



CONNECT CLUB @ EXPRESS

Connect clubs at Express for autistic young adults.
A chance to meet others,
connect, express & be yourself.

The clubs are user led and welcome
input and suggestions from group members .

Connect Clubs run fortnightly on
Saturdays for ages 16-19 & 19-25

Who is Connect club for?

Different to our therapy groups, connect clubs are
intended for those that can attend and participate
independently.

How do I apply?

Please complete an application form.
Once received, if appropriate you will be invited to
attend one of the clubs.

Please email connectclub@expresscic.org.uk
for further information including costs and timings.

For more information
about Express CIC
visit www.expresscic.org.uk