

ACTIVITIES

Below is a list of activities that you might want to complete for the event.

When you have done them, please display them on Social media and tag in @Cafetracknn (Facebook/Twitter and Instagram) or email photos to thomas@track.org.uk and we will display them online.

We are using the following hashtags during the event so we can see what everyone is doing
#CafeTrack #VirtualCoffeeAfternoon #WorldAutismAwarenessDay

Design a poster

Things you could include on the poster:

- Date and Time of your Coffee Afternoon
- What food and drink you will be having.
- A message about Autism or Autism and Employment.
- Help us raise awareness of Café Track in Northampton

Window display/ Webpage/Social media posts

- You can be as creative as you like.
- This will let people, who may be out for their daily walk, know that you are supporting us.
- You might want to make up a short video or animation?
- If you would rather talk than write, maybe do an interview with a family member and share your messages online.

Online research

Before the event you might want to find out more information, here are some websites and resources which you might find useful.

You can also see our Question and Answer sheet for background information.

TRACK www.track.org.uk

The National Autistic Society – www.autism.org.uk

NHS www.nhs.uk/conditions/autism/