

Autism Monthly News Round-up

April 2026

18th edition

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If you have anything autism related you would like to share, please email:
autism.commissioning@newham.gov.uk



Sign up now! If you would like to receive an 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 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 style="text-align: center;"><u>World Autism Acceptance Week 2nd – 8th April (WAAW 2026)</u></p>
	<p><u>Newham Autism Launch</u></p> <p>Please join the Newham Autism Strategic Lead, Commissioner to launch a range of new and exciting autism resources and support groups. Whether you are a professional, local organisation, general public interested in autism, family, friends, carers or diagnosed, suspected or self-diagnosed autistic person – all welcome.</p> <div style="text-align: center;">  </div> <p>Wednesday, April 8, 2026 1:00 PM-2:00 PM Please click this link to join online on teams</p>
	<p><u>Programme and Resources</u></p> <p>Please join in to celebrate WAAW 2026. We have a range of events and activities during and leading up to WAAW, extending over the month of April.</p> <p>This includes Newham’s launch event, a new 16 page resource pack for practitioners & the autistic community, City of London Police Autism Insights, the London Fire Brigade Autism Open Day event and Autism Information Stalls at Newham University Hospital, Surgical Ward and a number of other locations in the borough.</p> <p>(cont)</p> <div style="text-align: right;">  </div> <p style="text-align: right;">Back to contents page</p>

	<p>For more information on WAAW event and resources please scan the code in the poster or use this link: https://www.newham.gov.uk/health-adult-social-care/autism/8</p>
2	<p>Autism Newsletter Change</p>
	<p>The Autism Newsletter is produced in joint partnership with Newham Council & the Autism Diagnostic Service.</p> <p>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; • 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> <p style="text-align: right;">Back to contents page</p>
3	<p>Newham Peer Support Groups</p>
	<p><u>Carers of Autistic Adults Peer Support Group</u></p> <p>Monday 6th April, 11am-12:30pm 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. 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 4th May, 11am-12:30pm Central Park Cafe</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</p> <p>The Resource Centre, 200 Chargeable Lane, E13 8DW</p> <p>Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org</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 11th April 2026</p> <p>There will be a special quiz in celebration of world autism acceptance week. The quiz theme will be autism trivia and there will be prizes!</p> <p>Beckton Globe Library 1 Kingsford Way, London E6 5JQ</p> <p>Second Saturday of the month 2pm – 3:30pm</p> <p>To register your interest please email: shamilla.kumari@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p> 
4	<u>**New Autism Support Groups**</u>
	<p><u>Open Adults Autism Peer Support Group (extended)</u></p> <p>This is an open autism peer support group, a gentle, welcoming space to connect with others who understand. Come as you are. No fixing, no masking, no pressure to explain yourself. We share, we listen, we learn, and sometimes we simply sit together in understanding. Whether you're newly exploring autism or have long known yourself, you are welcome here.</p>
	<p><u>Carers of Autistic Young People Peer Support Group</u></p> <p>This group is a welcoming space for parents and carers of autistic young people to connect, share experiences, and support one another. Whether you're navigating new challenges, celebrating progress, or simply looking for people who understand, you'll find a compassionate community here.</p>

	<p>Talk, listen, exchange ideas, and learn from others who are on a similar journey. It's a chance to build confidence, reduce isolation, and explore practical strategies in a relaxed, friendly environment.</p>
	<p><u>Music & Dance Stage Show</u></p> <p>This group is open to autistic people with an interest in creativity. Whether you already have experience or you're simply curious to try something new. Come along and connect with others who share a love of music and dance.</p> <p>It's a welcoming space to express yourself, explore your creative side, and build confidence by performing in front of others at your own pace. No pressure, no expectations; just a chance to enjoy music, movement, and community. Percussion instruments including drums and guitar used.</p>
	<p><u>Work Coaching for Autistic People</u></p> <p>Working well together: a course for autistic people in work or seeking work</p> <p>An online course designed to help autistic adults in Newham build confident, healthy working relationships. You will learn clear communication tools, ways to manage misunderstandings, strategies for difficult conversations, and how to navigate workplace expectations while minimising masking and burnout.</p> <p>It will be a supportive and confidential space to grow skills, share ideas, and feel more confident at work.</p>
	<p><u>Learning Hub for 13-17 year olds</u></p> <p>The Autism Low-Demand Learning Hub. A free, zero-pressure online study group for autistic teenagers (aged 13–17) in Newham to feel more confident with GCSE Maths and English.</p> <p>You can drop in for Maths (from 4 pm), English (from 4:50 pm), or stay for both! Funded by the Newham Autism Small Grants, this is a safe, neuro-affirming space for learning.</p>
	<p>If you are interested in registering for any of these new support groups please email Autism.Commissioning@newham.gov.uk and join us at the Autism Launch event (see article 1 above) to find out more about the groups and what they offer. The facilitators of these groups will be present.</p> <div style="text-align: center;">  </div> <p style="text-align: right;">Back to contents page</p>

5 [Advocacy and Support Surgeries](#)

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



Open Support Surgeries for Autistic Residents

Do you need to speak with a senior professional about your social care needs, or are you struggling and having suicidal thoughts?

Book a 30min slot at the next Open Surgery to have your concerns heard:

Friday 17 April 2026

- Tony Pape, Autism Team Manager, LB Newham Adult Social Care

- Gemma Rowan, Suicide Prevention Lead, Papyrus

Gemma works for [Papyrus](#), a charity that works to prevent suicide amongst young people. She welcomes anyone to join her and is open to hear your story and give advice and support as needed.

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.

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6 [Share your Views](#)

Sharing Experiences of Newham Hospital

Would you like to share your journey as an autistic person using Newham Hospital? Barts Health are keen to listen to autistic voices to understand how they can support autistic people in accessing health services.

We know autistic people experience barriers to health care with primary obstacles including communication challenges, sensory overload, inadequate staff training, and anxiety, often resulting in untreated conditions and a higher rate of A&E usage.

	<p>Hearing your journey will help Senior Staff understand how Newham University Hospital can better support autistic patients accessing services, including making reasonable adjustments, changes to practices, targeted training, to deliver a service that is fit for purpose.</p> <p>If you would like to share your journey with Senior Members of Barts Health please email Autism.Commissioning@newham.gov.uk</p>
<p>7</p>	<p><u>NuSound Radio</u></p>
	<p>NuSound Radio show: Last Friday of every month 12pm-1pm autism slot. Tune in to hear guest speakers discuss autism.</p> <p>Previous guest speakers on the show include:</p> <ul style="list-style-type: none"> • 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 • Trish & local autistic resident from VoiceAbility <p>Recordings of past shows archived here: Radio interviews</p> <div data-bbox="592 1084 954 1444" data-label="Image"> </div> <p style="text-align: right;">Back to contents page</p>
<p>8</p>	<p><u>Employment Opportunity</u></p>
	<p><u>Paid Roles: Newham Autistic Residents</u></p> <p>Paid Roles: Newham Autistic Residents 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: https://www.newham.gov.uk/downloads/file/9572/expert-resident-role-descriptions2025</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 April 2026). The round will continue until the vacancy is filled.</p>
9	<p>Autism Community Work Opportunity</p>
	<p><u>Hairdresser: Autism Friendly Service</u></p> <p>Hairdresser for autistic people</p> <p>Do you know of a hairdresser that provides autism-friendly services for adults and children?</p> <p>We would like to work with a local hairdresser to deliver these services from one of our local community venues.</p> <p>If you know of a local autism-friendly hairdresser willing to work from a community venue please put them in contact with us on: Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p>
10	<p>Health and Wellbeing</p>
	<p>Cancer and Your Wellbeing Workshop delivered in partnership with Newham's Macmillan Cancer Support service, Barts Cancer Psychological service and Newham Talking therapies.</p> <p>To register your interest in attending a workshop please use the contact details in the poster below</p> <p>Newham University Hospital (NUH), Education centre, Zone 2, E13 8SL</p> <ul style="list-style-type: none"> • Tuesday 28th April, 10:30am -1:30pm • Tuesday 23rd June 2026 10:30am -1:30pm <p>Key information about the workshop:</p> <ul style="list-style-type: none"> • Suitable for anyone with a cancer diagnosis, living with cancer or has experience of cancer (age 18+) • Workshops are designed to support all tumour groups and at any stage of their cancer journey. • 2.5 hour workshop with breaks and refreshments provided. • Guest speaker from NUH dietetic team • These workshops are single, standalone sessions aiming to provide educational information and evidence-based strategies on how you can look after your wellbeing with cancer • Opportunity for peer support, learning, connecting with others who share a lived experience of cancer.

MACMILLAN CANCER SUPPORT

Newham Talking Therapies
Community Psychological Service & Employment Support

NHS Barts Health
NHS Trust

CANCER AND YOUR WELLBEING WORKSHOP

JOIN US FOR A FREE WORKSHOP TO UNDERSTAND YOUR WORRIES WITH CANCER AND SHARE HELPFUL STRATEGIES TO LOOK AFTER YOUR WELLBEING.

WHO CAN ATTEND?

OPEN TO ANYONE WITH A CANCER DIAGNOSIS OR EXPERIENCE LIVING WITH CANCER.

TO REGISTER FOR A PLACE OR FOR MORE INFORMATION PLEASE CONTACT MACMILLAN

T : 020 7363 8758
E : bartshealth.macmillannuh@nhs.net

WHEN?

Tuesday 3rd February 2026
10.30am - 1.30pm

Tuesday 28th April 2026
10.30am - 1.30pm

Tuesday 23rd June 2026
10.30am - 1.30pm

WHERE?

NEWHAM UNIVERSITY HOSPITAL
ZONE 2, GROUND FLOOR,
EDUCATION CENTRE,
E13 8SL

Refreshments and light snacks provided.

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11 [Newham Heritage Centre](#)

We are so excited to announce that we have been awarded funding from [@HeritageFundUK](#) to complete the transformation of Grade II-listed Canning Town Old Library into Newham Heritage Centre 🇬🇧

This project will see this much-loved building finally come back into community use as the new home of both Newham Council's historic collections and a dynamic programme of cultural activities for all. Once open in early 2027, the centre will transform access to Newham's archive of over 400,000 items whilst allowing for the borough's museum collection to go on display for the first time in over 30 years.

We cannot wait to share further updates for you as this project moves forward. A huge thank you to [#NationalLottery](#) players for making this possible!



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12 [Local Things to do or Activities](#)



OPEN DAY

Plaistow Fire Station

145 Prince Regent Lane Plaistow E13 8RY
 Saturday, 4 April 2026 12pm–4pm



- A fun filled day tailored especially for the Autistic community of all ages
- Designed to be welcoming, inclusive, and sensory-considerate
- Food, activities, music and fun on the fire engine



Please scan the QR code to register your interest in attending



SAVE THE DATE!
GR8 DAY 2 PLAY
 AN EVENT FOR NEWHAM SEND YOUNG PEOPLE AGED 0-25

ALONG WITH THEIR FAMILIES, PARENTS, CARERS & GUARDIANS

Location
 East Ham
 Leisure Centre
 324 Barking Rd,
 London E6 2RT

Date
 April 11th 2026

Time
 11-4pm

Questions?
 Please read our FAQs or get in touch with
 Alana.Lukens@newham.gov.uk
 07977 744556

YOU TH EMPowerMENT
 Newham London
 GLL better for everyone
 Food4Me

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Bridget's Cafe

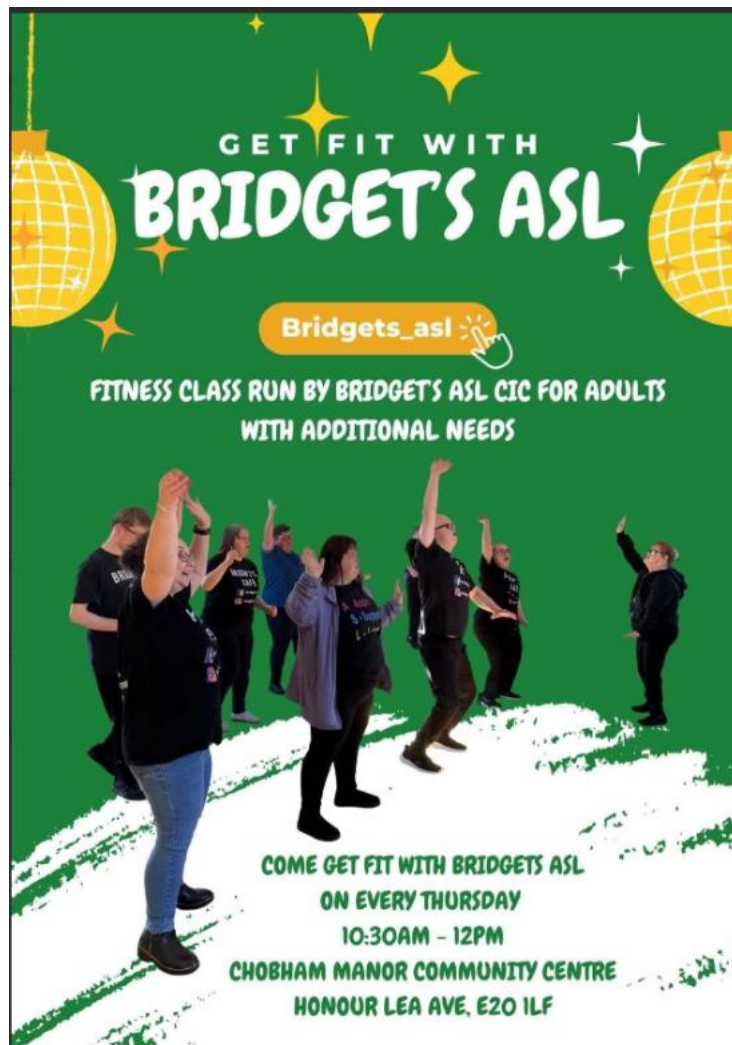
Get Fit with Bridget is open to residents aged 18+ who have a learning disability or are autistic.

This is a fun, accessible Zumba-style class.

This is connected to Bridget's Cafe / Aspire Support Learn (ASL) that has a cafe in Chobham Manor that provides training and support for residents with Down Syndrome or other support needs.

[Bridget's Cafe](#)

Address: 1-3 Brevet Parade, Honour Lea Ave, Chobham Manor, London E20 1LF



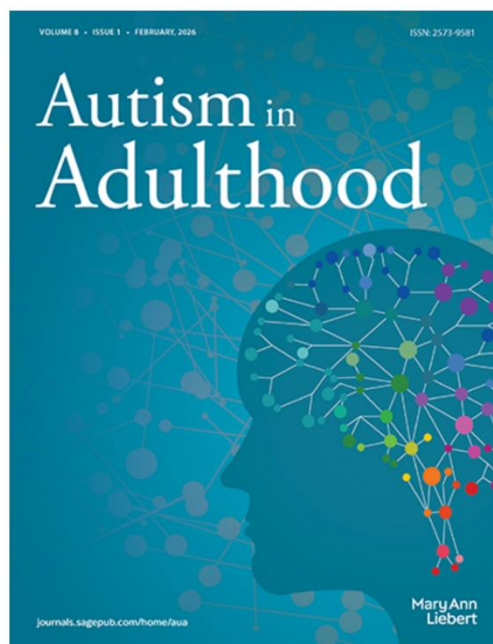
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National

1 [Neurodiverse Resources](#)

Sage Journals: Autism in Adulthood Research Articles

Sage Journals



This journal publishes research and scholarship on the most pressing issues affecting adults on the autism spectrum, from emerging adulthood to later life. Using original research, in-depth analysis, and inter-professional dialogue, the journal provides new insights and evidence to promote practice, systems, and policy change.

“You Become Yourself, Your Full Self, the True Self”: A Systematic Review of Neurodivergent Adults’ Experiences of Identity Reconstruction Following Diagnosis of Autism and/or ADHD in Adulthood

Growing numbers of adults are being diagnosed as autistic or having ADHD later in life, leading to a range of emotional responses and queries around identity. This review explores the process of identity reconstruction in late-diagnosed autistic and ADHD adults, examining both shared and distinct aspects of identity in each group, to better understand how diagnosis affects self-perception and to guide future post-diagnostic support.

To find out more please click the link below:

<https://journals.sagepub.com/doi/10.1177/25739581261427260?int.sj-abstract.similar-articles.2>

Identifying as Autistic Without a Formal Diagnosis: Who Self-Identifies as Autistic and Why?

(Cont)

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Adults increasingly self-identify as autistic without a formal diagnosis, yet little research has systematically investigated (a) the unique characteristics, experiences, and needs of self-identifying adults and (b) their preferences regarding diagnosis. Understanding the unique needs and preferences of self-identifying adults is necessary to better support them.

To find out more please click the link below:

<https://journals.sagepub.com/doi/10.1177/25739581251409920>

To read other research articles please click the link below:

https://journals.sagepub.com/home/aua?utm_source=selligent&utm_medium=email&utm_campaign=jrnl_dec_subdr_multi_liebert-launch-journey&utm_content=26j2093900_b&utm_term=&m_i=OguOYCqK9Xgglw3nPROobjEW7IPx%2BLtfOODg9Eewa7PgL1aY_5Y2u4pHzYsxpKE77uI9IE4dMFYL9UqGZnuaGXHR5LIHSFs_VzOS&nbid=55771989&nbid_source=slgn_t&M_BT=1555265995292557#skipNavigationTo



Neurodivergence Task and Finish Group: Report



The conclusions and recommendations of the independent review into ways to support neurodivergent children and young people in mainstream education settings.

Please click on the link below to read the report (there is also an easy read version too):

<https://www.gov.uk/government/publications/neurodivergence-task-and-finish-group-report>



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Healthwatch Report: More than a Diagnosis: What Families with ADHD and Autism Need to Thrive

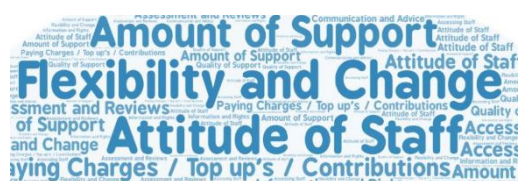


	<p>Healthwatch Wakefield sought to explore the experiences of local families with children who are waiting for a diagnosis or have been diagnosed with ADHD and/or Autism. Their focus was understanding how these experiences can affect families, what could help to improve their experience, and what gaps and barriers there are to accessing these services.</p> <p>This report shares the experiences of 5 local families as they navigate the emotional and exhausting journey of Autism and ADHD with their child.</p> <p>When a parent first notices differences in their child’s development or behaviour is the start of a process of understanding their child’s needs. At this time, they may face challenges in having their questions and concerns taken seriously by family, friends and professionals. For children, these differences may be felt but not always understood, sometimes leading to a sense of being set apart from their peers.</p> <p>Nurseries and schools can play a key role in identifying needs and providing. However, experiences are varied. While some families find schools helpful, others encounter limited understanding, and additional pressures. Children may also try to fit in at school and behaving differently causes a strain which emerges in behaviours in the place they feel safe, which is at home. Families who feel that their concerns aren’t believed feel isolated and unsupported .</p> <p>Families often find strength in increased knowledge, peer networks, and supportive environments outside of clinical pathways. Families with greater capacity, time, or financial means can often navigate the system more successfully, raising issues of equity and fairness in current support models.</p> <p>This report is clear: disability is not the barrier. A diagnosis alone will never be enough. What matters is how families are supported, empowered, and included. Families shouldn’t just survive the process; they should be able to thrive. The pathway must put families at the centre. It must build their capacity, protect them, and nurture them through what is often a difficult journey.</p> <p>To read the full report please click here: https://nds.healthwatch.co.uk/reports-library/more-diagnosis-what-families-adhd-and-autism-need-thrive-0</p> <p style="text-align: right;"><u>Back to contents page</u></p>
2	<u>Share your Views</u>
	<p><u>Adult Social Care Survey</u></p> <p>The Big Check in - Share your experience of Health and Social Care 2026</p> <p>Have your say about Health and Social Care</p>

We are the Be Human movement, which is hosted by In Control Partnerships and supported by many people focussed organisations.

We have set up this initiative with and led by people who draw on health and support because we believe it is important to maintain a public record of how disabled people and those who require care and support experience accessing health and social care. It will be used to increase transparency and to influence the future policy and practice of government, the NHS and local councils. By sharing your experiences and views you will help to protect people's lives and their future wellbeing.

<https://puttingpeoplefirst.limeask.com/326247?lang=en>



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SEND Reform: Putting Children and Young People First



Consultation description

We are consulting on proposals to reform the special educational needs and disabilities (SEND) system.

The consultation document explains the changes we plan to make and asks for comments from everyone with an interest.

The changes aim to improve help and support for children and young people with SEND across the [0 to 25 years system](#).

We would like to hear from everyone who has an interest in the reforms including:

(cont)

- children, young people and families
- teachers and leaders
- schools and trusts

The proposals may also be of interest to:

- early years providers
- post-16 providers
- local authorities
- experts and academic organisations
- representative groups

For more info and to share your views please click the link below:

<https://consult.education.gov.uk/send-strategy-division/send-reform-putting-children-and-young-people-firs/>

Closes 18 May 2026

Contact: SENDreform.CONULTATION@education.gov.uk

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3 [Learning, Awareness and Inclusion](#)

BBC article: Autistic Fans Help Shape Comic Convention Guidance

Hundreds of autistic people from around the UK have helped shape new guidance on how to make comic festivals and conventions welcoming.

Researchers were taken aback by how many fans took part in an online survey on the issue, as part of the University of Cambridge project.

Prof Jenny Gibson, who expected a few dozen responses, said: "That tells you how many autistic fans there are out there and how much appetite there is for change."

The year-long project identified about 40 potential ways to make the festivals autism-friendly. The guidance has also been turned into a 10-page comic.

To read the full article please click the link below:

<https://www.bbc.co.uk/news/articles/c4g5jpp1eelo>



THE COLLABORATION FOR COMICS AND ALTIUM/DEKKO COMICS
 Specialist publisher Dekko Comics transformed the guidance into a 10-page comic

4 Employment Support

King's Trust: Development Awards: Free funding to train or start work

What are Development Awards?

Development Awards are small grants for young people who need financial support to access education, employment, training, or structured volunteering.

The amount of each award depends on your unique needs, future career goals, and personal development plans. Awards are available from £10 right up to a maximum of £500.

If you're aged 16 to 30 and not currently working or in education, you could be eligible.

For more info and to apply please click the link below:

<https://www.kingstrust.org.uk/how-we-can-help/free-funding-to-train-or-start-work>



Kings' Trust: Get your CV, Cover Letter or Job Application answers reviewed

Date: Ongoing

Age: 16 -30

Get your CV, Cover Letter or Job Application answers reviewed by our brilliant corporate volunteers, who will provide feedback to help you get an interview!

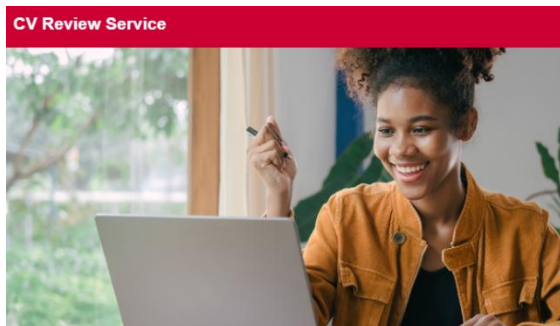
Volunteers are from corporate companies such as Barclay's, Tesco, Royal Bank of Canada and more! All will provide high quality feedback in word comment boxes.

Please send your CV, Cover Letter or Job Application as a Word document and we will return it to you within 5 working days.

To use this service, please send your CV and/or other documents to the email using the link below.

CVReview@kingstrust.org.uk

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Ambitious About Autism: Understanding workplace etiquette and expectations

Starting a new job or placement can feel confusing — especially when no one explains the "unwritten rules".



Things like how to communicate professionally, what workplace etiquette really means, and what employers expect aren't always clearly explained.

That's why the Employ Autism team has created a new guide to workplace etiquette and employer expectations. It breaks everything down in a clear, simple way.

Inside the guide, you'll find:

- what workplace etiquette means
- tips for understanding and navigating unwritten rules
- practical strategies you can use in real-life situations
- reflections from young people who've been through it themselves.

You can download the guide now on the [Youth Network](#).

For more info and to sign up to the youth network please click the link below:
<https://www.ambitiousaboutautism.org.uk/>



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Ambitious About Autism: Looking for help with managing your pay?

We've created a practical guide to help autistic young people understand their payslip, plan their spending and savings, and manage their money with confidence each month.

This guide includes:

- information about understanding your payslip.
- budgeting tips, including planning for bills, savings, and spending money for things you enjoy.
- where to get support – links to free, reliable help if you need it.

You can download the guide now on the [Youth Network](#).

For more info and to sign up to the youth network please click the link below:
<https://www.ambitiousaboutautism.org.uk/>



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5 [Webinar](#)

Insight Webinar: Lloyds Banking Group

We're delighted to invite you to the Virtual Insight Session with [Lloyds Banking Group](#) National: Y10 & 11/ S3 & S4

This event is for: Year 10-11 students (S3-4 in Scotland, ages 14-16) curious about careers in banking, technology, and business.



Date: Thu 21st May
Time: 9:30AM - 10:30AM

By joining this insight webinar, you'll discover how banks influence everyday life – from online purchases and saving for the future to helping families buy their first home. You'll also explore the variety of roles available and the skills that can help you succeed in a fast-moving industry.

Agenda

This is what your day could look like...

- Welcome and the big picture: Who Lloyds Banking Group are and the impact they make
- Inside a bank: Exploring different departments and career pathways
- Real-life journey: A current apprentice shares their experience and day-to-day role
- Pathways and skills: Apprenticeships, T-levels, and what employers look for
- Live Q&A and next steps

	<p>Do not miss out and register on our website here: https://uptree.co/events/lloyds-bank/858790026/</p> <p>All the best,</p> <p>The Uptree Team</p> 
6	<u>Family Support Services</u>
	<p><u>Autism Central</u></p>  <p>What is Autism Central?</p> <p>Autism Central is the national peer education programme offering autism support for families and support networks of autistic people of all ages in England. The programme is delivered by Anna Freud and commissioned by the NHS.</p> <p>We offer families education, coaching and connection through resources, one-to-one peer support, and group learning events. Everything we do is fully co-produced and co-delivered with autistic people to ensure support is shaped by lived experience.</p> <p>Our autism support for helps parents, families and support networks:</p> <ul style="list-style-type: none"> • build knowledge and confidence • understand autistic experiences of joy, distress, and wellbeing across the lifespan • advocate effectively for their loved ones • support wellbeing and reduce the risk of hospitalisation. <p>Please click on the link below to find out more: https://www.autismcentral.org.uk/autism-support-parents-families-and-support-networks-information-professionals</p> <p style="text-align: right;"><u>Back to contents page</u></p>
	<p><u>Medication Pathway</u></p> <p><u>Medication Pathway</u> is from the Challenging Behaviour Foundation (CBF) and is for families who have loved ones with more severe learning disability and whose behaviour can be thought to be challenging.</p> <p>It includes information on how to be included in decision-making and challenge long-standing medication no longer thought to be beneficial or is causing significant side effects.</p> <p>(cont)</p>

We're making a difference to the lives of children and adults across the UK through:

- providing [information](#) about challenging behaviour
- peer support groups for family carers and professionals
- [supporting families](#) by phone or email
- running [workshops](#) to reduce challenging behaviour
- speaking up for families nationally



STOMP STAMP Family Guide

[STOMP STAMP family guide](#) is a co-produced resource to help family carers to understand more about medication and suggests questions to ask clinicians, especially in relation to children and young people.

STOMP stands for
Stopping The Over-Medication of children and young
People with a learning disability, autism or both

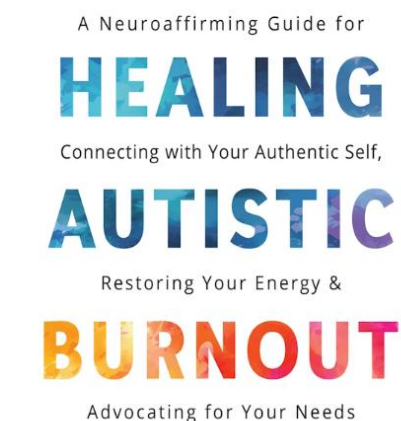
STAMP stands for
Supporting Treatment and Appropriate Medication
in Paediatrics

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7 [Book](#)

Healing Autistic Burnout

A Neuroaffirming Guide for Connecting with Your Authentic Self, Restoring Your Energy, and Advocating for Your Needs
by Sharon Kaye O'Connor Foreword by William Stillman



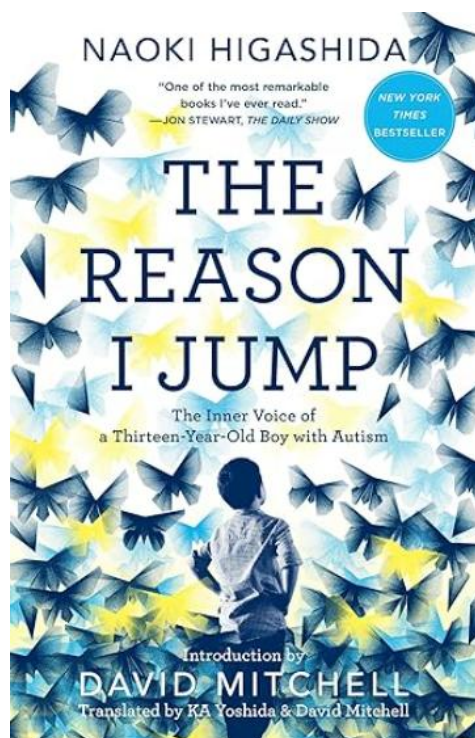
It's time to prioritize self-care, advocate for your needs, and heal from autistic burnout. Written by an autistic therapist for autistic readers, this compassionate guide can help you get started.

Healing Autistic Burnout offers mindfulness and self-reflective exercises to help you overcome the symptoms of autistic burnout—including emotional overwhelm, sensory overstimulation, and mental exhaustion. With this powerful guide, you will find neuroaffirming strategies to nurture rest and recovery, cultivate greater self-awareness and understanding, and advocate for your needs.

You'll also find tips and tools to help you preserve your energy, stay present in the moment, improve communication with others, set boundaries when needed, and tune in to your individual needs and strengths

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The Reason I Jump



The Inner Voice of a Thirteen-Year-Old Boy with Autism
by Naoki Higashida (Author), Ka Yoshida (Translator), David Mitchell (Translator)

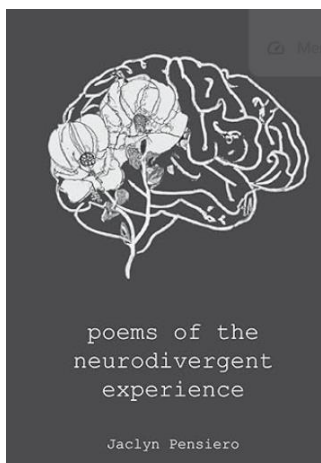
You've never read a book like *The Reason I Jump*. Written by Naoki Higashida, a very smart, very self-aware, and very charming thirteen-year-old boy with autism, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents and family members who never thought they could get inside the head of their autistic loved one at last have a way to break through to the curious, subtle, and complex life within.

Poems of the Neurodivergent Experience

Jaclyn Pensiero is an autistic adult who received a late diagnosis at the age of 24. Despite always feeling different, she struggled to understand the reasons behind it for many years. However, in the past year, her deep dive into learning about autism spectrum disorder has provided her with the tools to articulate her complex emotions.

Through her poetry, she found solace during difficult times and finally managed to express the confusion that has persisted throughout her life. By sharing her collection of poems, she aims to create a sense of belonging for others, making them feel less alone, and encouraging them to process their own emotions.

Explore a poignant collection of poems that vividly portrays the author's journey as an autistic individual, delving into the depths of emotions with authenticity and resonance.



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8 [Things to do or Activities](#)

Free World Autism Awareness Day Screening: Amélie



Join us for a free preview screening of Amélie to celebrate World Autism Awareness Day and ahead of its 25th Anniversary cinema re-release.

When: Thursday, April 2, 2026, 2:00 PM - 5:00 PM

Where: BLOC Cinema, ArtsOne, Mile End

For more info and to book please click here:

<https://www.qmul.ac.uk/bloc/events/items/free-world-autism-awareness-day-screening-amelie.html>



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LONDON MUSEUM



London Museum Docklands

Pop along to our beautiful riverside setting and step into 400 years of Docklands history – free and open to all.

Neurodivergent visitors

We run quiet sessions with all sounds lowered every Monday during school term between 3–4.40pm. You can join in with sensory object handling sessions and feel free to use our quiet spaces.

Child-sized ear defenders can be borrowed from the Information Desk. You can also download our sensory map at the top of this page to identify sensory-friendly spaces in the museum.

Monday to Sunday:
10am – 5pm
Free entry

No. 1 Warehouse
West India Quay
London E14 4AL

To plan your visit and to find out more info please click the link below:
<https://www.londonmuseum.org.uk/docklands/>

Natural History Museum: Wildlife Photographer of the Year



Our globally acclaimed exhibition invites you to view the top 100 images and:

- get a unique glimpse into the beauty, drama and complexity of the natural world
- explore insightful captions and films that reveal how the images highlight critical conservation issues
- experience an emotional call to connect with nature, knowledge and action
-

Step into a world of wonder, where every image tells a powerful story.

For more info please click here:

<https://www.nhm.ac.uk/visit/exhibitions/wildlife-photographer-of-the-year.html>

Wildlife Photographer of the Year Relaxed Exhibition Viewing

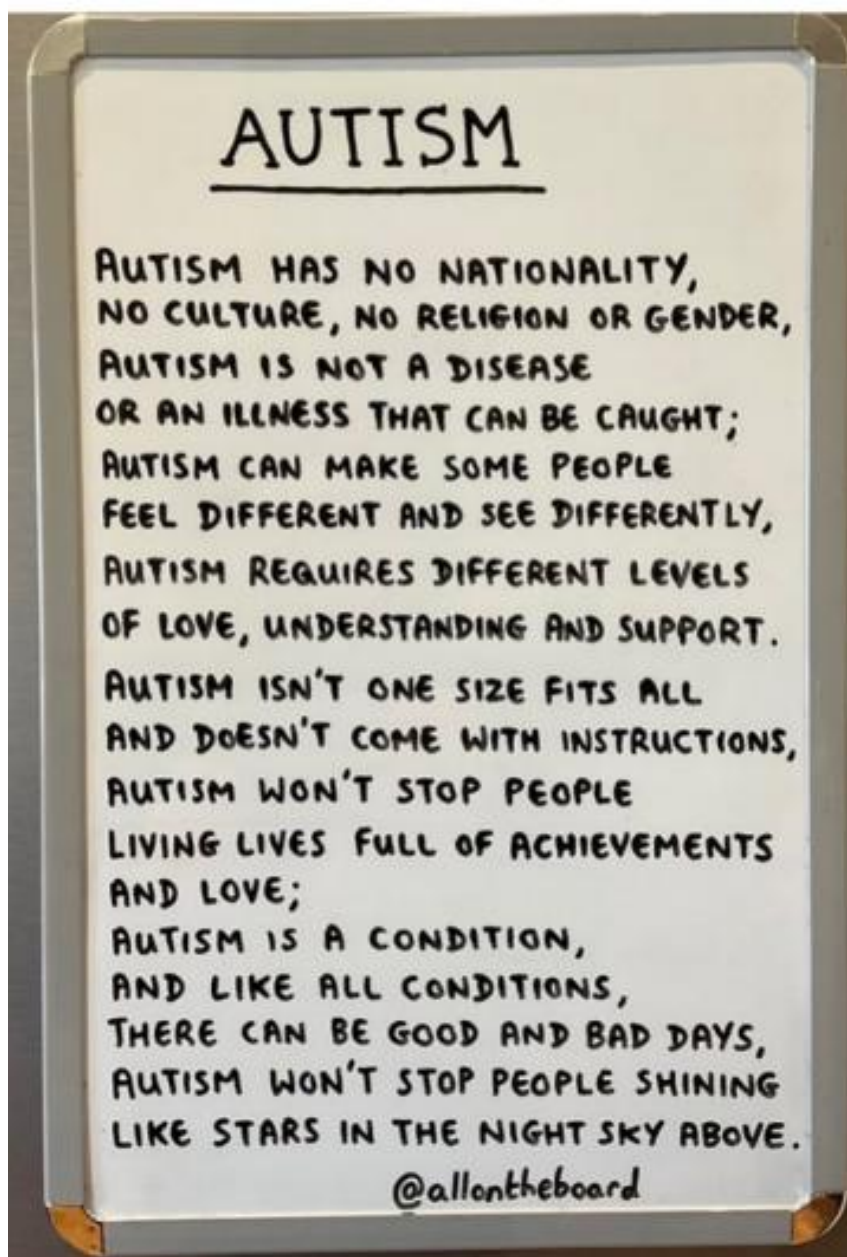
Experience the exhibition's breathtaking photography in a quieter setting at one of our relaxed viewings, designed specifically for our neurodiverse and disabled visitors.

For more info and to book tickets please click here:

<https://www.nhm.ac.uk/events/wildlife-photographer-of-the-year-relaxed-exhibition-viewing.html>

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Social Media

[Instagram](#)

To view the post please click here:

<https://www.instagram.com/p/C5QedTis06C/?igsh=eHU5dmlyODhzZ2Q%3D>

Check out allontheboard on Instagram for more posts

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To watch the reel please click the link:

<https://www.instagram.com/reel/DVyoWM3DT5L/?igsh=aHJtanA3bG40aTV6>

[alwaysmargi](#)
[nationalautisticsociety](#)

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[YouTube](#)



Why Everyone Suddenly Has Autism (It's Not What You Think)

Is autism really on the rise—or are we just recognizing it more? This video breaks down what ASD is, explores real vs rumored causes, and examines how science separates fact from fiction. A clear, evidence-based look at autism amidst the noise from media, government officials, and online speculation.

To watch the video please click here:


<https://www.youtube.com/watch?v=E-yaxqDsfgY>

[TV Show](#)



You can't ask that

In this award-winning documentary series, people from marginalized groups respond candidly to questions about their identities and experiences.



4. Autism Spectrum

Eight people on the autism spectrum candidly answer questions about their lives, discrimination and looking people in the eye.

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