

# Telford Children's Autism Hub

## Spotlight - Girls Group Relaunch – A Safe Space for Autistic Girls to Connect and Thrive



Autism often presents differently in girls, many face challenges such as social isolation, masking their true selves, and being misunderstood. Recognising the importance of tailored support, we were delighted to relaunch our Girls Group in May, with a focus on supporting autistic girls from Year 6 to Year 13. Our newly designed Girls Group provides a safe, welcoming, and supportive environment where girls can connect with peers who truly understand their experiences. The group is a space where they are free to be themselves, without the pressure to conform to social expectations. Through fun and engaging activities, we aim to nurture friendships, build social skills, encourage greater independence and promote emotional well-being along with helping the girls explore and express their feelings.

Understanding that support is also important for families, we aim—where possible—to provide a separate space for parents and carers to relax and connect with one another, creating a community of peer support.

Our relaunch session on May 13th was a wonderful success, welcoming both familiar faces and new families. The girls were encouraged to shape the group themselves by sharing ideas for future activities. Their contributions were captured in a beautiful rainbow display, which will continue to grow as more ideas are added. For many of the girls, this was their first time sitting apart from their parents—a meaningful step towards independence.

It was a joy to bring these amazing young people together, and we're excited to see how the group evolves with their input and enthusiasm.

**Our Girls Group meets on the second Tuesday of each month**

**from 5:30pm – 6:30pm.**

**To find out more or register your interest, please email:  
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