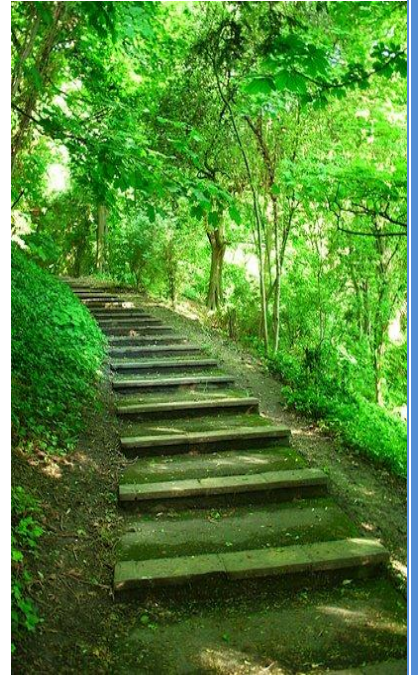


Walking Group

- The Walking Group is a monthly social group for adults (over 18 years old) with an ASD who are looking to spend time walking in the countryside.
- The group meets in Central Station once a month on a Sunday morning to participate in a pre-arranged walk.
- The group use public transport, usually the train, to travel to the location of our walk.
- We add your contact details to our database to keep you informed of group arrangements and activities.



- The group does forestry walks, beach walks, and countryside rambles with the emphasis being on getting out of the city for the day.
- This is NOT a hill-walking group. Our walks cater for people with varying levels of fitness and abilities.
- The group is staffed by two fully Disclosed support workers.

- For referrals or more information please contact **Graham Anderson** on 07967373080 or email at graham.anderson@sw.glasgow.gov.uk

Strathclyde Autistic Society

Autism Resource Centre, Abercromby Business Centre, 279 Abercromby Street,
Bridgeton, Glasgow, G40 2DD

Telephone: (0141) 276 7190

E-mail: graham.anderson@sw.glasgow.gov.uk

Scottish Charity no. SC 20848