

Toolkit – local information

Please find below information relating to quiet times at local supermarkets, cinemas and fitness centres; plus, local activities that are inclusive to everyone.

Activities

Beanie Games in Stockton is a great place to make new friends, who enjoy card games, board games, board games, Yu-gi-oh and Pokemon tournaments and much more! it is not specifically for autistic people but everyone is made welcome [Beanie Games](#)

Fire and Dice Games and **Rising Phoenix Games** in Middlesbrough are great places to make new friends, who enjoy card games, board games and Wargaming plus Yu-gi-oh and Pokemon tournaments and much more! it is not specifically for autistic people but everyone is made welcome [Rising Phoenix Games](#)

Tees Active - Knowing the Environment. Tees Active operates alongside [Partner For Change](#) to provide a completely accessible and compliant service for all their customers. They have identified all the sensory elements across all the local venues that will help you to plan your visit.

They have a range of autism friendly sessions such as Go Climb at Billingham Forum, The Air Trail at the Tees Barrage – please see their website for more information <https://www.teesactive.co.uk>

Cinemas

All have autism friendly screenings please check their website for details of timings and availability.

The Here to Help 'resources', which include but are not limited to, website, information sheets, and in person workshops are intended to provide general information only. The 'resources' provided by 'Here to Help' do not replace, or supersede, professional and/or medical advice. Users should take professional advice before taking action which contradicts previous medical guidance. So far as permissible by law, SJOG does not accept any liability related to individual's use or interpretation of the 'resources' provided.

Whilst we have selected some resources from other organisations which we believe will be helpful, we accept no liability for the content of these resources.'

Although SJOG have taken all reasonable precautions to ensure that the 'resources' provided are accurate, neither SJOG or any of its employees, can be held responsible for the direct or indirect actions taken by users following engagement with Here to Help 'resources'.

[Showcase Stockton](#)

[The Arc Stockton](#)

[Cineworld Middlesbrough](#)

[Vue Darlington](#)

[Vue Hartlepool](#)

Shopping

Teesside Park understand that visiting a large shopping complex can be daunting for some visitors and have introduced Autism Hour between 9:00am and 10:00am every Saturday morning.

Aldi offer Autism Aware Quiet Evenings every Tuesday evening from 6:00pm to 8:00 pm

Tesco have 2 quiet shopping sessions each week from 9:00am – 10:00am every Wednesday and Saturday

Asda have a quiet hour from Monday through to Thursday each week between 2:00pm and 3:00pm

Morrisons have their quiet hour between 9:00am and 10:00am every Saturday morning.

Support Groups

Andys Man Club – There are meetings in Stockton, Hartlepool and Middlesbrough every Monday at 7:00pm – this a male only suicide prevention charity, it is free to attend and offers peer support from people with lived experiences – not a specific autism support group but everyone is welcome.

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Teesside University Disability Service is now running a fortnightly Autism Support Group – every 2 weeks on a Friday 10:00 am – 12 noon – please check their website for further information – [Teesside University](#)

If you have left the armed forces and need Mental Health Support – please call **SSAFA Cleveland** on 0800 260 6780 or check their website [SSAFA – Armed Forces Charity](#)

Local Services and Information

Support is available from local support groups and services (some of which are listed below). The local authority where the individual lives can provide support and information on needs assessments, support for carers and further support.

- Daisy Chain <https://www.daisychainproject.co.uk/>
- Autism Matters <https://autism-matters.co.uk/teesside/>
- North-East Autism Society <https://www.ne-as.org.uk/>
- Autism Initiatives <https://autisminitiatives.org/>
- Dimensions <https://dimensions-uk.org/region/north/>

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