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1) Websites

| ONLINE RESOURCES | | | |
|------------------|---|----------|--|
| | Name of Event | Location | How to join |
| 1.1 | Stimpunks | Website | For more information click here |
| 1.2 | YoungMinds: Tips for Coping with Seasonal Affective Disorder | Website | Check out YoungMinds website for great info on staying well in the winter months and lots more |
| 1.3 | Turn2us: A national charity that provides practical information and support to those of us facing financial shocks. | Website | For more info click here |
| 1.4 | Newham Family Hubs | Website | For more info click the link here |
| 1.5 | Language, Communication & Interaction Service (LCIS) School Age Parent Training | Website | Please email LCIS for advice on accessing the support they offer: lcis@newham.gov.uk For more information click here |
| 1.6 | Care Knowledge- Articles and Guide | Website | <ul style="list-style-type: none"> • Adult Diagnosis of ADHD in Women: A Mixed Methods Investigation • Inner experiences, mental health, and well-being in autistic and non-autistic adults • Terminology Guide |

Websites

| ONLINE RESOURCES | | | |
|------------------|---|----------|---|
| | Name of Event | Location | How to join |
| 1.7 | Oliver McGowan Mandatory Training on Learning Disability and Autism | Website | Click here for more information |
| 1.8 | Demand Avoidance | Website | Click here to read the full article |
| 1.9 | National Autistic Society: Sex Education | Website | Click here for more information |
| 1.10 | Self-compassion in Autistic adults | Website | Click here to learn more and register for the free version. |
| 1.11 | Autism support services Post-19 | Website | Click here for more information |
| 1.12 | Pathological Demand Avoidance | Website | Click here for more information |
| 1.13 | Suicide Prevention for People with Autism | Website | Click here for more information |
| 1.14 | BBC: Autism diagnoses are on the rise – but autism itself may not b | Website | Click here to read the full article |
| 1.15 | Autistica: The autism assessment and diagnosis crisis | Website | Click here for more information and to read the full report |
| 1.16 | Autistica: How to make public transport more accessible for neurodivergent people | Website | Click here to read the full report |

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| 1. 17 | NAS: Autistic people in mental health hospitals | Website | Click here to read the full article |
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2) Articles/Reports

| ONLINE RESOURCES | | | |
|------------------|---|----------------|--|
| | Name of Event | Location | How to join |
| 2.1 | Delving into the Complexity of Unmasking Safely | Article/Report | To read the full article please click here |
| 2.2 | Spencer Health: Helping Kids Thrive During the Holidays: Coping with Changes in Routine | Article/Report | To read the full article please click here |
| 2.3 | Around 90% of Middle-aged and Older Autistic Adults are Undiagnosed in the UK, New Review Finds | Article/Report | To read the full article please click here |
| 2.4 | Finding Hope in Autistic School Burnout | Article/Report | Read Faith Street's recovery story and download the free workbook here |
| 2.5 | Article on UK Autistic Adults 65+ and Healthcare Support | Article/Report | To read the full article click on the link here |

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| 2.6 | Neurodiversity Employers Index - NDEI® Market Report | Article/Report | For more information click here |
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Articles/Reports

| ONLINE RESOURCES | | | |
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| | Name of Event | Location | How to join |
| 2.7 | 5 Ways to a Healthier New Life Booklet | Article/Report | Click here to view the booklet A dyslexia-friendly version of the booklet is also available on the Well Newham website |
| 2.8 | Autism Statistics, January 2025 to December 2025: Autism waiting time statistics | Article/Report | Click here to read the full publication |
| 2.9 | Research Article: Identification and support of autistic individuals within the UK Criminal Justice System | Article/Report | Click here to read the full article |
| 2.10 | Research article: Is camouflaging unique for autism? A comparison of camouflaging between adults with autism and ADHD | Article/Research | Click here to read the full article |
| 2.11 | Research Article: experiences of self-diagnosed autistic women and genderdiverse individuals who are not pursuing an autism diagnosis | Article/Research | Click here to read the full article |
| 2.12 | Ambitious about Autism: Relationships and intimacy my way: an autistic perspective | Article/Research | Click here to read the full resource |
| 2.13 | Research Article- Beyond self-regulation: Autistic experiences and perceptions of stimming | Article/Research | Click here to read the full article |
| 2.14 | NAS: Empowering Autistic Travel: Report Launch | Article/Research | Click here to read the report |

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| 2.15 | Neurodivergent insights: ADHD vs AUTISM Venn diagram | Article/Research | Click here to view the full diagram |
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Articles/Reports

| ONLINE RESOURCES | | | |
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| | Name of Event | Location | How to join |
| 2.16 | The unofficial ADHD test | Article/Research | Click here to view the resource |
| 2.17 | Autistic guide to healthy relationships | Article/Research | Click here to read the guide |
| 2.18 | Rapport in same and mixed neurotype groups of autistic and non-autistic adults | Article/Research | Click here to read the full research paper |
| 2.19 | Tracking the long-term outcomes of a supported employment internship programme for autistic adults without a learning disability | Article/Research | Click here to read the full research paper |
| 2.20 | Autism policy and services: Health and social care | Article/Research | Click here to read the full research briefing |
| 2.21 | Government welfare proposal | Article/Research | Click here to read the full article |
| 2.22 | 'Yes I am' – voices of autistic women from minoritised communities | Article/Report | Click here to read the report |

3) Videos

| ONLINE RESOURCES | | | |
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| | Name of Event | Location | How to join |
| 3.1 | Bedtime Stories for Adults | Video | <p>Here are a few links to try:</p> <ul style="list-style-type: none"> • The COZIEST bedtime story: The Rainy Day Bakery Sleep Storytelling • Calm Sleep Stories Stephen Fry's 'Blue Gold' • Bedtime Story to Help You Sleep The Underwater City BetterSleep • Deep Sleep Story – Inspired Story for Adults to Sleep (Travels and Dreams #1) |
| 3.2 | No.1 AuDHD Expert: What AuDHD Really Feels Like, This Habit Means You Have AuDHD! | Video | To watch please click here |
| 3.3 | Spectrum Film | Video | Click the here to watch the full movie on Video |
| 3.4 | Video: I have Autism | Video | Click here to watch the full video: |
| 3.5 | ADHD In Our Own Words - Youth made short film | Video | Click here to watch the video: |
| 3.6 | All East- Specialist Sexual Health Service in Newham | Video | Watch this short video on YouTube by clicking which explains the services All East offers |

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| 3.7 | Autistica Webinar: Understanding eating behaviour in autistic people and New Research Opportunities | Video | Click here to watch the video |
| 3.8 | The Party: a virtual experience of autism – 360 film | Video | Click here to watch the video |

Videos

| ONLINE RESOURCES | | | |
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| | Name of Event | Location | How to join |
| 3.9 | Autistic Burnout Video | Video | Click here to watch the video |
| 3.10 | Lecture - Peer support for autistic & neurodivergent young people | Video | Click here to watch the lecture |
| 3.11 | How to: Autism YouTube channel | Video | Click here to watch How to: Autism YouTube channel videos |
| 3.12 | Neurodivergent people in the criminal justice system: Identification, needs and vulnerability | Video | Click here to watch the video |
| 3.13 | Social Model Animation | Video | Click here to watch the video |
| 3.14 | Film: Sensory | Video | Click here to watch the film |
| 3.15 | NAS: It's how you show up | Video | Click here to watch the video |
| 3.16 | A Sensory Journey Through Alder Hey - Alex's Story | Video | Click here to watch the video |

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| 3.16 | Love on the Spectrum U.S. | Video | Click here to watch the video |
| 3.17 | Common misconceptions around Autism | Video | Click here to watch the video |

4) Podcasts

| ONLINE RESOURCES | | | |
|------------------|--|----------|--|
| | Name of Event | Location | How to join |
| 4.1 | Will a Review into Mental Health Fix a System in Crisis? The story | Podcast | Listen to the podcast here |
| 4.2 | NuSound Radio | Podcast | Recordings of past shows archived here |
| 4.3 | Holly Smale on Finding Love | Podcast | Listen to the podcast here |
| 4.4 | Podcasts | Podcasts | <ul style="list-style-type: none"> • 83 Tech and AI Tools for AuDHD Accommodations - AuDHD Flourishing Podcast on Spotify • What is Autism? - YouTube • The Neurodivergent Experience - Hosted by Jordan James, Simon Scott |

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| | | | <ul style="list-style-type: none"> • Thoughty Auti - The Autism Podcast Podcast on Spotify |
| 4.5 | London Autism Group Charity: Autism podcast | Podcast | Click here to listen |
| 4.6 | The Autism Curve | Podcast | Click here to listen |

5) Social Media

| ONLINE RESOURCES | | | |
|------------------|--|-----------|--|
| | Name of Event | Location | How to join |
| 5.1 | Instagram | Instagram | <ul style="list-style-type: none"> • neurodivergent lou • autistic callum • autiennele |
| 5.2 | 14 Triggers of Meltdowns | Instagram | @neurodivergent lou |
| 5.3 | TikTok: We Are Autistic | TikTok | We are autistic: <ul style="list-style-type: none"> • www.tiktok.com/@nicoleandthedogs/video/ • https://www.tiktok.com/video/ • https://vm.tiktok.com/ZGd2XpoCH/ |
| 5.4 | Light-hearted videos around autistic experiences | TikTok | <ul style="list-style-type: none"> • TikTok - Make Your Day • Autistic Horror Stories Compilation - Scary Videos for the Season TikTok |

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| | | | <ul style="list-style-type: none"> • Understanding Disability: Embracing Accommodations and Awareness TikTok |
| 5.5 | Autism WhatsApp Group | WhatsApp | If you haven't already registered with this group and would like to join, please email us on Autism.Commissioning@newham.gov.uk |

6) Apps

| ONLINE RESOURCES | | | |
|------------------|---------------------------------------|----------|--|
| | Name of Event | Location | How to join |
| 6.1 | Free Autistica App | App | For more information about the app click here |
| 6.2 | Olio App | App | Click here for more information and to download the app |
| 6.3 | Goblin Tools and Finch: Self-Care Pet | App | <ul style="list-style-type: none"> • Goblin Tools – Apps on Google Play • Finch: Self-Care Pet – Apps on Google Play |

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| 6.4 | Restful App | App | Restful App: Calm for ADHD, autistic & neurodivergent adults |
| 6.5 | Tappy | App | Tappy: Sensory Fidget & Focus App - App Store |
| 6.6 | Tiny decisions | App | Tiny Decisions – Apps on Google Play |

7) Support Services

| ONLINE RESOURCES | | | |
|------------------|---|-----------------|---|
| | Name of Event | Location | How to join |
| 7.1 | Newham Secondary Care Psychological Services | Support Service | For more information click here |
| 7.2 | Newham Family Hubs | Support Service | For more information click here |
| 7.3 | Language, Communication & Interaction Service (LCIS) School Age Parent Training | Support Service | Please email LCIS for advice on accessing the support they offer: lcis@newham.gov.uk For more information click here |

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| 7.4 | ELFT Befriending Service | Support Service | For more information click here |
| 7.5 | Peer to Peer Support Groups | Support Service | For more information click here |

8) BBC iPlayer

| ONLINE RESOURCES | | | |
|------------------|-------------------|----------|--|
| | Name of Event | Location | How to join |
| 8.1 | BBC: About autism | BBC | BBC iPlayer <ul style="list-style-type: none"> • Talk disability: you don't look autistic Documentary • Inside our autistic mind Documentary • Christine McGuinness: Unmasking my autism Documentary • Dinosaur Comedy show |
| 8.2 | The Assembly | BBC | Click here to watch The Assembly on BBC iPlayer |

9) TEDx Talks

| ONLINE RESOURCES | | | |
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| | Name of Event | Location | How to join |
| 9.1 | Treat Yourself Like Someone You Love (How To Learn To Love Yourself) Adam Roa TEDxKlagenfur | TEDx Talks | To view the TEDx Talks click here |
| 9.2 | The Superhumans That Exist Amongst Us - TEDx talk by Khurram Sadiq | TEDx Talks | Click here to watch the video |

10) Free Training

| ONLINE RESOURCES | | | |
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| | Name of Event | Location | How to join |
| 10.1 | Newham Recover College | Free Training | Sign up with the link here |
| 10.2 | Free Online Understanding Autism Course with Certificate | Free Training | For more information click here |

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| 10.3 | Oliver McGowan Mandatory Training on Learning Disability and Autism | Free online training | Click here for more information |
| 10.4 | Attwood & Garnett Events: FREE Resources | Free Training | Click here for more information |
| 10.5 | Lecture- Peer support for autistic & neurodivergent young people | Free Training | Click here to watch the lecture |
| 10.6 | Beyond Autism: FREE Introduction to autism – a course for parents, families and carers | Training | Click here for more information and to enrol |

11) Other Resources

| ONLINE RESOURCES | | | |
|------------------|----------------------------|------------------|--|
| | Name of Event | Location | How to join |
| 11.1 | Newham Neighbourhood Forum | Local engagement | For more information to get involved click the link here |
| 11.2 | ADHD Resources | Resource | Click here to view the resources |

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| 11.3 | London Ambulance Service Autism strategy and a 'what to expect' section to support autistic residents | Autism Strategy | Click here for more information |
| 11.4 | Newham Action Plan: Lets Talk Autism: An all-age integrated plan co-produced with local residents | Autism Strategy | Click here for more information |
| 11.5 | Newham Autism Information and Resource Pack | Free Online Resource | Click here to view the pack |
| 11.6 | Know Yourself - a series of videos, pdfs and worksheets, to support autistic teenagers to understand what being autistic means to them. | Free Online Resource | Click here to view the resources |
| 11.7 | Employment Support for Autistic People | FREE Online Resource | Click here to view the resource |

Other Resources

| ONLINE RESOURCES | | | |
|------------------|-----------------------|----------------------|--|
| | Name of Event | Location | How to join |
| 11.8 | Worksheet for Parents | Free Online Resource | Click here to view the worksheet |
| 11.9 | Worksheet for Schools | Free Online Resource | Click here to view the worksheet |