

Autism Monthly News Round-up

March 2026

17th edition

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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	<p>A Farewell</p>
	<div style="text-align: center;"> </div> <p>Dear Readers,</p> <p>My post as a Senior Peer Support Worker for the Newham Adult's Autism Diagnostic Service ends on March 31st, 2026, due to funding.</p> <p>I have thoroughly enjoyed working in this role, partnering with Newham Council to deliver the support for the local autistic community; including this newsletter, support groups, running events, training professionals in understanding autism and supporting individuals who have reached out to me for support.</p>

	<p>This work journey, although I struggled at times, has been the best thing that has ever happened to me, and it is thanks to all of you lovely people and the support received by my managers to grow and develop in my role. This experience has proven to me that with reasonable adjustments in the work place, and an understanding of autism by managers, it is possible to sustain long term employment as an autistic person. This has been the longest employment I have been able to sustain as a result of this support. (Please see the new employment support webpage launched for WAAW in point eight (8) below)</p> <p>Equally, those of you who have reached out to me and who I have come across in my role have made it truly special and an unforgettable experience. I feel so happy that I was able to be in this post and achieve everything that I have.</p> <p>I share with you this kind quote by a local Newham autistic resident which has humbled me and brought me joy to read:</p> <p><i>“Aisha, it is more about you being there than anything else. In a metaphorical sense, you are a secure blanket, a resource that we/autistic individuals with complex needs cherish. Emotionally it is crucial, but often is unspoken.”</i></p> <p>I wish all of you the absolute best.</p> <p>Take lots of care xx</p> <p><i>Aisha</i></p> <p>Note: The newsletters are planned to continue, see below for more details.</p> <p style="text-align: right;">Back to contents page</p>
2	Autism Newsletter Change
	<p>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.</p> <p>Moving forward, due to resourcing issues, we may need to 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:</p> <ul style="list-style-type: none"> • 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;

	<ul style="list-style-type: none"> • Email Autism.Commissioning@newham.gov.uk to register to continue to receive notifications about when the newsletter is live; or • Check the 'Newsletter' webpage yourself every month to view the newsletter and past newsletters – no sign up is needed <p>To join or register, please email: Autism.Commissioning@newham.gov.uk</p>
3	<u>Newham Peer Support Groups</u>
a)	<p><u>Autism, Work & Anxiety Peer Support Group</u></p> <p>Open to those who are on the waiting list, self-diagnosed or volunteering</p> <p><i>Theme: Reflections on what the group has meant to you and how we will move forward with the information gained and shared</i></p> <p>Tuesday 24th March 2026 online teams 5pm-6pm</p> <p><i>Recent changes mean that plans for further group sessions are not yet confirmed. We will keep people on the mailing list updated and appreciate your patience.</i></p> <p>To join please email aisha.ahmed58@nhs.net</p> <p>All the best <i>Aisha</i></p> 
b)	<p><u>Carers of Autistic Adults Peer Support Group</u></p> <p>Monday 2nd March 2026, 11am-1pm Drop In, First Monday every month, East Ham, Central Park Café, inside the park, near Bartle Avenue E6.</p> <p>Join our WhatsApp group to chat and ask questions.</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> <p>Following session: Monday 6th April 2026, 11am-1pm (Bank Holiday) Central Park Cafe</p>  <p style="text-align: right;">Back to contents page</p>

<p>c)</p>	<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>	 <p>VoiceAbility</p> <p>Drop in to our new peer support group.</p> <p>We heard from Autistic people that a relaxed space to support each other around mental health is needed.</p> <p>Join this group to talk together in a safe space - creating connections, sharing tips and helpful services. No need to book - just come along and say hello.</p> <p>When and where? The 2nd Monday of every month The Resource Centre, 200 Chargeable Lane, E13 8DW</p> <p>12:30 - 2 pm for all adults who are Autistic</p> <p>Hot drinks and biscuits provided.</p> <p>Contact us SpeakOutNewham@voiceability.org 0300 303 1660 www.voiceability.org</p>
<p>d)</p>	<p><u>Beckton Friendship Club</u></p> <p>Social group for autistic residents and residents with a learning disability</p> <p>Next group: Saturday 14th March 2026</p> <p>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</p>	 <p>Beckton Friendship Club</p> <p>Neurodiverse disability group</p> <p>Let's make friends</p>
	<p><u>Resident Share</u></p> <p>An autistic resident had this to share about peer support groups in Newham:</p> <p><i>“Accessing services for support are temporary and helpful for a limited time. But community connections and groups are forever and are not gold but platinum.</i></p> <p><i>I have never engaged in the community like this before but now that I have it has been amazing because I am meeting new people and making connections.”</i></p> <p style="text-align: right;">Back to contents page</p>	
<p>4</p>	<p><u>Advocacy and Support Surgeries</u></p>	
<p>a)</p>	<p><u>Open Support Surgeries for Autistic Residents</u></p> <p>Do you need to speak with a senior professional about your social care needs?</p> <p>Book a 30min slot at the next Open Surgery to have your concerns heard:</p> <p>Friday 20 March</p>	

	<p>- Tony Pape, Autism Team Manager, LB Newham Adult Social Care</p> <p>- Lorna Fry, Head of SEND (0-25), LB Newham Children Social Care</p> <p>To book please email Autism.Commissioning@newham.gov.uk</p> <p>Open Support Surgeries for Autistic Residents takes place every 3rd Friday of the month</p>
<p>b)</p>	<p><u>VoiceAbility Advocacy</u></p> <p>Independent Advocacy Support for Autistic Residents</p> <p>Second Monday of every month 2:30pm-4pm The Resource Centre, 200 Chargeable Lane E18 8DW</p> <p>The Advocacy Drop ins are by appointment only – referrals from the VoiceAbility Website</p> <p>Email: SpeakOutNewham@voiceability.org</p> <p>Telephone: 0300 303 1660</p> <p>Website: www.voiceability.org</p>  <p>The flyer for VoiceAbility Advocacy features a purple header with the text 'VoiceAbility' and a central question: 'Do you want to speak out, be listened to and have your voice heard in local decisions?'. Below this, it asks 'Are you Autistic or do you have a learning disability?' and states 'We have a drop in group just for you. No need to book. Just come along and say hello.' The 'When and where?' section specifies 'The 2nd Monday of every month, The Resource Centre, 200 Chargeable Lane, E18 8DW' and provides two time slots: '10:30 - 12 noon: All ages who have a learning disability' and '2:30 - 4 pm: All ages who are autistic'. It also notes 'Hot drinks and biscuits provided' and lists contact details: 'Contact us: @voiceabilityadvocacy, 4, London Road, E16 1JH, London'.</p>
<p>5 <u>Employment Opportunities</u></p>	
	<p><u>Paid Roles: Newham Autistic Residents</u></p> <p>We are looking for an Expert Lead for Priority 2 of the Newham Autism Action Plan (Improving autistic children and young people's access to education, and supporting positive transitions into adulthood).</p> <p>For more info and to apply visit www.newham.gov.uk/downloads/file/9572/expert-resident-role-descriptions-2025</p> <p>If you would like to discuss the role or need support with your nomination, please contact: Autism.Commissioning@newham.gov.uk</p> <p>Applications must be received by 15th of each month (next deadline 15th March 2026).</p> <p>The round will continue if the vacancy is unfilled.</p> <p style="text-align: right;">Back to contents page</p>

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Funding

Local Newham Autism Grants £1K

This funding aims to encourage autistic residents in Newham to bid for delivering 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.



To apply for funding of up to £1000 please use the links: to view the [guide](#) To view the [application](#)

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.

You can also find more information about peer to peer support groups here: [Local autism support groups – Peer to peer support groups – Newham Council](#)

If you would like to discuss or develop your ideas further please email: Autism.Commissioning@newham.gov.uk

For more details about this grant, please see the [July newsletter](#)

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Media

NuSound Radio

Radio show: **Last Friday of every month 12pm-1pm autism slot.** Tune in to hear guest speakers discuss autism. This month Tiwa will be speaking about **Autism, Culture and Community: Breaking Isolation, Building Support** .

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;
- Tony Pape, Newham Council, Autism & Safeguarding Lead



Recordings of past shows archived here: [Radio interviews – Autism – Newham Council](#)

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8 World Autism Acceptance Week – 2-8 April 2026

a) Upcoming events planned for WAAW

World Autism Acceptance Week takes place in April, and we are pleased to announce some of the many activities planned to take place at Newham:

- Poetry Readings: join us for a relaxed afternoon sharing Poetry at a Library over a selection of refreshments and good company.
Neurodiversity, social work and belonging: a lived experience
- Newham University Hospital stall
- Friendship Club (including quiz)
- Hopeful Futures Art Exhibition
- Community Opportunities Day Service Lunch Celebration Mariner Road
- Launch of the new Autism [Employment webpage](#)

To find out more about WAAW check this link here:

[World Autism Acceptance Week 2026 – Autism – Newham Council](#)



b) 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: [World Autism Acceptance Week 2026 – Autism – Newham Council](#)

For more information please email: Autism.Commissioning@newham.gov.uk

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9	<u>Share Your Views</u>
a)	<p><u>'Do we need an 18-25 year old Autism Group? Tell us what you think</u></p> <p>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.</p> <p>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</p> <p>If you need more info or have any questions please email: autism.commissioning@newham.gov.uk</p>
b)	<p><u>Healthwatch Newham: 16-25 year old vape survey</u></p> <div data-bbox="300 898 1027 1787" style="border: 1px solid #ccc; padding: 10px; background-color: #e0f2f7;">  <p>Aged 16-25 and Vape? We Would Love to Hear From You!</p> <p>We want to know your thoughts and experiences with vaping.</p> <p>Your feedback will help shape future support and resources for young people.</p> <p>Scan the QR code or visit:</p> <p>https://survey.alchemer.eu/s3/90993186/youth-vaping-short</p>  </div> <p>To complete the survey please click the link below: https://survey.alchemer.eu/s3/90993186/youth-vaping-short</p> <p style="text-align: right;"><u>Back to contents page</u></p>

10	<u>Delivering Training Opportunity</u>
a)	<p><u>Oliver McGowan Mandatory Training on Learning Disability and Autism</u></p> <p>The Oliver McGowan Mandatory Training on Learning Disability and Autism (Oliver's Training) aims to provide the social care and health workforce with the right skills and knowledge to provide safe, compassionate, and informed care to autistic people and people with a learning disability.</p> <p>Autistic residents who would be interested in being trained to deliver the Oliver McGowan training please email Autism.Commissioning@newham.gov.uk</p> <p>For more information please click below: https://www.hee.nhs.uk/our-work/learning-disability/current-projects/oliver-mcgowan-mandatory-training-learning-disability-autism</p>
b)	<p><u>Pathological Demand Avoidance (PDA)</u></p> <p>Do you, your child or family member experience PDA? We would like to hear from you.</p> <p>Our Specialist Speech & Language Therapist would like to co-produce (and co-deliver if interested) a training package to deliver to Newham teachers, to educate and inform them about autism and PDA.</p> <p>If you are interested in finding out more or to sign up, please email Autism.Commissioning@newham.gov.uk</p> <p>*****</p> <p><u>Demand avoidance</u></p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 80%;"> <p>Everyone experiences 'demand avoidance' (resistance to doing something that is requested or expected of you) sometimes. However, here we use demand avoidance to mean the characteristic of a persistent and marked resistance to 'the demands of everyday life', which may include essential demands such as eating and sleeping as well as expected demands such as going to school or work. Although demand avoidance is widely acknowledged as a characteristic experienced by and observed in some autistic people (and potentially other neurodivergent, but not autistic, people). The overwhelming anxiety of realising that a demand cannot be avoided, or that these forms of resistance have been exhausted, may result in meltdown or panic, potentially including aggression. These states are usually out of the person's control.</p> <p>To read the full article please click here: https://www.autism.org.uk/advice-and-guidance/behaviour/demand-avoidance</p> </div> <div style="width: 15%; text-align: right;">  </div> </div> <p style="text-align: right;"><u>Back to contents page</u></p>

<p>11</p>	<p><u>Health and Wellbeing</u></p>
<p>a)</p>	<p><u>Well Newham</u></p> <p>Helping everyone in Newham to live well</p>  <div data-bbox="292 405 582 813"> <p>FIND LOCAL SERVICES</p>  <p>Find services in Newham that can support your health and wellbeing journey.</p> </div> <p>For more info: https://www.wellnewham.org.uk/</p>
<p>b)</p>	<p><u>5 Ways to a Healthier New Life Booklet</u></p> <p>You can now access the latest health and wellbeing information, as well as details of more than 100 local support services, in one helpful booklet.</p> <p>The 5 Ways to a Healthier Life booklet has been created by Newham Council, in partnership with the NHS, to help support your health and wellbeing.</p> <p>The booklet provides details on a range of topics, including:</p> <ul style="list-style-type: none"> • The Well Newham approach • Support for your physical and mental health • Financial guidance • Tips on how to maintain a healthy home <p>You can pick up a printed copy at one of our libraries and other locations across the borough.</p> <p>A dyslexia-friendly version of the booklet is also available on the Well Newham website, designed with clearer layouts, accessible fonts and improved readability to support all residents.</p> <div data-bbox="1054 927 1414 1368">  <p>This booklet has information on 5 ways to a healthier life and the FREE services in Newham to support your health and wellbeing.</p> </div> <p style="text-align: right;"><u>Back to contents page</u></p>

c) Shine Clinic - Young People Services



We offer dedicated **clinics for young people aged 21** and under at our West Ham Lane Health Centre

Appointments are discreet, confidential and completely **free**. You can just walk-in and wait, so there is no need to book an appointment in advance if you don't want to. We are open after school and colleges so that you can access the support you need at a convenient time.

Our Shine clinic offers:

- Advice and information
- Hormonal contraception - pills, patches, contraceptive injections, IUS' (coil), implants and vaginal rings
- Emergency contraception (the morning after pill – taken up to 5 days [or 120 hours] since you last had unprotected sex)
- Screening for sexually transmitted infections (STIs)
- Condoms and c-cards (condom cards)
- Support to access other services, such as abortion services if necessary.

Shine also provide programmes on relationships and sex education to young people living or studying in Newham. We accept self-referrals as well as requests from professionals.

Shine educational programmes can include sessions such as:

- Sex and the risks – STIs, pregnancy and contraception
- Healthy relationships
- Recognising abuse in relationships
- Sex and the law
- Building self esteem
- Assertiveness and saying no

For more information about the Shine clinic please click below:

<https://www.aleast.nhs.uk/shine/>

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.

When: Wednesdays, 4-8pm Booking an appointment can be done by email, text, phone or a request form. Find all the information [here](#)

ALL EAST

Visit one of our clinics

We offer appointments for a range of sexual health needs, advice and support.

For more information for Newham support services please click below:

<https://www.aleast.nhs.uk/find-a-clinic>

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d) Thriving Minds – Supporting Your Mental Health & Emotional Wellbeing Newham Families

Welcome to the Thriving Minds page where you can find services and resources to support you and your family’s mental health & emotional wellbeing journey.

Mental health and emotional wellbeing is the way we think and feel. When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – and often forget that looking after our minds is important too.

Information includes resources and Support for people over 18 years and Professionals. To check this out and more resources please click the link: <https://families.newham.gov.uk/kb5/newham/directory/advice.page?id=31EMb4kcplY>

12 Local Things to do or Activities

a) ANKH Place: Mother’s Day Special

Sunday 15th March 1pm-4:30pm
Plaistow fire station
142 Prince regent lane
E13 8RY

To register please click below:
[ANKH - Mother’s Day Special](#)

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b) ANKH Place: Easter Egg Hunt

Sunday 22nd March 1pm-4:30pm
Plaistow fire station
142 Prince regent lane
E13 8RY

To register please click below:
[ANKH - Easter Egg Hunt](#)



c) Sounds Better

**SOUNDS
BETTER**
music for wellbeing

**Music, dance and
drama workshops
for
SEND adults**

at Forest Lane Lodge, Forest Lane Park, Magpie Close, E7 9DE
Wednesdays and Fridays 10 till 12 and 1 till 3pm



more details from Kevin on 07846110890
or kevinplummer65@gmail.com

10 pounds for a 2-hour session

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d) All Ability Clubs: Bikeworks

All-Ability Clubs are designed for people with physical, sensory or learning disabilities, autism, people with health conditions and carers, to enjoy cycling by accessing an exciting range of adapted cycles. Including tricycles, side-by-side cycles, wheelchair-platform cycles and recumbents.

The FREE regular club sessions offer a social and friendly place to meet other people. Our friendly experienced team will provide advice on the right fit of cycles and any adaptations.

Carers, family members, and friends are welcome to join in and share the experience. Please note that one-to-one support is not provided — participants with complex needs must be accompanied by a carer, support worker, or companion. For quieter times join after 12pm.
From March 11th please see the timetable below:

Location 1: The Queen Elizabeth Olympic Park outside the Lee Valley VeloPark on Abercrombie Road, E20 3AB.

Time: Tuesdays and Thursdays, 10am to 1:30pm

Location 2: Central Park- across the path from the Central Park Cafe, E6 3AJ.

Time: Fridays, 11am-1pm

Location 3: Victoria Park, Grove Road, Bow, London, E3 5TB,

Time: Wednesdays, 9:30am-1:30pm



All Ability Clubs

For more info please click here: [All Ability Clubs | Bikeworks CIC](#)

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e) Better- Inclusive Activities

GLL started its 10-year partnership with Newham Council in April 2024 to deliver leisure services on behalf of the local authority under the brand 'Better'. The shared aim is to increase physical activity levels and improve the customer experience for Newham residents, both in leisure centres and within their local community.

We pride ourselves on a delivering a physical activity programme that everyone can access. We are able to offer physical activity sessions for people with disabilities in both leisure centres and in community venues across the borough.

Sensory Walks	Thursday 9:45am- 10:45am	Plasnet Park, E6 1DQ	FREE	No Booking Required
Pan-Disability Football	Saturday 10am- 11am (Fortnightly)	Newham Leisure Centre, E13 8SD	FREE	No Booking Required
Sensory Tennis	Saturday 12:15pm- 1:45pm	East Ham Leisure Centre, E6 2RT	FREE	No Booking Required

To find out more please click on the link below:

<https://www.better.org.uk/better-newham#newhaminclusionactivities>

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National

1	NHS England
a)	<p><u>Autism Statistics, January 2025 to December 2025:</u> <u>Autism waiting time statistics</u></p> <p>This is a series of publications documenting the experience of waiting times within autistic spectrum disorder (ASD) diagnostic pathways.</p> <p>These are experimental statistics and are published to involve users and stakeholders in their development to build in quality and reliability at an early stage. As such, they remain under constant review, although major changes to methodologies are made between reporting years in order to preserve time-series.</p> <p>To read the full publications please click here https://digital.nhs.uk/data-and-information/publications/statistical/autism-statistics</p> <p style="text-align: right;"></p> <p style="text-align: right;">Back to contents page</p>

2 Neurodiverse Resources

a) Attwood & Garnett Events: FREE Resources

Attwood & Garnett Events was founded by Professor Tony Attwood and Dr Michelle Garnett as part of their vision to expand awareness, understanding and acceptance of autism amongst parents, professionals and the broader community.

They are considered as internationally recognised experts in autism, with a combined knowledge and experience of over 80 years as clinical psychologists, authors, researchers and consultants. You will be delighted and informed with their passion filled presentations, sharing their experience with warmth and compassion. Michelle is also a late diagnosed AuDHDer.



**Autism and Horses:
The Powerful Impact
of Equine Interaction
for Autistic People**



**Q&A: Addiction and
Autism**



**Q&A: Autistic Girls and
Women**



Understanding Autism

For more info please click below:

<https://www.attwoodandgarnettevents.com/collections/free-resources>

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b) Autistic Burnout Webinar



Louise Chandler, award-winning creator, speaker and writer in neurodivergence, joins us to talk about autistic burnout, sharing her own lived experiences and offering helpful tips for managing it.

In this session, Louise covers:

- what autistic burnout is
- how might autistic burnout feel
- myths around autistic burnout
- tips for managing autistic burnout.
-

Watch now and sign up to the [Youth Network](#) for more webinars, support and resources

To watch the webinar please click below:

<https://www.youtube.com/watch?v=Moc0RUM3Wz8>



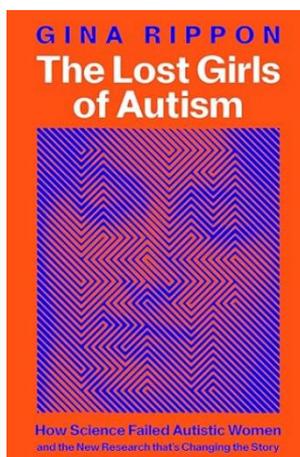
3 Book

a) The Lost Girls of Autism: The Untold Story of Women on the Spectrum

The history of autism is male. It is time for women and girls to enter the spotlight.

When autistic girls meet clinicians, they are often misdiagnosed with anxiety, depression, personality disorders – or receive no diagnosis at all.

In *The Lost Girls of Autism*, renowned brain scientist Gina Rippon delves into the emerging science of female autism, asking why it has been systematically ignored for so long. It is now becoming increasingly clear that many autistic women and girls do not fit the traditional, male, model of autism. Instead, they camouflage and mask, hiding their autistic traits to accommodate a society that shuns them.



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4 [Remembering Dame Stephanie Shirley](#)

Dame Stephanie Shirley passed away on August 9, 2025, at the age of 91

A child refugee who at five years old came to England without her parents, Dame Stephanie went on to found an all-woman software company that pioneered remote working and redefined the expectations and opportunities for working women at that time. It was ultimately valued at almost \$3 billion and made 70 of her staff millionaires.



Dame Stephanie's late son Giles was severely autistic and has been the inspiration behind her philanthropic work in the field of autism.

Dame Stephanie went on to establish The Shirley Foundation, one of the top fifty grant-giving foundations in the UK. With every new donation she became more strategic in her giving, seeking out projects with a clear sense of mission, priorities and focus. This included establishing two further significant autism charities: Prior's Court School for young people with complex autism, and Autistica, the UK's national autism research charity.

To find out more please click here: <https://www.steveshirley.com/story/>

5 [Health](#)

a) National Autistic Society: Sex Education



For some autistic adults, navigating sex, sexuality and relationships may be confusing or overwhelming.

As an autistic person, there may be certain aspects of social interaction you find difficult. This can make things like intimate relationships more complicated.

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	<p>For parents and carers, it can be difficult to know how to talk to your autistic child about sex and sexuality. To help you with this, we've put together some advice and resources on sex, sexuality and relationships.</p> <p>For more information please click below: https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education</p>
<p>b)</p>	<p><u>Dentists for Disabled Adults and Children</u></p> <p>A general dentist can be accessible for most people, with the right adjustments. You have a legal right to reasonable adjustments under the Equality Act.</p> <p>Some disabled adults and children need treatment from a specialist dental service. They are usually called a community dentist. To get support from a specialist dental service you need a referral from a general dentist, GP or other professional.</p> <p>For more info and advice please click the link below: https://www.scope.org.uk/advice-and-support/dental-care#main-navigation</p>

Social Media

	<p><u>YouTube</u></p>
	<p><u>The Superhumans That Exist Amongst Us - TEDx talk by Khurram Sadiq</u></p> <div data-bbox="306 1328 879 1673"> </div> <p>Today, 1 in 56 people are diagnosed with ASD and the male ratio is 4:1 to females. In this talk Dr Khurram points out why this ratio is actually 1:1 and why women are in the same level of danger as men.</p> <p>To watch please click here: https://www.youtube.com/watch?v=6QGMZxXVTPo</p> <div data-bbox="1155 1648 1350 1783"> </div> <p style="text-align: right;"><u>Back to contents page</u></p>