Newham London

NHS East London NHS Foundation Trust

Autism Monthly News Round-up

February 2026

16th edition

Contents list:

Local

1. Autism Newsletter Changes! *please read*

2. LGBTQ+ History Month

3. Newham Peer Support Groups
   a) Autism Work and Anxiety Peer Support Group
   b) Carers of Autistic Adults Peer Support Group
   c) VoiceAbility: Mental Health Peer Support Group
   d) Beckton Friendship Club

4. Advocacy and Support Surgeries
   a) Open Support Surgeries for Autistic Residents
   b) VoiceAbility Advocacy

5. Media
   a) NuSound Radio

6. World Autism Acceptance Week – April
   a) Volunteering Opportunities to run activities

7. Share Your Views
   a) Autism Information and Resource Pack
   b) 'Do we need an 18-25 year old Autism Group? Tell us what you think
   c) Survey Supporting Carers of Neurodivergent & Possibly-Neurodivergent Children & Young People
   d) Adult Social Care Survey
   e) Ageing Well Protected Characteristics Form
      (Article: Around 90% of Middle-aged and Older Autistic Adults are Undiagnosed in the UK, New Review Finds)
   f) Newham SEND Communication Audit Survey

8. **FREE Courses and Training**
   a) **Recovery College**
   b) **Workshops: Violence Against Women and Girls (VAWG)**
   c) **Entitlement to Healthcare**

9. **Health and Wellbeing**
   a) **Better: Newham Active Communities Programme**
   Free inclusive activities, coffee mornings, sensory walks football, cricket, youth sports, tennis, women's only sports

10. **Family Support**
   a) **Newham Family Hubs**
   b) **Language, Communication & Interaction Service (LCIS) School Age Parent Training**
   c) **Tutoring Support for SEND or Neurodivergent Child**

11. **Young People**
   a) **SEND 18-25 year old Performing Arts**

12. **Local Things to do or Activities**
   a) **Art in the Docks**
   b) **Newham Neighbourhood Forums**
   c) **Culture within Newham: Green Street Glow Garden**
   d) **Our Newham: Apprenticeship Fair**
   e) **FREE Hot Meal Hub**

National

1. **Neurodiverse Resources**
   a) **Understanding Autistic Perception in Black and Minoritised Ethnic Communities** FREE Online Conference
   b) **Rooted in Neurodiversity: Cultivating Inclusive Spaces** (FREE online event)
   c) **Empathy and Social Progress Through an Autistic Lens** (FREE online event)
   d) **Crafting Short Stories to Reclaim Playscapes and Sensory Joy** (FREE online event)

2. **FREE Courses**
   a) **Free Online Understanding Autism Course with Certificate**

Social Media

- YouTube
- Podcast

If you have anything 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	Autism Newsletter Changes
	The Autism Newsletter is produced in joint partnership with Newham Council & the Autism Diagnostic Service. There are over 700 local autistic residents in receipt of this newsletter; we will be extending access to the newsletter and other media platforms with professionals, carers, family and friends so we can celebrate and learn about autism together. Moving forward, due to resourcing issues, we will stop sending subscribers of this newsletter an email notification. However, if you wish to continue receiving the Newsletter, please take the following action/s below: • Join the autism WhatsApp group and receive notifications about when the newsletter is live & other information; • Register to become an ARAG member and receive notifications about when the newsletter is live; • Email Autism.Commissioning@newham.gov.uk to register to continue to receive notifications about when the newsletter is live; or • Go to the 'Newsletter Archive' webpage every month to view the newsletter and past newsletters – no sign up is needed To join or register, please email: Autism.Commissioning@newham.gov.uk

2 LGBTQ+ History Month

Explore our programme of events taking place across the borough during LGBT+ History Month this February. The theme for 2026 is 'Science and Innovation'. More events to be announced.

NEWHAM LGBT+ HISTORY MONTH

2026 Event

Queer Life Drawing (18+)

Wednesday 4 February, 6.30-7.30pm

Stratford Library

An art-filled evening led by Queer Life Drawing Conversation. In addition to drawing life models, focus is given to developing conversations about nudity, sexuality and queer theory in relation to...

FULL DETAILS +

WORKSHOP ADULTS **FREE**

2026 Event

Queer Poetry

Wednesday 11 February, 6.15-7.45pm

Stratford Library

Join Newham Poetry Group for a creative and reflective poetry workshop celebrating LGBTQ+ History Month. Explore queer experiences, identities, and everyday life through writing, storytelling, and community dialogue. No experience...

FULL DETAILS +

WORKSHOP ADULTS **FREE**

For more information and to view the full list of events: https://www.newhamlgbthistory.org/

Back to contents page

3 Newham Peer Support Groups

a) Autism, Work & Anxiety Peer Support Group

Open to those who are on the waiting list, self-diagnosed or volunteering

Theme: ***Social Interactions at Work - Building Rapport with Colleagues***

Tuesday 24th February 2026 online 5pm-6pm

To join please email aisha.ahmed58@nhs.net

This month it would be a year since the Work, Autism & Anxiety Peer-to-Peer Support Group has been running. Thank you for those who have joined in as together we have created a safe place to share, listen and be open and vulnerable with each other while feeling respected and accepted. I am honoured to be part of this group and thank you for making it so special!

😊 😊 I look forward to meeting more autistic people in this space. *Aisha*

b) **Carers of Autistic Adults Peer Support Group**

Monday 2nd February 2026, 11am-1pm
Drop In, First Monday every month, East Ham,
Central Park Café, inside the park, near Bartle Avenue E6.

Join our **WhatsApp group** to chat and ask questions.

To join the group, please complete this form

For information on the next group meeting, please contact:
carersautisticresidentsnewham@gmail.com

Following session:
Monday 2nd March 2026, 11am-1pm
Central Park Cafe

c) **Mental Health Peer Support Group**

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.

Drop in: **Second Monday of every month**, **12:30pm-2pm**
The Resource Centre, 200 Chargeable Lane, E13 8DW

Email: SpeakOutNewham@voiceability.org
Telephone: 0300 303 1660
Website: www.voiceability.org

Back to contents page

d)	**Beckton Friendship Club** Social group for autistic residents and residents with a learning disability Next group: **Saturday 14th February 2026** Beckton Globe Library 1 Kingsford Way, London E6 5JQ **Second Saturday of the month 2pm – 3:30pm** To attend email shamilla.kumari@newham.gov.uk
4	**Advocacy and Support Surgeries**
a)	**Open Support Surgeries for Autistic Residents** Do you need to speak with a senior professional? Open Support Surgeries for Autistic Residents takes place every 3rd Friday of the month Book a 30min slot at the next Open surgery to have your concerns heard: • Tony Pape, Autism Team Manager Adult Social Care (regularly attends) • Second professional TBC To book please email Autism.Commissioning@newham.gov.uk To book a slot you must be a local autistic resident, priority will be given to ARAG members.
b)	**VoiceAbility Advocacy** Independent Advocacy Support for Autistic Residents **Second Monday of every month 2:30pm-4pm** The Resource Centre, 200 Chargeable Lane E18 8DW The Advocacy Drop ins are by appointment only – referrals from the VoiceAbility Website Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org **Back to contents page**
5	**Media**
	NuSound Radio Radio show: **Last Friday of every month 12pm-1pm autism slot.** Tune in to hear guest speakers discuss autism

Previous guest speakers on the show include:

- Grainne, LCIS Speech & Language Specialist & Christina, Autism Strategic Delivery Board Resident Co-chair;
- Shoheb, ADHD Service Lead;
- Gemma, Papyrus & local autistic resident;
- Supt Lucky Singh, Met Police & local autistic resident & other guests;

Recordings of past shows archived here:
Radio interviews – Autism – Newham Council

6 World Autism Acceptance Week – 2-8 April 2026

Volunteering Opportunities to run Activities

World Autism Acceptance Week will take place 2-8 April 2026 this year. We are looking for volunteers who would like to lead any activities during April 2026. Support to set up activities will be provided.

For more information please click here: https://www.newham.gov.uk/health-adult-social-care/autism/8

To register your interest please email: Autism.Commissioning@newham.gov.uk

7 Share Your Views

a) Autism Information and Resource Pack

Newham Council and the Newham Autism Diagnostic Service created this pack highlighting local and national support for autistic residents.

We would like you to share your views on how useful it is and if it could be improved.

Please click on the link below to view the pack: https://www.newham.gov.uk/downloads/file/8136/autism-information-and-resource-pack

To give feedback please email Autism.Commissioning@newham.gov.uk

Back to contents page

b) 'Do we need an 18-25 year old Autism Group? Tell us what you think

Would you be interested in an 18-25 Autism peer-to-peer support group? Newham Council are very aware of the lack of support for young people transitioning into adult services and are in discussion of changing this! We

	want to hear from those residents who feel they'd be interested in this new group. Please fill out this survey to share your thoughts, ideas, and own wishes that you would like from this group. **https://docs.google.com/forms/d/e/1FAIpQLScEI3hCt9bWSU5KUkCeHbSvGpWB8MdpRu19S-7TgC0btdJaaA/viewform?usp=publish-editor** If you need more info or have any questions please email: autism.commissioning@newham.gov.uk
c)	**Survey Supporting Carers of Neurodivergent & Possibly-Neurodivergent Children & Young People** **Welcome, and thank you for being here!** We are **The Connection Canvas CIC**, creating calm, creative wellbeing support for carers, with gentle ambience and thoughtful food and refreshments. This time we are working on a new exciting project **'built with carers, for carers'** and we'd love to hear from you! This short survey is for parents and carers of **neurodivergent or possibly-neurodivergent children and young people** across London, including families waiting for assessment, exploring traits, or unsure about diagnosis. Parents/Carers of Neurodivergent or Possibly-Neurodivergent Children or Young People **THIS IS FOR YOU!** Short anonymous wellbeing survey • 3-5 minutes • Mostly tick boxes • Help shape real support for carers Scan QR code or visit link https://forms.gle/WHntHWkh6UR5YnnPA Help shape real support for carers To complete the survey please click here: **https://docs.google.com/forms/d/e/1FAIpQLSfHRcoz-xLo78u_GijIM1jM0Z-DvJGpI5pEpKghY3z5t4SuSg/viewform** **Back to contents page**

d)

ADULT SOCIAL CARE SURVEY 2026

Newham Council will be carrying out an annual **Adult Social Care Survey from January 2026.** It will ask customers who live in the community, care homes or supported living about their quality of life and their experience of the services they receive.

All local authorities who provide care and support services are required to take part in this survey and the results will be used to shape social care services nationally. Locally it will be an important resource for the Council to identify what has been achieved and to inform our approach for providing support to social care customers in the future. All individual responses will be kept **confidential** and only combined results will be passed on to inform services.

The survey will be run from **January to March 2026**, with the results being made available to the public by NHS Digital in the Autumn of 2026. If further support is required staff and customers can phone the **Survey Helpline on 020 3373 1520** to arrange for us to help customers complete the survey or for further information.
For any other enquiries about the survey contact William Middleton on: **020 3373 2531** or at **william.middleton@newham.gov.uk**
The ASC survey has been randomly sent to residents in the Newham borough. A paper-based survey needs to be completed and returned by the date stated. This is a reminder to complete the survey if you have been issued one. THIS SURVEY IS NOT OPEN TO ALL.

e)

AGEING WELL - PROTECTED CHARACTERISTICS FORM

In 2022, Newham Council launched an Ageing Well Strategy to help improve the health and wellbeing of Newham residents aged 50+; and reduce health inequalities
The council is now working with residents and its partners to implement the aims of the strategy. Whilst doing that, the council wants to meet the aims and commitments set out in our equality policy. This includes not discriminating under the Equality Act 2010.
We have launched the protected characteristics form to capture the breakdown of Newham residents aged 50+ including different backgrounds, cultural, faith, disabilities, gender etc. This exercise feeds into and supports the delivery of the Ageing Well Strategy's Action Plans.
The information provided will be kept **confidential** and will be used to **help us understand the diversity in our borough** of those residents aged 50+.
To complete the form please click: **Equalities and Diversity Protected Characteristics Monitoring Form – Fill in form**

Back to contents page

For more information, please call 02033730731 or email: AgeingWell@newham.gov.uk

You can also visit https://www.newham.gov.uk/health-adult-social-care/ageing-well-newham

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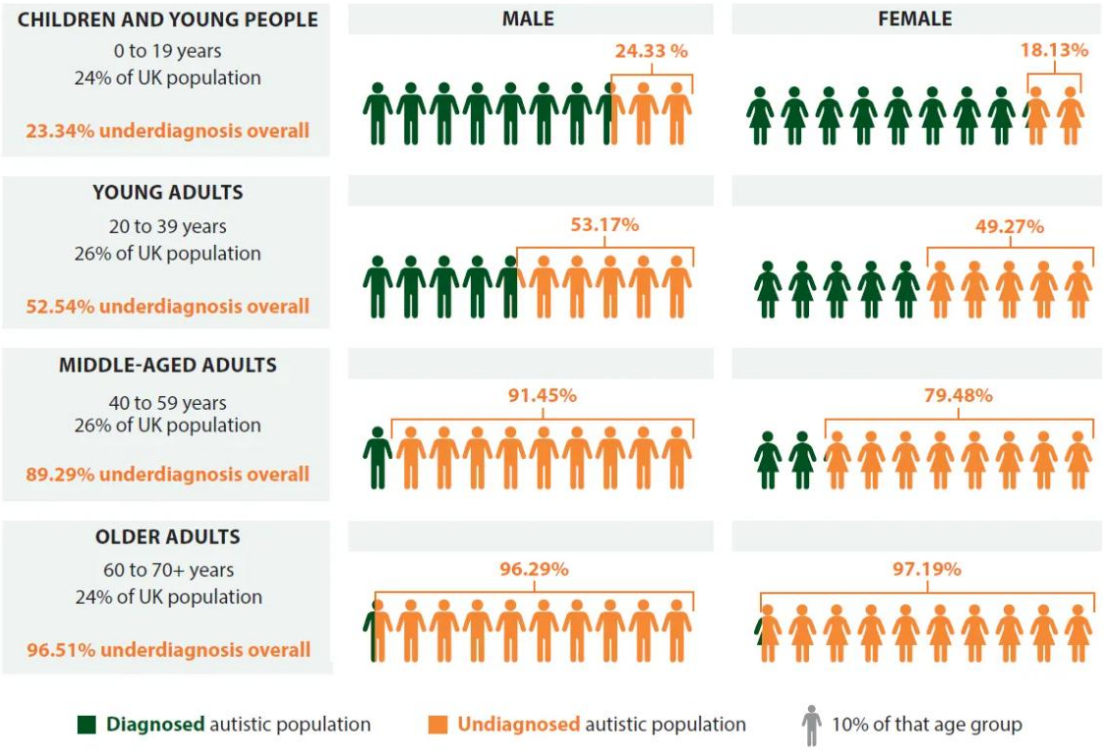
Around 90% of Middle-aged and Older Autistic Adults are Undiagnosed in the UK, New Review Finds

89 to 97 per cent of autistic adults aged 40+ years are undiagnosed in the UK, according to the largest review of its kind. The review indicated that middle-aged and older autistic adults are facing higher rates of mental and physical health conditions than non-autistic adults of the same age, alongside challenges with employment, relationships and wellbeing.



To read the full article please click below:
https://www.kcl.ac.uk/news/up-to-90-of-middle-aged-and-older-autistic-adults-are-undiagnosed-in-the-uk-new-review-finds

Back to contents page

f) **Newham SEND Communication Audit Survey**

We want to hear from you! Your views matter and can help make a real difference to how information about Special Educational Needs and Disabilities (SEND) is shared in Newham. By completing this survey, you can tell us:

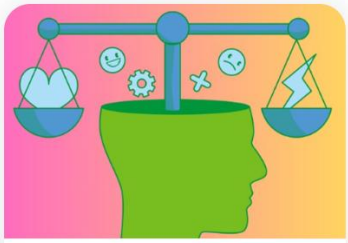
- what works well
- what does not work
- and how you would like to receive information and updates in the future.

Your feedback will help us improve communication so that children and young people with SEND, parents, carers, and professionals can find the right support more easily and at the right time. Every response helps us build a clearer, more accessible SEND communication plan that meets the needs of our community.

For more information and to complete the survey please click here: https://families.newham.gov.uk/kb5/newham/directory/site.page?id=a8YravadNdg

The survey closes at 5pm on Friday 13th February 2026. Thank you for taking the time to help improve SEND communication for everyone.

Back to contents page

8	FREE Courses
a)	**Recovery College** Newham Recovery College is an NHS service that runs FREE educational workshops and courses. These are designed and delivered by people who have lived experience of mental health challenges, together with people who work in mental health services.  **UPSKILL WITH COMPASS: Stress Management & Resilience** Fri Feb 06 13:00 **Supporting Your Neurodiverse Child** Fri Feb 06 12:00 **Know Your Rights to Your Mental Health** Tue Feb 03 12:00, Tue Feb 10 00:00 **Time to talk: Understanding Depression** Tue Feb 24 10:30 **Bringing your thinking from intensity to calm** Fri Feb 13 12:00 **Time to talk: Understanding Anxiety** Tue Feb 10 10:30 Sign up with the link below: https://newhamrecoverycollege.nhs.uk/Events?CalendarID=176 Back to contents page
b)	**FREE Workshops Running this Month: Violence Against Women and Girls (VAWG)** Join us for a supportive 5-week women's wellbeing workshop for female survivors of sexual violence. Last sessions left – book now!: https://www.eventbrite.co.uk/e/womens-wellbeing-workshops-tickets-1979312216120?aff=oddtdtcreator if you have experienced sexual violence please seek support.

Support in Newham https://www.newham.gov.uk/health-adult-social-care/domestic-violence-support
England and Wales; above 16. 24/7 Rape and Sexual Abuse Support Line
Call 0808 500 2222

c) **Entitlement to Healthcare**

The training will give an overview of entitlement to NHS services in England. Basic definitions of immigration status will also be covered.
This session will cover:

- Barriers to accessing healthcare
- Entitlement to primary care and GP registration
- Useful resources for patients to understand their rights to healthcare and navigate the NHS
- Help with health costs – HC1 forms and HC2 certificates
- An introduction to secondary care charging and entitlement

Date and time: **Thursday 12 February, 10:30-11:45**
Please sign up via this link: https://www.eventbrite.co.uk/e/entitlement-to-healthcare-tickets-705830928307

9 Health and Wellbeing

Better: Newham Active Communities Programme
FREE inclusive activities, coffee mornings, sensory walks football, cricket, youth sports, tennis, women's only sports

ACTIVE COMMUNITIES PROGRAMME Jan - March 2026

The Better Community Sport programme is delivered in partnership with London Borough Of Newham to provide physical activity & sport in the community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Women's Only Multi-Sport FREE 10am-12pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Inclusive Activity FREE 10:30am-12:30pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Senior Coffee Mornings FREE 9am-11am East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Sensory Walks FREE 9:45am-10:45am Plashet Park, 207 Plashet Grove, London, E7 8QR (Meet by library)	Learning Disability Pilates FREE 11am-12pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Pan-Disability Football (fortnightly) FREE 10am-11am Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD
Junior Gym Cost varies on membership 4pm-6 pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Junior Gym Cost varies on membership 4pm-6pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Junior Gym Cost varies on membership 4pm-6pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Senior Coffee Mornings FREE 11am-12pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Junior Gym Cost varies on membership 4pm-6pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Junior Badminton £4 10am-12pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT
Swim For Women Cost varies on membership 8pm-9pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	After School Multi-Sports FREE 3:30pm-5:30pm Little Ilford Youth Zone, 1a Rectory Road, Manor Park, London, E12 6JB	Learning Disability Dance FREE 12pm-1pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Youth Multi-Sports FREE 4pm-6pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Junior Gym Cost varies on membership 10am-6pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Sensory Tennis FREE 12:15pm-1:45pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD
	Young Adults Street Cricket FREE 6:30pm-9pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Learning Disability Tennis FREE 12:30pm-1:30pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD		Swim For Women Cost varies on membership 4:30pm-6pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Women's Cricket FREE 2pm-4pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD

For more information about the programme please email activecommunitiesnewham@gll.org or visit www.better.org.uk/better-newham

Back to contents page

10	Family Support
a)	**Family Hub** Family Hubs provide free workshops, activities, advice and support for families up to age 18 (or 25 for young people with additional needs), with a strong focus on early help so that small challenges don't become bigger ones. In Newham, our four Family Hubs are located at Shipman Youth Zone, East Ham Library, Manor Park Children's Centre and United West Children's Centre & Family Hub.
	Shipman Family Hub 🤝 **Welcome Wednesdays – DROP IN** 🕒 **9.30am–12.30pm** Join us every Wednesday for FREE support, guidance, and friendly conversations. Our building is step-free and buggy-friendly. **What's On:** • **Family Navigators:** 9.30–12pm • **Our Newham Money:** 10am–12pm • **Food 4 Me Club:** 10.30am–12.30pm • **CGL (Change Grow Live):** from 10am
	Shipman Family Hub 🗣️ **Speech & Language Support** 🕒 **12.30–2pm every Tuesday** Have questions about your child's talking? Meet a speech and language therapist online for advice, reassurance, and support. Back to contents page
	Shipman Family Hub 💷 **Debt Advice – DROP IN** 🗓️ **Mondays:** 10am–12pm & 2–4pm 26 January | 23 February | 23 March

📅 **Fridays:** 10am–12pm
23 January | 6 February | 13 February
Trained advisers will help with initial assessments, preparing documents, and building confidence in using technology to access debt support.

Struggling to Understand Letters and Need Guidance?

Please see the hubs below that offer support with this

	Day	Time	Address
Housing Hub Canning Town	Tuesday's	10am – 4pm	Ferrier Point, Canning Town, London, E16 1QW
Family Hub Prince Regen Lane Shipman	Wednesday	9.30am – 12pm	340 Prince Regent Ln, London E16 3JH
Family Hub Eat Ham Library	Thursday's	9.30am – 12pm	East Ham Library, 328 Barking Rd, London E6 2RT
Housing Hub Stratford	Thursday's	10am – 4pm	22 Broadway, Stratford, London, E15 4QS

You can also explore our other family hubs services in East Ham Library, Manor Park Children's Centre and United West Children's Centre & Family Hub: **Best Start Family Hubs - Newham Activity Guide, 1 January - 31 March 2026**

To book your place or find out more:

📞 **020 3373 2555**

📧 **familyhub@newham.gov.uk**

For more info please click the link below:
https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=1

Back to contents page

b) **Language, Communication & Interaction Service (LCIS) School Age Parent Training**

Please email LCIS for advice on accessing the support they offer:
lcis@newham.gov.uk

For more information please click the link below:
www.newham.gov.uk/LCIS

Language, Communication & Interaction Service (LCIS) School-Age Parent Training

Newham London

A school-based support service for primary and secondary age students with social communication needs in Newham. We are a team of specialist teachers, specialist speech and language therapists and SEN Practitioners.

LCIS Parent Support

Open to parents/carers of children age Reception to Year 11 who attend a Newham school or live in Newham. Your child doesn't need a referral for you to book a place. Your child must have communication needs, but they don't need to have an autism diagnosis.

Drop-in meetings

LCIS SEN Practitioners are available to meet with parents online on the last Wednesday of each half term. We can help you problem-solve concerns you may have at home, for example transitions into school or in the community, emotional regulation, preparing for change. Scan the QR code to book a place.

Training: SCERTS for Newham parents/carers

Join our group sessions - bring your partner, friend, or family member for support and shared learning. Learn about strategies and resources to support your child's communication and emotional regulation.

Parent Feedback

"This course has been amazing and very, very helpful"

"The session was brilliant, I found it helpful and gave the answers and feedback on all my questions and queries"

More courses

We run other courses for parents throughout the year. Check the brochure at the start of each term.

- **Intensive Interaction** – Develop early interaction skills.
- **Core Vocabulary Boards** to support language development.
- **Getting Ready for Secondary** – Transition support for families.
- Understanding **Developmental Language Disorder**.

Book a place on parent training

Visit **www.newham.gov.uk/LCIS** or scan the QR code.

For LCIS Early Years parent training enquiries: lcis@newham.gov.uk

Schools' Training

Find out what training we offer for your child's school staff: Newham Families Advice and Support | Speech, Language & Communication Staff Training

We also offer drop-ins for school staff – you can speak to your SENCo about this.

Back to contents page

c) **Tutoring Support for SEND or Neurodivergent Child**

From Autistic School Burnout to Tutor
Shared by Faith Street, founder of Fulfil Tutoring

Are you looking for tutoring support for your SEND or neurodivergent child?

As an autistic tutor specialising in supporting secondary students with Maths and English, I offer more than just academic support. I offer the understanding I wish I had growing up.

At 13, I experienced autistic school burnout that left me bedbound and unable to learn. I know that for autistic students like me, tough love and rigid timetables often do more harm than good. That experience shaped how I tutor today: prioritising routine, safety, and low-demand learning.

If you would like to have a no-obligation free chat with me, please call, message or email me to talk through your child's education support needs - I look forward to speaking with you!

Faith
Phone: 07435 239725
Email: faith@fulfiltutoring.co.uk

To support families navigating school refusal or autistic burnout, I have created a free Anti-Timetable Workbook. It is a tool to help you build a flexible, pressure-free routine that works with an autistic brain, not against it.

Read my recovery story and download the free workbook here: https://www.fulfiltutoring.co.uk/post/autistic-school-burnout-recovery

11 Young People

SEND 18-25 year old Performing Arts

Back to contents page

12	Local Things to do or Activities
a)	**Art in the Docks**

Join our ongoing programme of creative activities designed to welcome people into the world of drawing and painting.

Introduction to Drawing and Painting

Join us as we launch a new series of our highly popular and sociable community arts programme.

This relaxed and friendly session will focus on basic drawing and painting skills. It is suitable for complete beginners, and/or people who would like to reconnect with their passion for art. All materials and coaching provided.

Let your imagination run free with our artist John Lord and his team to guide you.

Location:
Art in The Docks
25 Shackleton Way
London E16 2XJ

Time:
1:30pm – 3:30pm

For more info and to attend this **FREE** event please click the link below:
https://www.eventbrite.co.uk/e/creative-health-wellbeing-tickets-1979892636172?utm_experiment=test_share_listing&aff=ebdsshios&sg=9d5cc49db02ef5c56f88d9763b643ac5e65707b554c5d4cce80b5b3bdbb08cd513af943d2b103bde664d27f5026a24eba8c1c5ab84d582ba7db852225031e674a8f9b1f6eea39b31c512aae6e2f6

Back to contents page

b)

Newham Neighbourhood Forum

Join your local Neighbourhood Forum, a space for communities to discuss making the area safer and cleaner. Find out what the Police and Council have been doing to improve your local area.

Fo more info ad to get involved please click the link below: https://newhamco-create.co.uk/en/projects/neighbourhood-forums

c)

Culture within Newham: Green Street Glow Garden

From 12-16 February from 3-7pm, join Culture Within Newham for Green Street Glow Garden! We're transforming Queen's Square into a glowing world of art, light, and imagination.

This free, family-friendly celebration brings extraordinary illuminated installations right to the heart of our community.

Explore the artworks and learn more on the Culture Within Newham website.

🐌 Green Street Glow Garden
🌿 12-16 February, 3-7pm
📍 Queen's Square, Green Street, E13 9JJ
🦋 Free, just turn up!

Made possible with @aceagrams 🌿

Back to contents page

d) **Our Newham: Apprenticeship Fair**

OUR NEWHAM

Newham London

Kickstart your career at Newham's Apprenticeship Fair

Connect with recruiters, learn about current opportunities and receive tailored support from expert advisors.

Date: 12 February

Time: 9:30am - 3pm

Location: Stratford Town Hall

NATIONAL APPRENTICESHIP WEEK 2026

WE ARE NEWHAM.

For more info and to attend this **FREE** event please click the link below:
https://www.eventbrite.co.uk/e/newhams-apprenticeship-fair-tickets-1980553895015
Support for autistic residents can be arranged to access this event, please email autism.commissioning@newham.gov.uk

e) **FREE Hot Meal Hub**

Wednesdays 6pm-8pm
Fridays 11am-2pm
Memorial Community Church, Plaistow E13 8AL

Contact:
info@ourcommunitycares.co.uk
07861647346

Back to contents page

Back to contents page

National

1	Neurodiverse Resources
a)	**Understanding Autistic Perception in Black and Minoritised Ethnic Communities FREE Online Conference** NHS Black Country Healthcare NHS Foundation Trust We're excited to announce a **free, three-day online conference** taking place in February 2026 on Understanding Autistic Perception in Black and Minoritised Ethnic Communities Dates to hold: • Tuesday 3 February 2026 • Tuesday 10 February 2026 • Tuesday 24 February 2026

	Who should attend? • Autistic people and families • Community and faith leaders • Health, education, and social care professionals • Advocacy groups • Schools and SEND teams • Voluntary and community organisations For more information please click here: https://www.blackcountryhealthcare.nhs.uk/news-events-1/latest-news/save-date-free-online-autism-conference-february-2026 **Back to contents page**
b)	**Rooted in Neurodiversity: Cultivating Inclusive Spaces (FREE online event)** **Cultural Autism Studies at Yale (CASY)** Facilitated by Ayanna Sanaa Davis, this chat explores the intersections of autism, race, and gender centering the voices and experience of Black women who are often diagnosed late or misdiagnosed. Grounded in Ayanna's commitment to equity, healing, and radical inclusion, we'll unpack how systems overlook neurodivergent Black individuals and how we can build spaces that honor our full identities. Thursday, February 12th - 8 to 9pm – Free For more info and to attend: **Rooted in Neurodiversity: Cultivating Inclusive Spaces with Ayanna Davis**
c)	**Empathy and Social Progress Through an Autistic Lens (FREE online event)** **Cultural Autism Studies at Yale (CASY)** Empathy and Social Progress Through an Autistic Lens. I cannot think of an act that could do more to address society's ills than empathy. I lament that I don't see enough of it being practiced. Not nearly enough. The ability to see another individual's perspective, to metaphorically "walk in their shoes," could be transformative if practiced at scale. During this presentation, I will discuss the various ways in which empathy may be exercised, the barriers that stand in its way and how more of it could help bring us closer together, all through my uniquely autistic lens. Friday, February 6th – 5 to 6pm – Free For more info and to attend: **Empathy and Social Progress Through an Autistic Lens**

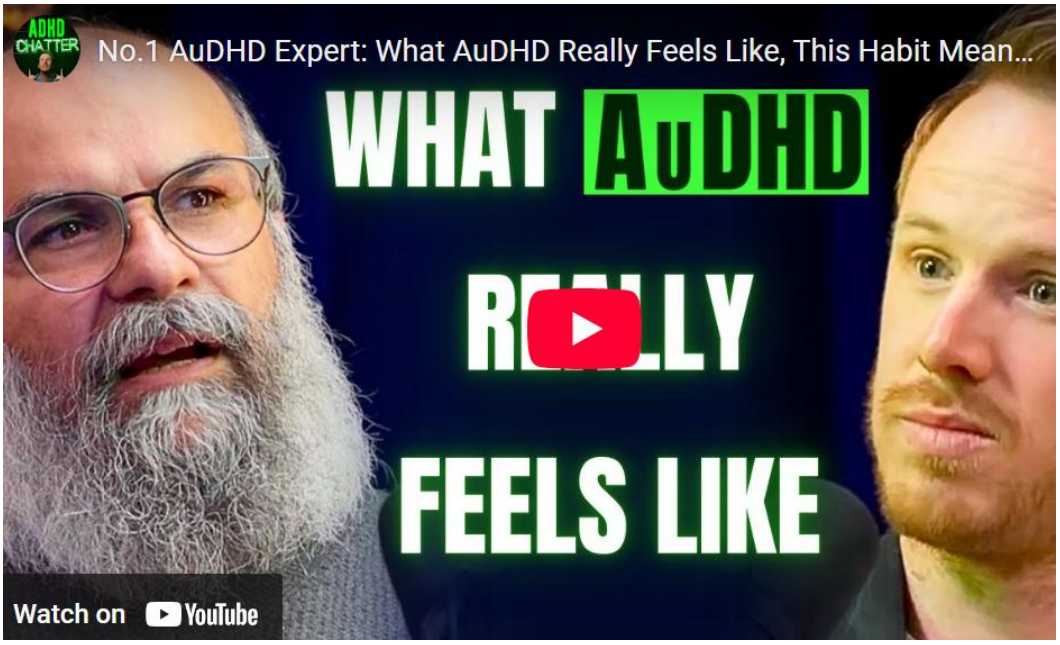
d)	**Crafting Short Stories to Reclaim Playscapes and Sensory Joy (FREE online event)** **Cultural Autism Studies at Yale (CASY)** Short stories, whether written on the page or simply dreamed up in our minds, provide space to explore conflicts our past selves encountered in the act of "play." For example, the overstimulation experienced at a roller rink birthday party. We can then reimagine the playscape, crafting the terrain to suit our particular needs. The short story form allows us to consider new possibilities in approaching conflict and immerse ourselves in moments of sensory joy that may not be readily accessible in the off-page world. These dreamed stories just might spark ideas for bringing more sensory joy to our broader world. In this talk, Rachel will share excerpts from her stories and speak on the experience of reclaiming playscapes through writing. Wednesday, February 4th - 8 to 9pm – Free For more info and to attend **Crafting Short Stories to Reclaim Playscapes and Sensory Joy with Dr Rachel Furey**
2	**FREE Courses**
	Free Online Understanding Autism Course with Certificate This free online understanding autism course provides a detailed understanding of what it's like for an individual to live with autism. You will gain a thorough introduction to autism, covering what is meant by 'autism'. You will explore theories, and diagnosis and investigate person-centred support, communication, interaction, behaviour, and how you can help support healthy and fulfilled lives. By spreading awareness and understanding, *together we can make a difference.* To find out more please click below: https://freecoursesinengland.co.uk/understanding-autism/ **Back to contents page**

Social Media

YouTube

No.1 AuDHD Expert: What AuDHD Really Feels Like, This Habit Means You Have AuDHD!

Dr Khurram is a world renowned, award-winning psychiatrist and author of Explaining AuDHD. He's here to explain what AuDHD really feels like, how to spot the signs of AuDHD and how to thrive with AuDHD.



To watch please click here:
https://www.youtube.com/watch?v=ETQk0bniSuU

Shared by a local autistic resident

Back to contents page

Podcast

Holly Smale on Finding Love

How do you explain being in a long term loving relationship when you've not really had one yet? In her latest novel, The Cassandra Complex, Holly Smale attempts just that.
She tells us about accidentally and then deliberately writing an autistic character, how being an autistic woman has left her vulnerable, and how being diagnosed later in life has affected her dating life.
We also get tips from our listeners on how to find love and make sure they're right for you.

	Listen to the podcast here: https://podcasts.apple.com/gb/podcast/holly-smale-on-finding-love/id1444057570?i=1000606044937 **Back to contents page**