



Autism Monthly News Round-up

December 2025

14th edition

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**If you have something autism related
you would like to share, please email
aisha.ahmed58@nhs.net**

Sign up now! If you would like to continue receiving an email alert to the monthly autism newsletter please email Autism.Commissioning@newham.gov.uk with subject Autism News and indicate if you would like the alert by WhatsApp or Email. (If you are an existing member of the ARAG you do not need to take any action)

Disclaimer: The information in this communication is intended to support autistic people to find out what is happening locally and nationally that may be relevant to them. The NHS and Newham Council do not endorse any information in this communication and anyone accessing any of this information, including events or activities, should do so at their own risk.





Local

1

[Newham Events: Let's Celebrate Christmas Together](#)

Newham Libraries have a variety of fun, free Christmas activities for you to take part in:

Let's celebrate Christmas together



Stratford Library , 3 The Grove, London, E15 1EL	Friday 6 December	4-6pm	Christmas Fun: Table Tennis, Chess Club, Christmas colouring, Scavenger Hunt, Festive Arts & Crafts, Lego Club, Christmas Movies
Canning Town Library , 18 Rathbone Market, London E16 1EH	Friday 6 December	3.30 -6pm	Schools Choirs & local groups performances, Christmas Craft workshops, Nativity Scene &/or Santa's Grotto
	Monday, 9 th December	10:00am - 12:00pm	Tea & Tech sessions
Plaistow Library , North Street, London E13 9HN	Tuesday 10 December	11am-1pm	Christmas Coffee Morning – Performance, Curwen School choir, Christmas Card for residents, Active centre Groups performance, Speakers, raffle, bingo, music, Best Christmas Jumper competition

To find out about more activities running please click [here](#)

2

[Newham Autism Newsletter Survey](#)





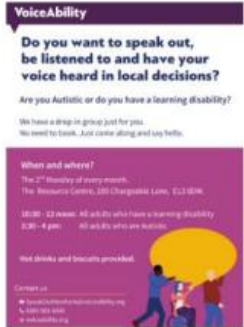
Don't forget, our Autism Newsletter Survey is still open for autistic residents to share your views on how we can improve the newsletter.

We would be keen to hear from you so we can make this newsletter a practical and useful guide for all those in the autism community including autistic people, family and friends, professionals, local business people and the general public.

Please complete the [Newham Autism Newsletter Survey](#) to give feedback on the newsletter. This survey will take about 5 minutes to complete.

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3	<u>Newham Peer Support Groups</u>
a)	<p><u>Carers of Autistic Adults Peer Support Group</u></p> <p>Monday 1st December 2025 Drop In, First Monday every month 11:30am to 1pm, East Ham, Central Park Café, inside the park, near Bartle Avenue E6.</p> <p>Join our WhatsApp group to chat and ask questions. Find out about events near you and have the opportunity to take part in research projects, to change lives of autistic people for the better.</p> <p>To join the group, please complete this form</p> <p>For information on the next group meeting, please contact: carersautisticresidentsnewham@gmail.com</p> 
b)	<p><u>Mental Health Peer Support Group</u></p> <p>A peer support group hosted by VoiceAbility for autistic residents to offer support to each other around mental health. It will be a safe space to create connections, share tips and helpful services.</p> <p>Drop in: Second Monday of every month, 12:30pm – 2pm The Resource Centre, 200 Chargeable Lane, E13 8DW</p> <p>Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org</p> 
4	<u>Advocacy and Support Surgeries</u>
	<p><u>VoiceAbility Advocacy</u></p> <p>Independent Advocacy Support for Autistic Residents</p> <p>Drop-in: Second Monday of every month 2:30pm-4pm The Resource Centre, 200 Chargeable Lane E13 8DW</p> <p>Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org</p>  <p style="text-align: right;"><u>Back to contents page</u></p>



5

Media

NuSound Radio

The guest for December will be **Lucky Singh, Metropolitan Police Superintendent** talking about **the Met, autism and neurodiversity**.

A local autistic resident will also feature in the programme to share their experience of the youth justice system.



Tune in on **Friday 12th December 2025 from 12pm-1pm**

For past autism shows you can find the recordings here: [Radio interviews – Autism – Newham Council](#)

6

Share Your Views

a)

Communities Working Together with Health and Care Partners

Do you live locally and lead community work in the area?

Join this event to share your experiences and views on what good community leadership looks like and how health and care partners in north east London can best support it.



Examples of community leaders:

- parents advocating for their child or a person advocating for their community
- a person championing a cause
- a volunteer involved in local decision making
- a person bringing a group together for support
- a person connecting people with information and services
- a volunteer in a faith or place of worship
- and more!

Date: Thursday 11 December

Time: 11am - 1pm

Location: Mary Ward Centre, 275 – 285 High St, Stratford, London, E15 2TF

Resident participants will be reimbursed for their contributions to this activity.

For more information, email: nelondonicb.nelcommunications@nhs.net

Register: <https://shorturl.at/PFYtD> or use the camera on your phone to scan the QR code below:



North East London



To register please click [here](#)

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b)

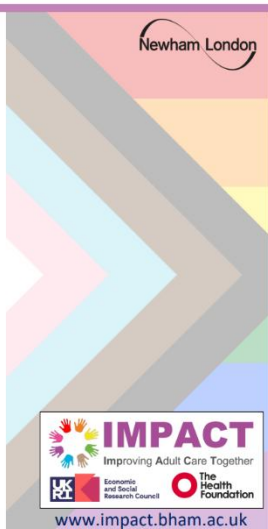
What would make adult social care feel more inclusive for LGBTQ+ residents of Newham?

I'm Sebastian, working with IMPACT and Newham Council to understand how adult social care can better support LGBTQ+ people in Newham.

Whether you use adult social care now, have in the past, or might in the future, we'd love to hear your views.

Your feedback will help us understand how conversations about sexuality and gender identity can feel safer, more respectful and more inclusive.

You can share your views in a short one-to-one chat - in person or online.



What we'd like to hear about

- How you feel when staff ask (or don't ask) about sexuality and gender identity
- What helps these conversations feel safe and respectful
- What advice you'd give to staff who want to be inclusive

Who can take part:

LGBTQ+ residents living in Newham, whether or not you currently use adult social care, family, friends and supporters of LGBTQ+ residents

What's involved:

A relaxed, confidential chat (30 - 45 minutes)
In person, online, or by phone - whatever's easiest for you

To get involved:

Contact Sebastian Buser by emailing: s.j.buser@bham.ac.uk www.impact.bham.ac.uk



Your experiences will help shape how adult social care in Newham supports LGBTQ+ residents in the future.

Deadline: 21st January 2026

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[Young People support](#)

a)

Health Spot Newham

Health Spot Newham is a **free GP service** for young people aged 11-19 years, or up to 25 years with additional needs, including autistic people.

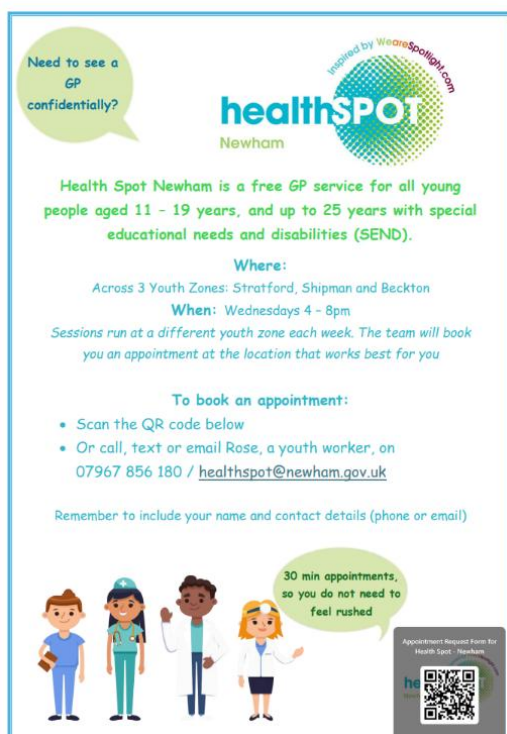
- Confidential appointments with a GP and youth worker
- Self-referrals accepted, even if you aren't registered with a GP or live outside of Newham.
- Appointments are 30-60 mins long
- Reminders sent and a chat before bookings are offered
- 3 locations: Stratford, Shipman and Beckton



- Quiet waiting room & reasonable adjustments offered
- Unlimited bookings available
- Onward referrals support available
- Sensory room, adjustable lighting & soft furnishings available

When: Wednesday, 4-8pm

Booking an appointment can be done by email, text, phone or a request form. Find all the information [here](#)



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b) Preparing for Adulthood Toolkit

What is the Preparing for Adulthood Toolkit? 14-25 years

This toolkit is here to help young people with special educational needs and disabilities (SEND) – and their families – get ready for life after school. It's packed with practical tips, activities, and resources which aim to make the journey to adulthood smoother and less stressful.

Why did we make it?

Growing up brings big changes, and it can feel overwhelming. We created this toolkit so young people and their families have everything they need in one place – clear guidance, helpful resources, and local support. It's been shaped by young people, parents, and professionals in Newham, so it reflects real experiences and what matters most.



	<p>How can you use it? You can dip into the toolkit whenever it suits you:</p> <ul style="list-style-type: none"> • At home, with your family or friends. • During school reviews (Year 9 onwards) , or annual EHCP reviews. • With teachers or other professionals supporting your family. <p>Just pick a section that interests you – like health, independence, or preparing for work – and follow the age-specific steps, tips, and activities. There are also resource sheets, website links, and contact details if you need extra help.</p> <p>To view the toolkit and for more info</p> <p style="text-align: right;">Back to contents page</p>
c)	<p><u>Local Offer Live Event - 3 December</u></p> <div data-bbox="300 936 1038 1984"> <p>You're invited! Local Offer Live</p> <p>On Wednesday 3rd December 2025 at Newham College between 4pm and 6pm.</p> <p>The Local Offer Live is an event dedicated to promoting access and awareness of services as part of Newham's Local Offer and is for families of children and young people with SEND aged between 0-25 years.</p> <p>Find out about Newham's Local Offer for children and young people including:</p> <ul style="list-style-type: none"> • Activities and things to do • Health and wellbeing • Disability employment advice • Newham College • Launch of the Preparing for Adulthood Toolkit and Short Breaks Statement • Food and refreshments for all <p>Newham College East Ham Campus High Street South E6 6ER</p> <p>Please note all under 16s must be accompanied by an adult.</p> <p>Please book here or use the QR code below.</p> <p>WE ARE NEWHAM.</p> </div>



d)

The Empower Mentor Project



The Empower Mentor Project

A free support programme for young Black, Asian & Minority Ethnic (BAME) **men aged 16–25** in Newham who are autistic, neurodivergent, or exploring a diagnosis.

We aim to help young men feel understood, build confidence, and strengthen their mental wellbeing through:

- **Peer group sessions** – connecting with others on a similar journey.
- **1-to-1 mentoring and advocacy** – someone to listen, guide, and support.
- **Wellbeing workshops** – on topics such as understanding neurodiversity, emotional wellbeing, physical health, finance and budgeting, internet safety, and healthy relationships.

The programme is run by **The Brave Project C.I.C.**, a Black-led mental health organisation passionate about empowering young BAME men to thrive.

If you know any young men who might benefit, here's the [link](#) to our **Expression of Interest Form** to start the process.

For more information: 07862003544 info@thebraveproject.org.uk

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[Employment Opportunities](#)

Paid Roles: Newham Autistic Residents Roles

We are looking for **3 autistic residents** who would like to be involved in delivery of the Newham Autism Action Plan: Let's Talk Autism.


This role will be paid as per the Newham Reward and Recognition Policy; the hourly rate is currently **£13.85/hour**. Hours relating to each role vary depending on the role and how much time you have to offer; this will also be agreed with the Lead Autism Commissioner.

The 3 roles available include:

- **Carers Rep** (must represent a carers of autism group)
- **Young Persons Rep** 18-25
- **Priority 2 Expert Lead**: Improving autistic children and young people's access to education, and supporting positive transitions into adulthood

All post holders must be a member of and attend the [ARAG](#) in a voluntary capacity, aside from the ARAG Co-chair. The ARAG feeds into the ASDB;



	<p>this Board has a central remit to oversee the successful delivery of the Autism Action Plan. If you would like to discuss any roles or need support with your nomination form please contact Autism.Commissioning@newham.gov.uk</p> <p>For more info and to apply click here Applications must be received by the 15th of each month, if vacancies continue the application round continues until all vacancies are filled.</p>
9	<p>Funding</p>
	<div> <p><u>Local Newham Autism Grants £1K</u></p> <p>This funding aims to encourage autistic residents in Newham to bid for running peer-to-peer activities, events, or hobby groups that bring like-minded people together in a fun, supportive environment helping to build an autistic community.</p> <p>To apply for funding of up to £1000 please use the links below: Use the link to view the guide Use the link to view the application</p> <p>Applications must be received by the 15th of each month, if funding is still available the funding round continues until all funding has been allocated.</p> <p>If you would like to discuss or develop your ideas further please email: Autism.Commissioning@newham.gov.uk</p> <p>For more information about this grant, please see the July newsletter</p> <p>Back to contents page</p> </div> <div> <p>Newham Autism Small Grant</p> </div>
10	<p>16 Days of Activism Against Gender-Based Violence</p>
	<div>  <p>The 16 Days of Activism is a global campaign that starts on 25 November, the International Day for the Elimination of Violence Against Women and ends on 10 December.</p> <p>The campaign calls on individuals, organisations and communities to take action to prevent and eliminate all forms of gender-based violence.</p> <p>For more info To see the full list of events taking place in Newham To view the domestic abuse directory please click here</p> <p>Back to contents page</p> </div>



11

Mental Health Support

a)

NHS Newham Talking Therapies: Community Workshops

December 2025

NHS Newham Talking Therapies

Community Workshops Calendar

What are community workshops?

We run one-off, educational workshops covering a variety of health and wellbeing topics.

Most of the workshops are usually delivered in English, online via MS Teams and last an hour (unless stated otherwise below).

They are free, confidential and run by our friendly staff members.

Who can attend?

Any adults living, working, or studying in Newham are welcome to attend

How to sign up

- Email us on elft.nttworkshops@nhs.net
- Call us on 0208 175 1770
- [Click here](#) OR scan the QR code to complete the registration form

Scan me to sign up!

Online workshops this December:

IMPROVING SLEEP | 3rd @ 12PM-1PM

COPING WITH FRUSTRATION | 12th @ 1PM-2PM

MANAGING LOW MOOD | 18th @ 1PM - 2PM

Please note:
Information correct at the time of distribution, may be subject to change

For more info and to register please click [here](#)

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12 Local things to do or Activities

a)

Sadlers Wells East Theatre: Ebony Scrooge



Meet Ebony, the formidable mastermind behind a renowned fashion empire. Everyone's nightmare boss, she's cancelled Christmas for her landmark fashion show.

Surrounded by wealth, style and success, she's about to embark on a transformative journey accompanied by three mystical visitors. As she rediscovers her Caribbean roots, will Ebony discover the true meaning of happiness?

For more info please click [here](#)

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b)

ANKH Place CIC: Mindful Dining

ANKH Place CIC presents

Mindful Dining and Perinatal Parents & Infants Relationships Programmes

End of Year 2025 & New Year 2026 Celebrations




Join your community for a warm meal, conversations and fun, interactive community activities!

Sunday 28th December
1:00PM - 5:00PM

What to expect:

- A Hot Meal
- Decoration Making
- Art & Music
- Santa plus more!

FREE ENTRY
Meals cost £1.00 per person

Register online here:
<https://bit.ly/mindful-dining-new-year-celebrations>

VENUE:
Plaistow Fire Station, 142 Prince Regent Lane E13 8RY








Sponsored by ANKH Place CIC / Supported by She Inspired Her CIC

Register online [here](#)



National

1	Autism Act 2009 Lords Select Committee report
	<p>Lords Autism Act 2009 Committee published its report today. The Committee was appointed to consider the Autism Act 2009 and to make recommendations.</p> <p>You can find the Lords Committee page here: Autism Act 2009 Committee - Summary - Committees - UK Parliament which contains:</p> <ul style="list-style-type: none"> • <u>Press release</u> which includes the key recommendations – chief among them that Govt develop and deliver a new autism strategy: New autism strategy must deliver change for autistic people - Committees - UK Parliament • <u>Summary and list of conclusions and recommendations</u>: https://committees.parliament.uk/publications/50341/documents/272092/default/ • <u>The report itself</u>, entitled “Time to deliver: The Autism Act 2009 and the new autism strategy”: https://publications.parliament.uk/pa/ld5901/ldselect/ldautismact/205/205.pdf • <u>An easy read version</u> of the report: https://committees.parliament.uk/publications/50354/documents/272201/default/ <p style="text-align: right;">Back to contents page</p>
2	Neurodiverse Resources
	<p><u>How to Survive Christmas – A Guide for Autistic Adults and Parents of Autistic Children</u></p> <p>Many people around the world look forward to Christmas, to family reunions, holidays, religious significance, and the social aspect of getting together with family and friends. But for an autistic person, Christmas can be a social and sensory nightmare. The lead into Christmas hikes up expectations of social gatherings. Family members expect attendance at their events, with high anticipation that the autistic person will enjoy the event, eat a particular food, and enjoy sensory experiences, for example, seeing flashing Christmas decorations and listening to family members sing Christmas carols off key, expectations that gifts will be appreciated with gratitude, and affection will be experienced and demonstrated.</p> <p>For an autistic adult or child many, or all these experiences may be extremely stressful, exhausting and anxiety-producing. The autistic person may well attend and manage the tasks as expected, but later spend many days, and</p>



sometimes weeks, in recovery. Children and adults alike can feel resentment at what they had to endure to satisfy family expectations. In this blog, we will explain why these challenges are so exhausting and stressful for autistic people, and next we will provide nine important suggestions for autistic people to be able to survive Christmas. Whilst the post is written for an autistic adult to follow, the strategies for parents of autistic children are the same.



To read the full guide please click [here](#)

Autism and Sensory Needs in Housing

Supporting autistic flourishing at home and beyond: Considering and meeting the sensory needs of autistic people in housing



Right from the start, from the time someone came up with the word 'autism,' the condition has been judged from the outside, by its appearances, and not from the inside according to how it is experienced. Donna Williams, (1996:14)

This report is informed by autistic experience and by what autism 'feels like from the inside'. This report introduces autism viewed as a sensory processing difference. It outlines some of the different sensory challenges commonly caused by physical environments and offers adjustments that would better meet sensory need in housing. Individual autistic experience and sensory perception vary enormously, so it can be difficult to generalise.

This report provides information about sometimes conflicting individual experience (one person's pleasure is someone else's pain). However, the aim is to reduce the overall sensory input.

To read the full report please click [here](#)

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AI and Psychosis

As more people turn to AI chatbots for emotional support and even as their therapists, a new and urgent concern is emerging at the intersection of AI and mental health: "AI [psychosis](#)" or "ChatGPT psychosis."



Why Are AI Chatbots Reinforcing Delusions?

The tendency for general AI chatbots to prioritize user satisfaction, continued conversation, and user engagement, not therapeutic intervention, is deeply problematic. Symptoms like grandiosity, disorganized thinking, hypergraphia, or staying up throughout the night, which are hallmarks of [manic episodes](#),



	<p>could be both facilitated and worsened by ongoing AI use. AI-induced amplification of delusions could lead to a kindling effect, making manic or psychotic episodes more frequent, severe, or difficult to treat.</p> <p>AI models like ChatGPT are trained to:</p> <ul style="list-style-type: none"> • Mirror the user's language and tone • Validate and affirm user beliefs • Generate continued prompts to maintain conversation • Prioritize continuity, engagement, and user satisfaction <p>To read the full article please click here</p> <p><i>Wall Street Journal</i> detailed a case of Jacob, a 30-year-old autistic man who began a conversation with a chatbot to explore some new ideas he had been experiencing. He began to believe he was able to bend time, and while cheered on by his AI friend, he fell into psychosis and mania. The ordeal ended with hospitalizations, a lost job, and the realization of his mental health crisis. While Jacob is on the road to recovery, his experience echoes growing concerns about the intersection of AI and psychosis (Jordan, 2025).</p> <p>I hypothesize that autism, social isolation, and maladaptive daydreaming could be risk factors for AI-induced psychosis. I step further to consider that a solution must involve more than removing access to AI. AI-induced psychosis is perhaps the canary in a coal mine of what happens to people who become extremely lonely. Social isolation has become a public health crisis, and one that, as a community, we need to be addressing.</p> <p>To read the full article please click here</p> <p>Further resources to read: zerohedge and bbc</p> <p style="text-align: right;">Back to contents page</p>
3	Share Your Views
a)	<p><u>Experience of Mental Health Research and LGBTQ+</u></p> <p>Payment: Participants will receive a £30 gift card for their time.</p> <p>Contact: You can email Magdalene (she/her) at any time to discuss any questions or accessibility needs. Her email address is bt19530@qmul.ac.uk.</p> <p>Deadline: Friday 13th February 2026.</p> <p>For more info and to express interest to take part please click here</p>



Take part in a study

to help us understand the experiences of LGBTQ+ people involved in mental health research

We are interviewing adults (aged 18 or above) who:

- Identify as LGBTQ+
- Have been involved in UK-based mental health research, beyond being a research participant (e.g., as part of an advisory panel, deciding on research priorities or collecting and sharing data).
- Were invited to be involved in this research because of your experience of mental health difficulties. (You do not need to have received a formal diagnosis.)



Scan/tap the QR code to find out more and check your eligibility!



<https://forms.cloud.microsoft/e/y5Pg7uNGUd>

Or for more information, email Magdalene (she/her) at bt19530@qmul.ac.uk

You will be reimbursed for your time.

This study has been approved by the Queen Mary Ethics of Research Committee (QME25.1421).



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b) Ethnic Minorities Accessing Mental Health Services




Rachel Townley, a PhD student at Lancaster University, invites individuals with lived experience of accessing mental health services to contribute their perspectives on mental health care and ways to enhance access and experiences for those whose voices are often underrepresented in research.

This work is part of a PhD project at Lancaster University, aiming to explore how personal encounters with mental ill-health and service use can inform improvements in support, particularly for individuals identifying as ethnic minorities in the UK. The project will incorporate visual storytelling methods, such as photography and journaling, to gain deeper insights into the emergence of mental health challenges, as well as experiences with accessing and utilising mental healthcare services.



Person specification:

Participants will have lived experience of accessing mental health services as an inpatient and identify as an ethnic minority in the UK.

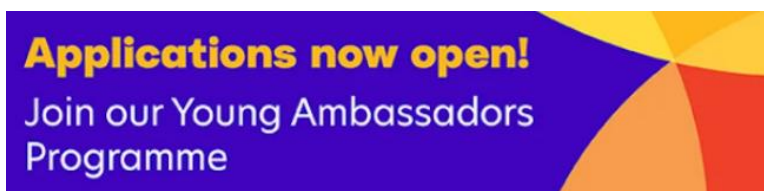



	<p>Payment: A £25 gift voucher is available following the photo journaling and interview.</p> <p>If you have any questions or would like to express an interest, please contact Rachel Townley by email: r.townley@lancaster.ac.uk</p> <p>Deadline: Friday 30th January 2026</p> <p>For more info and to express interest please click here</p> 
4	<p><u>Young People Support</u></p>
	<p><u>Sleep Webinar</u></p> <p>Struggling with sleep? You're not alone We know that getting a good night's sleep isn't always easy — especially for autistic young people.</p> <p>Sleep consultant Victoria Cooksley share her top tips for helping autistic young people get better sleep.</p> <p>Watch the webinar on demand when you join our online youth network!</p> <p>As a member, you can:</p> <ul style="list-style-type: none"> • connect with other autistic young people • share your experiences and ideas • have your say on topics that matter to you • access exclusive webinars and resources — including our new “Autism and Sleep” session. <p>Join today, watch the sleep webinar anytime, and be part of a supportive community that understands your experiences.</p> <p>To view the sleep webinar sign up to the ambitious youth network. For more info and to sign up please click here</p> <p>Back to contents page</p> 
5	<p><u>Employment Support</u></p>
a)	<p><u>Transition to Employment Toolkit</u></p> <p>When they leave school, too few autistic young people carry on into further education, employment or training. Our Transition to employment toolkit aims to tackle that problem.</p> 



	<p>It has been developed to support those working with autistic young people to understand their needs and help them onto the job ladder, or into further training or education.</p> <p>It includes resources for employers, post-16 careers and employability professionals and young autistic people themselves. The toolkit can be used as a whole, or as separate parts relevant to you. You can use all the resources in a section, or just the ones relevant to you or the young person.</p> <p>The editable templates can be adapted to each young person's level of understanding and support needs.</p> <p>To improve employment opportunities for young autistic people, download our free Transition to employment resource now.</p> <p>To view the toolkit please click here</p>
b)	<p><u>Chessington World of Adventures Supported Internship – Information Session</u></p> <p>Join us for an exciting online session to learn about our Supported Internship opportunity at Chessington World of Adventures!</p> <p>This programme is for autistic young people aged 16-24 with an EHC plan who are looking to develop their skills and move into paid employment.</p> <p>Colleagues from Chessington World of Adventures, Ambitious College, and DFN Project Search will share details about the programme, including the workplace experience and tailored support available.</p> <p>Don't miss this chance to find out more and ask any questions!</p> <p>Tue, Dec 09 3:45 PM - 4:30 PM GMT Online event</p> <p>To register please click here</p> <p style="text-align: right;">Back to contents page</p> 
c)	<p><u>Whittington Hospital Supported Internship - Information Session</u></p> <p>Join us for an exciting online session to learn about our Supported Internship opportunity at Whittington Hospital!</p> 



	<p>This programme is for autistic young people aged 16-24 with an EHC plan who are looking to develop their skills and move into paid employment.</p> <p>Colleagues from Whittington Hospital, Ambitious College, and DFN Project Search will share details about the programme, including the workplace experience and tailored support available.</p> <p>Don't miss this chance to find out more and ask any questions!</p> <p>Wed, Dec 10 3:30 PM - 4:30 PM GMT Online event</p> <p>To register please click here</p>
6	<p>Volunteering Opportunities</p>
	<p><u>National Autistic Society: Young Ambassador Programme</u></p> <div data-bbox="279 931 1046 1120">  <p>Applications now open! Join our Young Ambassadors Programme</p> </div> <div data-bbox="1088 954 1362 1068">  <p>National Autistic Society</p> </div> <p>Whether you've been involved in campaigning before or you're totally new to it, the Young Ambassador Programme will support you to learn all about running successful campaigns.</p> <p>We'll help you to develop your skills in lots of different areas, including campaign strategies, sharing your story, making the most of social media and how to work with Government and MPs.</p> <p>This is a flexible and voluntary programme with both in-person and online events and opportunities. To get the most from it, we recommend having 2-3 hours a month to spend on Young Ambassador activities.</p> <p>Our application form has been designed to be completed in a way that suits you best, whether that's independently or with help from someone else and through written answers to our prompts or by sharing a video, poem or piece of art.</p> <p>To find out more and apply here</p> <p>Applications will close on the 19th December 2025.</p> <p style="text-align: right;">Back to contents page</p>



7 Things to do or Activities

a)

FREE DLR Festive Hunt

The DLR is inviting families and explorers of all ages to take part in a FREE DLR Festive Hunt across the network!



From 15 December to 2 January, visit up to 10 participating stations — Tower Gateway, West India Quay, Canary Wharf, Greenwich, Island Gardens, Mudchute, Royal Victoria, Pontoon Dock, London City Airport, and Woolwich Arsenal — and track down unique hidden snowflakes at each stop.

The more snowflakes you find, the more points you'll earn — and your total score will determine which festive gift you receive! 🎁

Gifts can be collected at the DLR Information Centre at London City Airport Station or Tower Gateway Station.

To take part, simply:

1. Download the Actionbound app for free from the App Store (iOS) or Google Play (Android).
2. Search for the DLR Festive Hunt in the app and start your adventure!

Full terms and conditions are available within the app.

🚧 Please note: Some service closures may affect travel to Tower Gateway during this period, so be sure to plan your journey before you travel. This can be found in the terms and conditions in the app.

Station closures

Please note that Tower Gateway Station will be closed due to engineering works on the following dates:




- 21 December: Tower Gateway to Shadwell
- 26 December: Tower Gateway to Shadwell (special service in operation)

During the Festive Hunt, customers do not need to visit all stations to complete the game. They can still earn maximum points and qualify for prizes through additional quizzes available in the app.

Please ensure you tap in at the start of your journey and tap out when leaving the DLR station. Your ticket will be valid for a period of 90 minutes. If you remain within the DLR station, tapping out is not required. If you do not tap out within this time, the maximum fare will be applied.



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	<p>Charges at the time of publication of these terms and conditions are as</p> <p>(1) daily ticket zone 1-4 - £12.80 for adults.</p> <p>(2) 11-15 zip card daily pay as you go off peak £1.90 and peak £6.40.</p> <p>For children under 11, travel on the Transport for London (Tube, DLR, etc) is free when accompanied by a fare-paying adult with a valid ticket.</p> <p>We can't wait to see you out exploring the network and spreading festive cheer this season!</p>
b)	<p><u>Southbank Winter Market</u></p> <div>   </div> <p>Opening Hours Open daily 11am–10pm, craft traders until 9pm Closed 25 and 31 Dec</p> <p>Dates 03 Nov - 04 Jan 2026</p> <p>Location Info Southbank Centre, London, UK</p> <p>For more info please click here</p>
c)	<p><u>Winter Wonderland</u></p> <div>  </div> <p>Hyde Park Winter Wonderland is back! From 14 November 2025 to 1 January 2026, we'll be opening our gates for six weeks of festive memories made to last a lifetime.</p> <p>From thrilling rides and immersive icy attractions to carnival games and enchanting shows, accompanied by a cornucopia of festive food and drink to feast on, there's something for everyone to enjoy.</p> <p>For more info please click here</p> <p style="text-align: right;">Back to contents page</p>



Social Media

	Instagram
	<div data-bbox="309 353 687 725">  </div> <div data-bbox="719 376 1185 412">Check out the post on Instagram</div> <div data-bbox="719 488 1015 524">autism_happy_place</div>
	Article
	<p>As Emmerdale's Lewis Barton finds himself feeling overwhelmed next week when a house party is held at his home, rising star Bradley Riches says he is immensely proud the soap is tackling how his character's autism affects him day to day in more depth.</p> <p>Like Lewis, Bradley, 23, is also autistic after being diagnosed at the age of nine and non-verbal until he was 12.</p> <p>And as the actor shares his incredibly inspirational story from cruelly being told he'd never have a job, to starring in a high-profile soap, Bradley says he is delighted Emmerdale is being so inclusive with the introduction of Lewis to the Yorkshire Dales.</p> <p>To read the full article please click here</p> <div data-bbox="314 1447 847 1850">  </div> <div data-bbox="986 1812 1385 1852">Back to contents page</div>