



4 Me and My Friends

A group for young people who are on the Autistic Spectrum aged 10 to 21 years, they don't have to have a statement or diagnoses but do need to be on the spectrum. We welcome young people with other social disabilities, such as, ADHD, global delay, social anxiety.

The aim of the group, is to enable young people to build social skills, develop communication methods, to build friendships and confidence all through a variety of games and activities, whilst being in a safe and friendly space, but most of all to have fun!

We meet at Efford Youth and Community Centre,
Blandford Road, Plymouth PL3 6HU

**If you wish to attend the group, call 01752 307695
or email 4meandmyfriends@plymouth.gov.uk
We can also arrange pre-visits to the centre if needed**

