our online groups:

Women's peer support	Tuesday 3rd 19:00-20:00	Email info@autangel.org.uk
Young Adults peer support	Friday 13th 19:00-20:00 Friday 27th 19:00-20:00	Email jessie@autangel.org.uk
Queer group	Tuesday 10th 19:00-20:00	Email info@autangel.org.uk
Men's group	Wednesday 18th 19:30-21:00	Email info@autangel.org.uk
Book group	Thursday 19th 19:00-20:30	Email info@autangel.org.uk
General peer support	Thursday 26th 19:00-20:00	Email info@autangel.org.uk
D&D	Saturday 14th 14:00-17:00	Email info@autangel.org.uk

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 direct debit/standing order	The Co-operative Bank 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.