



*WAND is a self-run, voluntary peer network for autistic women. Founded by autistic women, we create safe, inclusive spaces to connect, share and enjoy activities together. No formal diagnosis needed - self-identifying autistic women are welcome. We're proudly inclusive of LGBTQ+ women, non-binary and trans people.*

*In collaboration with the SHU Wellbeing team, WAND are delighted to announce our monthly drop in sessions on Level 2 at the Owen building, every 3rd Wednesday from 4-7pm. The space is available for any and all members\* of WAND to relax, read, chat, use any WAND resources and activities that are available, or post ideas in the suggestion box. A WAND Committee Member will always be present during the drop in sessions. If arriving after 5pm, please let us know so that we can let you in the building! Please be aware that none of the WAND team are qualified therapists or psychiatrists, and so we cannot provide any professional advice, however we are always happy to listen. We also highly encourage peer to peer support.*

**Start Time:** 4 pm

**Finishes:** 7 pm

**Venue:** Owen Building, floor 2, Multifaith centre, room 227 (multifaith room 1 & 2)

**Dates:** starting on the 13<sup>th</sup> of August 2025, the dates for the following events will be as follows:

YEAR 2025	YEAR 2026
August the 13 <sup>th</sup> 2025	January the 14 <sup>th</sup> 2026
September the 17 <sup>th</sup> 2025	February the 18 <sup>th</sup> 2026
October the 15 <sup>th</sup> 2025	March the 18 <sup>th</sup> 2026
November the 19 <sup>th</sup> 2025	April the 15 <sup>th</sup> 2026
December the 17 <sup>th</sup> 2025	May the 20 <sup>th</sup> 2026
	June the 17 <sup>th</sup> 2026

For more information, please go to our webpages: [Wand](#)

\*Membership not required to attend – you can become a member by registering on the website or emailing directly: [wand.sheffield@gmail.com](mailto:wand.sheffield@gmail.com)