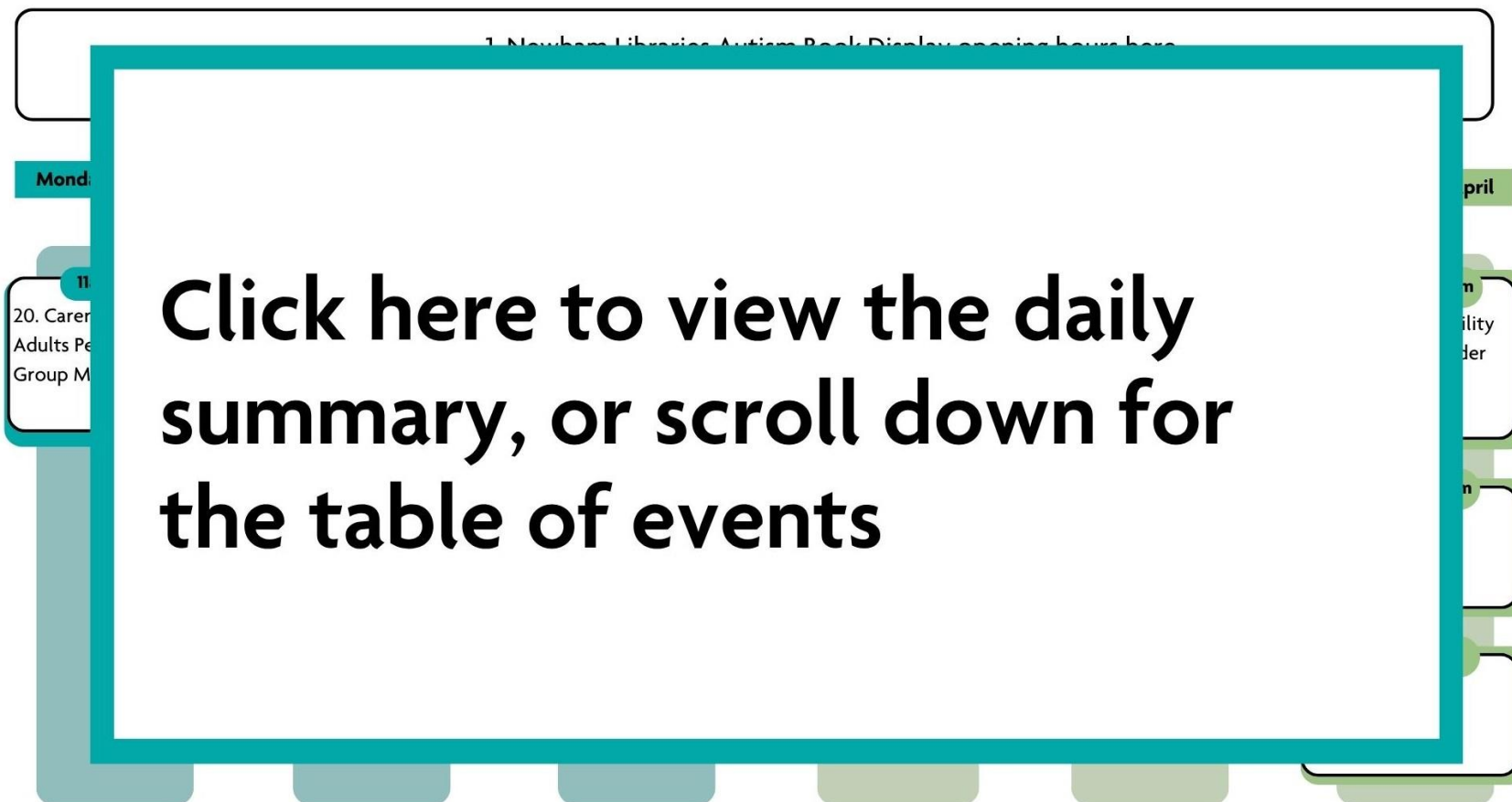


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**\*Posters for some events can be found towards the end of this document.**

1-30 April



1. Newham Libraries Autism Book Display opening hours here

Monday

20. Carer Adults Pe Group M

April

Click here to view the daily summary, or scroll down for the table of events

EVENTS AND ACTIVITIES							
	Name of Event	Location	Day	Date	Time	Open to:	How to join
1	Newham Libraries Autism Book Display	All Newham library	Monday-Sunday	1-30/04/2026	All Day	ALL	Visit any Newham library
2	Hopeful Futures Art Group Exhibition	Stratford Library, 3 The Grove Stratford London E15 1EL	Monday-Sunday	1-29/04/2026	9am-8pm (Mon-Sat), 12-6pm (Sun)	ALL	Visit Stratford Library, 3 The Grove, Stratford, London, E15 1EL
3	Stratford Library Art Exhibit: Autistic YP Art	Stratford Library, 3 The Grove Stratford London E15 1EL	Monday-Sunday	05/2026	9am-8pm (Mon-Sat), 12-6pm (Sun)	ALL	Visit Stratford Library, 3 The Grove, Stratford, London, E15 1EL
3a	Time to talk: creating healthy routines	Newham Recovery College, 107 The Grove, London E15 1EN	Tuesday	17/03/2026	10:30am-11:30am	ALL	Visit <a href="https://newhamrecoverycollege.nhs.uk/detail_events_v2.aspx?id=6887">https://newhamrecoverycollege.nhs.uk/detail_events_v2.aspx?id=6887</a> for more details and to book
EVENTS AND ACTIVITIES							

	Name of Event	Location	Day	Date	Time	Open to:	How to join
4	Neurodivergence at work webinar	Online	Thursday	19/03/2026	11am-12pm	Professionals	By invitation only
5	Neurodiversity, social work and belonging: a lived experience	Online	Thursday	19/03/2026	2pm-2:45pm	Professionals	Register at: <a href="#">Online Event</a>
6	Majestic Manifestations - retreat to connect with others and to out inner peace.	Newham Recovery College, 107 The Grove, London E15 1EN	Friday	20/03/2026	1:30pm-3:30pm	ALL	Visit <a href="https://newhamrecoverycollege.nhs.uk/detail_events_v2.aspx?id=6888">https://newhamrecoverycollege.nhs.uk/detail_events_v2.aspx?id=6888</a> for more details and to book
6 a	Newham All Provider Forum Autism information stall	In-Person	Wednesday	25/03/2026	10am-3pm	Professionals	By invitation only; LBN ASC Providers
<b>EVENTS AND ACTIVITIES</b>							

	Name of Event	Location	Day	Date	Time	Open to:	How to join
7	Local Offer Live Event	In Person	Thursday	26/03/2026	11am–2pm	ALL	Register at: <a href="#">Newham Local Offer Live Tickets, Thursday, Mar 26 from 11 am to 2 pm   Eventbrite</a>
8	Local Offer Live Event Autism information stall	In Person	Thursday	26/03/2026	11am-2pm	ALL	See line 7 above
9	Newham Council Directorate: Time to share – Autism	Online	Thursday	26/03/2026	2pm	Professionals	By invitation only
10	Newham Council: Meet a Commissioner – Autism	Online	Thursday	26/03/2026	3pm	Professionals	By invitation only
<b>EVENTS AND ACTIVITIES</b>							

	Name of Event	Location	Day	Date	Time	Open to:	How to join
11	Autistic adults' experiences of dance	Online	Thursday	26/03/2026	7pm-8pm	Professionals	Visit <a href="https://tinyurl.com/3s9d35wa">https://tinyurl.com/3s9d35wa</a> to register
12	City of London Police Insights Day for Autistic Young People*	Bishopsgate Police Station	Tuesday	31/03/2026	9am-4pm	Autistic YP aged 14+	Parents, Carers, Guardians, YP and schools to complete the respective forms linked below: <b>Parents, Carers, Guardians &amp; YP</b> <a href="http://www.tinyurl.com/522sfat2">www.tinyurl.com/522sfat2</a> <b>Schools</b> <a href="http://www.tinyurl.com/33pxpdbp">www.tinyurl.com/33pxpdbp</a>
<b>EVENTS AND ACTIVITIES</b>							
	Name of Event	Location	Day	Date	Time	Open to:	How to join

\*Posters for some events can be found towards the end of this document.

13	Sensory Walk	Plashet Park, 325 Plashet Grove, London E7 8QR	Thursday	02/04/2026	9:45am-10:45am	ALL	Drop in at Plashet Park, 325 Plashet Grove, London E7 8QR
14	NUH: Autism Information Stall	Newham University Hospital, Glen Rd, London E13 8SL	Thursday	02/04/2026	10am-12pm	ALL	Stalls in Zone 6 of Newham University Hospital, Glen Rd, London E13 8SL
15	Job Coach Awareness Event	Stratford Job Centre, 1 Tramway Ave, London E15 4PN	Saturday	04/04/2026	9am-10am	Professionals	By invitation only; DWP staff
16	Plaistow Fire Station Autism Open Day*	Plaistow Fire Station, 145 Prince Regent Lane, London, E13 8SG	Saturday	04/04/2026	12pm-4pm	ALL	Drop in at Plaistow Fire Station, 145 Prince Regent Lane, London, E13 8SG
17	LBN Autism information stall	Plaistow Fire Station, 145 Prince Regent Lane, London, E13 8SG	Saturday	04/04/2026	12pm-4pm	ALL	Drop in at Plaistow Fire Station, 145 Prince Regent Lane, London, E13 8SG
<b>EVENTS AND ACTIVITIES</b>							
	<b>Name of Event</b>	<b>Location</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Open to:</b>	<b>How to join</b>

18	Parent Carer Forum information stall	Plaistow Fire Station, 145 Prince Regent Lane, London, E13 8SG	Saturday	04/04/2026	12pm-4pm	ALL	Drop in at Plaistow Fire Station, 145 Prince Regent Lane, London, E13 8SG
19	Inclusive Swimming	Newham Leisure Centre, 281 Prince Regent Ln, London E13 8SD	Saturday	04/04/2026	5pm-6pm	ALL	Book at <a href="https://bookings.better.org.uk/location/newham-leisure-centre/swimming">https://bookings.better.org.uk/location/newham-leisure-centre/swimming</a>
20	Carers of Autistic Adults Peer Support Group Meeting	Central Park Café, Bartle Ave, London E6 3AJ	Monday	06/04/2026	11am-1pm	Parents and Carers of Autistic Adults	Drop in at Central Park Café, Bartle Ave, London, E6 3AJ
20a	Parent Carer Forum: SEND family fun day	Beckton community Centre, 14 East Ham Manor Way, London E6 5NG	Monday	06/04/2026	11am-2pm	ALL	Book at <a href="#">BANK HOLIDAY FAMILY FUN DAY with The5es &amp; NPF</a>
21	NUH: Autism Information Stall	Newham University Hospital, Glen Rd, E13 8SL	Tuesday	07/04/2026	10am-12pm	ALL	Gateway Centre & Newham University Hospital, Glen Rd, London E13 8SL
<b>EVENTS AND ACTIVITIES</b>							

	Name of Event	Location	Day	Date	Time	Open to:	How to join
22	Free Inclusive Multi-Sport	Newham Leisure Centre, 281 Prince Regent Lane, London E13 8SD	Tuesday	07/04/2026	10:30am-12:30pm	ALL	Drop in at Newham Leisure Centre, 281 Prince Regent Lane, London E13 8SD
22a	Music Unlocked Easter Sessions – Newham Music*	Shipman Youth Zone 340 Prince Regent Ln, London E16 3JH	Tuesday	07/04/2026	1pm-5pm	SEND ages 13+ Parent, carers & siblings	Click <a href="#">here</a> to book on
22b	Job Coach Awareness Event	In Person	Wednesday	08/04/2026	9am-10am	Professionals	Staff only
23	Employment My Way' - advice and support for autistic people on employment	Beckton Community Centre, 14 East Ham Manor Way, Beckton, London, E6 5NG	Wednesday	08/04/2026	10am-2pm	Autistic Community	Drop in at Beckton Community Centre, 14 East Ham Manor Way, Beckton, London E6 5NG
23 a	LBN Autism Launch Event: Webpages, Videos, Support groups*	Online	Wednesday	08/04/2026	1pm-2pm	ALL	Click <a href="#">here</a> to join
<b>EVENTS AND ACTIVITIES</b>							

\*Posters for some events can be found towards the end of this document.

	Name of Event	Location	Day	Date	Time	Open to:	How to join
23b	Music Unlocked Easter Sessions – Newham Music*	Shipman Youth Zone 340 Prince Regent Ln, London E16 3JH	Wednesday	08/04/2026	1pm-5pm	SEND ages 13+ Parent, carers & siblings	Click <a href="#">here</a> to book on
24	Free Inclusive Multi-Sport	East Ham Leisure Centre, 324 Barking Rd, London E6 2RT	Thursday	09/04/2026	10:30am-12:30pm	ALL	Drop in at East Ham Leisure Centre, 324 Barking Rd, London E6 2RT
25	Inclusive Swimming	Atherton Leisure Centre, 189 Romford Rd, London E15 4J	Thursday	09/04/2026	12pm-1pm	ALL	Book at <a href="https://bookings.better.org.uk/location/atherton-leisure-centre/swimming">https://bookings.better.org.uk/location/atherton-leisure-centre/swimming</a>
25a	Music Unlocked Easter Sessions – Newham Music*	Shipman Youth Zone 340 Prince Regent Ln, London E16 3JH	Thursday	09/04/2026	1pm-5pm	SEND age 7-12 Parent, carers & siblings	Click <a href="#">here</a> to book on
<b>EVENTS AND ACTIVITIES</b>							

\*Posters for some events can be found towards the end of this document.

	Name of Event	Location	Day	Date	Time	Open to:	How to join
25b	Music Unlocked Easter Sessions – Newham Music*	Shipman Youth Zone 340 Prince Regent Ln, London E16 3JH	Friday	10/04/2026	1pm-5pm	SEND age 7-12 Parent, carers & siblings	Click <a href="#">here</a> to book on
25c	Gr8 Day 2 Play: Create & design your own hand held canvass bag in solidarity with parents, carers, guardians and family*	East Ham Leisure Centre 324 Barking Rd, London E6 2RT	Saturday	11/04/2026	11am-4pm	SEND young people aged 0-25 along with parents, carers, guardians and family	Click <a href="#">here</a> to book on
25d	Sensory Tennis	In Person	Saturday	11/04/2026	12:30pm-1:30pm	ALL	Walk-in basis; there is no requirement to book in advance
26	Friendship Club (including quiz)	Beckton Globe Youth Zone, Kingsford Way, Beckton, London, E6 5JQ	Saturday	11/04/2026	2:30pm-4pm	Adults with Autism or a Learning Disability	Visit Beckton Globe Youth Zone, Kingsford Way, Beckton, London, E6 5JQ
<b>EVENTS AND ACTIVITIES</b>							

\*Posters for some events can be found towards the end of this document.

	Name of Event	Location	Day	Date	Time	Open to:	How to join
27	VoiceAbility Mental Health Peer Support Group*	The Resource Centre, 200 Chargeable Lane, London, E13 8DW	Monday	13/04/2026	12:30pm-2pm	Autistic Community	Drop In at The Resource Centre, 200 Chargeable Lane, London, E13 8DW
28	VoiceAbility Independent Advocacy Support for Autistic Residents*	The Resource Centre, 200 Chargeable Lane, London, E13 8DW	Monday	13/04/2026	2:30pm-4pm	Autistic Community	Drop In at The Resource Centre, 200 Chargeable Lane, London, E13 8DW
28a	LBN Community Opportunities PBS: Family, Carers & Service Users Autism Celebration Day	Mariner Road	Wednesday	15/04/2026	9.00-2.15pm	Service Users & Family Carers	By invitation only
29	Autism Open Surgery: Social Work Team Manager & Papyrus, Suicide Advisor	Online/ In-Person	Friday	17/04/2026	11am-3pm	Autistic Community	Book your slot, Email <a href="mailto:autism.commissioning@newham.gov.uk">autism.commissioning@newham.gov.uk</a>
<b>EVENTS AND ACTIVITIES</b>							

\*Posters for some events can be found towards the end of this document.

	Name of Event	Location	Day	Date	Time	Open to:	How to join
30	Barts Health: Diversity & Inclusion Training*	Online	Monday	20/04/2026	12pm-1pm	Professionals	By invitation only; NEL Barts Staff
31	Learning Disability and Autism Provider Forum	In Person	Tuesday	21/04/2026	10am-12:20pm	Professionals	By invitation only
31a	LDA Provider Forum: Autism information stall	In Person	Tuesday	21/04/2026	10am-12:20pm	Professionals	By invitation only
32	Autism Awareness stall	Canning Town Library, 8 Rathbone Market, Canning Town, London E16 1EH	Tuesday	21/04/2026	1pm-3pm	ALL	Drop-in
32a	Hopeful Futures Art Group*	Stratford Library, 3 The Grove, Stratford, London, E15 1EL	Wednesday	22/04/2026	2pm-4pm	ALL	Drop-in
<b>EVENTS AND ACTIVITIES</b>							

\*Posters for some events can be found towards the end of this document.

	Name of Event	Location	Day	Date	Time	Open to:	How to join
33	Autism Radio Show*	Online/Radio	Friday	24/04/2026	12pm-1pm	ALL	Tune into 92.00 FM or <a href="https://nagrecharadio.com/">https://nagrecharadio.com/</a>
34	Social Work Reflections: Autism Support	online	Tuesday	28/04/2026	12-1pm	Professionals	By invitation

\*Posters for some events can be found towards the end of this document.



## Carers Peer Support Group

**Caring for an autistic adult brings unique challenges.**

Join our friendly group to share the highs and lows and take part in fun activities. Find out about events near you and have the opportunity to take part in research projects, to change lives of autistic people for the better.

To join the group, please complete this form:

<https://form.jotform.com/241775426752362>

For more information, please contact

[carersautisticresidentsnewham@gmail.com](mailto:carersautisticresidentsnewham@gmail.com)



All Welcome to join online:

**Wednesday 8 April, 1-2pm**

**See line 23a** in the table for a link to join



# Dil Sey Dil Takk Heart to Heart on Community Radio

Fridays | 12-1 PM | NuSound Radio

# 92.00 FM

Real talk, real stories – straight from the heart. Join Blossom Group every Friday for Dill Sey Dill Takk, a safe and welcoming space to talk about mental health, ADHD, autism, and caring in our communities.

Inclusive. Honest. Heartfelt. In the languages and voices that reflect us all.

[www.blossom.place](http://www.blossom.place)



## MUSIC UNLOCKED EASTER



Newham  
Music

**FREE**




Inclusive music-making sessions for SEND children and young people who are eligible for free school meals or pupil premium, along with their parents, carers or siblings

7 & 8 APRIL : 1 - 5 PM FOR AGES 13+  
9 & 10 APRIL: 1 - 5 PM FOR AGES 7 - 12

SHIPMAN YOUTH ZONE,  
340 PRINCE REGENT LN,  
LONDON E16 3JH



SIGN UP HERE!

 <p>In collaboration with</p> <h3>World Autism Acceptance Week</h3> <p>2<sup>nd</sup> – 8<sup>th</sup> April 2026</p> <p>World Autism Acceptance Week is a dedicated period focused on raising awareness, understanding, and acceptance of autism spectrum disorder (ASD).</p> <p>We invite Staff, Patients, families, and community members to come along to information stalls and help celebrate Acceptance Week working in Partnership with Newham Council.</p> <p><b>SAW</b> Main Entrance</p> <p>Date: Thursday 2<sup>nd</sup> April 2026 Time: 10:00am – 12:00pm</p> <p>Date: Tuesday 7<sup>th</sup> April 2026 Time: 10:00am – 12:00pm</p>  	 <p>In collaboration with</p>  <h3>World Autism Acceptance Month</h3> <p>1<sup>st</sup> – 30<sup>th</sup> April 2026</p> <p>World Autism Acceptance Month is a dedicated period focused on raising awareness, understanding, and acceptance of autism spectrum disorder (ASD).</p> <p>In Partnership with Newham Council</p> <p>We would like to invite you to the Autism Webinar</p> <p><b>20<sup>th</sup> April 2026 12:00pm – 1:00pm</b></p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• What autism is / isn't</li> <li>• Using appropriate Language</li> <li>• Support &amp; services available in Newham</li> <li>• Resources / tools</li> <li>• Autistic traits and how to support</li> <li>• Case Study</li> </ul>  <p>To Register please click <a href="#">Autism Acceptance Month</a> or Scan the QR Code</p> <h3>Meet the Guest Speakers</h3> <div data-bbox="1068 1209 1200 1331">  <p><b>Linda Wan</b> has worked in adult social care for 18 years, dedicating her career in helping and supporting adults in need. As a Commissioner she has worked in a variety of areas, specialising in the field of autism in the latter part of her career as the Strategic Lead for Autism in Newham Council.</p> </div> <div data-bbox="1068 1394 1200 1565">  <p><b>Elisabeth Ohlbock</b> is an Occupational Therapist with over 15 years of experience across both adult and children's services. She holds an MSc in Occupational Therapy, with her thesis focusing on emotional regulation and autism. Over the past 12 years, she has specialised in autism assessments and holds a Postgraduate Certificate in Sensory Integration.</p> </div>
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\*Posters for some events



# 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



## City of London Police insight day for autistic young people



Discover what it's like to be a police officer through this exciting opportunity. Visit the City of London Police at their police station based in Bishopsgate.

Date: Tuesday 31 March  
Time: 9am - 3:30pm  
Location: City of London Police, Bishopsgate Police Station, EC2M 4NP

[newham.gov.uk](http://newham.gov.uk)

**WE ARE NEWHAM.**

**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





**VoiceAbility**

**Free**

**Do you want to speak out, be listened to and have your voice heard in local decisions?**

Are you Autistic or do you have a learning disability? Then we have a new drop-in group just for you!

Join us at a drop-in on the second Monday of every month at The Resource Centre, 200 Chargeable Lane, Newham, E18 1EL.

**1-2pm:** All adults who have a learning disability  
**2-3pm:** All adults who are autistic or have a learning disability  
**3-4pm:** All adults who are autistic

Hot drinks and biscuits provided!

☎ 07770 012 959  
 ✉ [SpeakOutNewham@voiceability.org](mailto:SpeakOutNewham@voiceability.org)  
 🌐 [voiceability.org](http://voiceability.org)

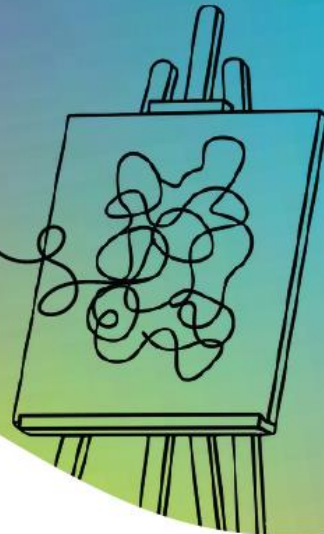


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Posters for some events can be found towards the end of this document.



# Spectrum of Colour Spectrum of Voices



## ART GROUP EXHIBIT & CELEBRATION DAY

**Wed 22<sup>nd</sup> April | 2 - 4pm | Stratford Library**

Join the Hopeful Futures Art Group for a special day celebrating the creativity of autistic adults in Newham, as we mark World Autism Acceptance Month with a vibrant display of their colourful, expressive, and diverse artwork.

**Like colours across a spectrum, every artist shines in their own way!**



## Who are Hopeful Futures Art Group?

**Art Group** is a welcoming creative space in Newham that gives autistic adults and those with learning disabilities the opportunity to experiment, explore and express themselves through art.

**We'd love for you to join us but if you can't make it you can visit Stratford Library between April 1<sup>st</sup> and 29<sup>th</sup>, to see their work.**



**Address:** Stratford Library, 3 The Grove, E15 1EL

Serviced by numerous bus routes, both by bus stops near library and via Stratford Bus Station, and via DLR, tube and Elizabeth Line trains via Stratford Station

**For more info contact Art Group Manager - Tolu**  
**E:** [tolu@hopefulfutures.net](mailto:tolu@hopefulfutures.net) **M:** 07877255905

With thanks to our funders and partners:



EAST LONDON TEXTILE ARTS