# The Kapow Club

Social Group for Adults with a Learning Disability and/or Autistic Adults

Around since 2017, Kapow Club is member led, meaning you help shape the monthly timetable of 20+ activities, from axe throwing to escape rooms, gaming to karaoke and everything else between

There’s something for every vibe and energy level. Membership is FREE (you pay your own entry to activities and meals), support staff welcome

All sessions are supported by a friendly experienced socials coordinator

A social group with a difference! Small group activities for adults with a learning disability and/or Autism in and around Newcastle. Fun, connection and freedom to be yourself

To join please contact Friends Action North East on 0191 2314327 to complete an application form

Last updated: October 21, 2026