

# Autism Monthly News Round-up

May 2026

19<sup>th</sup> edition

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

<b>1</b>	<b><u>Newham Peer Support Groups</u></b>
<b>a</b>	<p><b><u>Carers of Autistic Adults Peer Support Group</u></b></p> <p><b>Monday 4<sup>th</sup> May, 11am-12:30pm</b>            Drop In, First Monday every month, East Ham, <b>Central Park Café</b>, inside the park, near Bartle Avenue E6. Sue is on holiday over May and June sessions but you can still go along and find other Carers there. Sophie the Cafe Manager will be able to direct you to the meeting spot.</p> <p>Join our WhatsApp group to chat and ask questions.            To join the group, please complete this <a href="#">form</a></p> <p>For information on the next group meeting, please contact:  <a href="mailto:carersautisticresidentsnewham@gmail.com">carersautisticresidentsnewham@gmail.com</a></p> <p>Following session:  <b>Monday 1<sup>st</sup> June, 11am-12:30pm</b>            Central Park Cafe</p>
<b>b</b>	<p><b><u>Mental Health Peer Support Group</u></b></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: <b>Second Monday of every month, 12:30pm-2pm</b>  <b>The Resource Centre, 200 Chargeable Lane, E13 8DW</b></p> <p>Email: <a href="mailto:SpeakOutNewham@voiceability.org">SpeakOutNewham@voiceability.org</a> Telephone: 0300 303 1660            Website: <a href="http://www.voiceability.org">www.voiceability.org</a></p> 




<p><b>c</b></p>	<p><b><u>Beckton Friendship Club</u></b></p> <p>Social group for autistic residents and residents with a learning disability</p> <p>Next group: <b>Saturday 9<sup>th</sup> May</b></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><b>Second Saturday of the month 2pm – 3:30pm</b></p> <p>To attend email <a href="mailto:shamilla.kumari@newham.gov.uk">shamilla.kumari@newham.gov.uk</a></p> 
<p><b>d</b></p>	<p><b><u>Open Adults Autism Peer Support Group</u></b></p> <p><b>Date:</b> Monday 11<sup>th</sup> May, 12 pm – 1 pm</p> <p><b>Place:</b> Stratford Library, 3 The Grove, London E15 1EL (John Hopkins room)</p> <p><b>Theme:</b> <i>Autism &amp; Dance</i></p> <p><i>Dr Kelly Birtwell will be joining the discussion and sharing research and information with the group. Come along and be part of the discussion. No dancing required – we promise! 😊</i></p> <p><i>To join this group, please complete the form <a href="#">here</a></i></p> <p>For information on the group, please contact: <a href="mailto:AutismOutreachNewham@gmail.com">AutismOutreachNewham@gmail.com</a></p> 
<p><b>e</b></p>	<p><b><u>Carers of Autistic Young People Peer Support Group</u></b></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>Joining information and details to come.</p>
<p><b>f</b></p>	<p><b><u>Music &amp; Dance Stage Show</u></b></p>  <p><b>SOUNDS BETTER</b> music for wellbeing</p> <p><b>staging a musical show</b> <b>for autistic adults</b> <b>at Beckton Library Rotunda</b> <b>1 Kingsford Way, E6 5JQ</b> every second Thursday 1 till 3pm <a href="mailto:kevinplummer65@gmail.com">contact kevinplummer65@gmail.com</a></p>  <p>This free workshop is for autistic adults who are interested in performing arts. Whether it's music, dance or theatre. Whether you have experience or not this will be a fun and creative workshop.</p> <p>This is an in-person performance group for autistic adults. The workshops are friendly and aim to develop your confidence and social skills through community music, movement and drama.</p> <p>The group is led by Kevin Plummer who has thirty years experience of performing arts as well as teaching SEND adults. The twenty sessions over a year will be held bi-monthly at Beckton Library rotunda commencing on <b>21st May 2026, 1 till 3pm</b>. The venue is a brand new "state of the art" space with great facilities including wheelchair accessibility.</p> <p>Topics covered in the workshops include:</p> <ol style="list-style-type: none"> <li>1. Music and movement. Warm your body up and get "into the zone" by gentle and vigorous movement exercises set to music.</li> <li>2. Community music. Make music as a group with drum circle exercises</li> </ol>

	<ol style="list-style-type: none"> <li>3. Songwriting Whether you are an experienced songwriter or a beginner, discover new techniques to help you write songs</li> <li>4. Improvised theatre. Discover the art of making things up on the spot. Using the “yes and...” and “playback” techniques, you may be surprised at what you can do.</li> <li>5. Sound and lighting. If you feel you would rather not perform but would still like to be involved, there is still an opportunity to learn the technical aspects of staging. The venue is equipped with great sound and lighting facilities.</li> <li>6. Putting it all together. As we develop our music, dance and theatre pieces, we will devise a show to be performed to an audience.</li> </ol> <p>Please email <a href="mailto:kevinplummer65@gmail.com">kevinplummer65@gmail.com</a> for more information.</p>
<p><b>g</b></p>	<p><b><u>Work Coaching for Autistic People</u></b></p> <p>Working well together: a course for autistic people in 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. You can find more information by watching the video <a href="#">here</a></p> <p>You can register for the group by completing the <b>online form <a href="#">here</a></b>. If you are not currently in work but interested in joining this course please complete the form and you will be placed on a waiting list.</p>
<p><b>h</b></p>	<p><b><u>Late Diagnosed Autism Peer Support Group</u></b></p> <p>We are looking to set up a peer group for those who have been diagnosed as autistic later on in life. This is an increasingly common experience for people in the borough and beyond.</p> <p>Please complete the online form <a href="#">here</a> if you are interested in joining this group.</p>


i	<p><b><u>The Autism Low-Demand Learning Hub</u></b></p> <p>Unfortunately this group is not going ahead. Please accept our apologies for this.</p>
2.	<p><b><u>Advocacy and Support Surgeries</u></b></p>
a	<p><b><u>VoiceAbility Advocacy</u></b></p> <p>Independent Advocacy Support for Autistic Residents</p> <p><b>Second Monday of every month 2:30pm-4pm</b> The Resource Centre, 200 Chargeable Lane E18 8DW</p> <p>The Advocacy Drop ins are by appointment only – referrals from the VoiceAbility Website Email: <a href="mailto:SpeakOutNewham@voiceability.org">SpeakOutNewham@voiceability.org</a> Telephone: 0300 303 1660 Website: <a href="http://www.voiceability.org">www.voiceability.org</a></p> SpeakOutNewham@voiceability.org or 0300 303 1660." data-bbox="774 334 924 478"/>
b	<p><b><u>Open Support Surgeries for Autistic Residents</u></b></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 15 May - Tony Pape, Autism Team Manager, LB Newham Adult Social Care</p> <p>To book please email <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a> To book a slot you must be a local autistic resident, priority will be given to ARAG members.</p>
3.	<p><b><u>Autism Residents' Advisory Group (ARAG)</u></b></p>

	<p><b>Next meeting:</b>  <b>Monday 11<sup>th</sup> May</b>  Hopkins Room,  Stratford Library,  3 The Grove,  London E15 1EL.</p> <p>10am - 12pm  (registration and refreshments from 9.30)</p> <p><b>Guest speakers:</b></p> <ol style="list-style-type: none"> <li>1. Grainne Fennell (Speech and Language Therapist) <ul style="list-style-type: none"> <li>- Outlining support available for families and young people</li> </ul> </li> <li>2. Jason McCulloch (LB Newham, Senior Commissioner) – <ul style="list-style-type: none"> <li>- Updating on Newham’s Supported Accommodation strategy.</li> </ul> </li> <li>3. Dr Kelly Birtwell, Fellow Researcher from the University of Manchester <ul style="list-style-type: none"> <li>- presenting on the results her survey on <b>GP support <a href="#">Optimising general practice support for autistic adults: A realist review.</a> - <a href="#">NIHR Funding and Awards</a></b></li> <li>- staying on to speak at the Open Peer Group about Autism &amp; Dance, 12-1pm</li> </ul> </li> </ol> <p>You can join the ARAG (if you aren’t already a member) using the e-form <a href="#">here</a>. Please email <a href="mailto:autism.commissioning@newham.gov.uk">autism.commissioning@newham.gov.uk</a> if you require any help completing the form.</p>
<p><b>4.</b></p>	<p><b><u>Local Media</u></b></p>
<p><b>a</b></p>	<p><b><u>NuSound Radio</u></b></p> <p>NuSound Radio Radio show: <b>Last Friday of every month 12pm-1pm</b> 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"> <li>• Grainne, LCIS Speech &amp; Language Specialist &amp; Christina, Autism Strategic Delivery Board Resident Co-chair;</li> <li>• Shoheb, ADHD Service Lead;</li> <li>• Gemma, Papyrus &amp; local autistic resident;</li> </ul>

	<ul style="list-style-type: none"> <li>• Supt Lucky Singh, Met Police &amp; local autistic resident &amp; other guests;</li> <li>• Tony Pape, Newham Council, Autism &amp; Safeguarding Lead</li> <li>• Trish &amp; local autistic resident from VoiceAbility</li> <li>• Morwenna, Work Coaching for autistic adults</li> </ul> <p>Recordings of past shows archived here: <a href="#">Radio interviews</a></p> 
5.	<a href="#"><u>Employment opportunity</u></a>
a	<p><b><u>P6 Expert by Experience</u></b></p> <p>We are looking for an Expert Lead for <b>Priority 6, Improving support within the criminal youth justice system</b>. This will be a paid role.</p> <p>For more info and to apply visit <a href="https://www.newham.gov.uk/downloads/file/9572/expert-resident-role-descriptions2025">https://www.newham.gov.uk/downloads/file/9572/expert-resident-role-descriptions2025</a></p> <p>If you would like to discuss the role or need support with your nomination, please contact: <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a>. Applications must be received by 15th of each month (next deadline 15th May 2026). The round will continue until the vacancy is filled.</p>
b	<p><b><u>Our Newham Work</u></b></p> <p>Please find below a summary of the current employment, training, and work experience opportunities available through the Connect to Work team.</p> <p><b>Live Job Vacancies</b></p> <ul style="list-style-type: none"> <li>• Benugo Bar – Team Members &amp; Team Leader (ongoing)</li> </ul> <p>If individuals are interested in any of the above opportunities, please feel free to contact me directly:</p>

	<p>Mehak Malik Connect to Work Team Leader <a href="mailto:mehak.malik@newham.gov.uk">mehak.malik@newham.gov.uk</a></p>
<b>6.</b>	<p><b><u><a href="#">Work experience opportunity</a></u></b></p>
	<p><b><u>Lloyds Banking Group</u></b></p> <p>We're delighted to invite you to the Virtual Insight Session with <a href="#">Lloyds Banking Group</a>.</p> <p>Date: <b>Thu 21st May</b> Time: <b>9:30AM - 10:30AM</b></p> <p>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.</p> <p><b>Agenda</b> This is what your day could look like...</p> <ul style="list-style-type: none"> <li>• Welcome and the big picture: Who Lloyds Banking Group are and the impact they make</li> <li>• Inside a bank: Exploring different departments and career pathways</li> <li>• Real-life journey: A current apprentice shares their experience and day-to-day role</li> <li>• Pathways and skills: Apprenticeships, T-levels, and what employers look for</li> <li>• Live Q&amp;A and next steps</li> </ul> <p>Parents are welcome to join the session too. They can sign up via the <a href="#">sign up form</a>.</p> <p>Do not miss out and register on our website here: <a href="https://uptree.co/events/lloyds-bank/858790026/">https://uptree.co/events/lloyds-bank/858790026/</a></p>
<b>7.</b>	<p><b><u><a href="#">Volunteering &amp; Engagement</a></u></b></p>
<b>a</b>	<p><b><u><a href="#">Chargeable Lane Autism Sensory Hairdresser Pilot</a></u></b></p>

	<p>Would you be available to volunteer to help input into the design of a hairdresser space for autistic people at the Resource Centre at Chargeable Lane?</p> <p>We are running a pilot to offer sensory hairdressing for autistic adults and children.</p> <p>If you would be interested in volunteering to help us design the space please email <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a></p>
<p><b>b</b></p>	<p><b><u>Canning Town Heritage Centre</u></b></p> <p>Would you like to be involved in shaping how the Heritage Centre will cater for autistic people?</p> <p>We are looking for volunteers to help input into the accessibility design of the Heritage Centre.</p> <p>If you would be interested in volunteering to help us design the space please email <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a></p> <p>More information here: <a href="#">Canning Town Heritage Centre – Canning Town and Custom House – Newham Council</a></p>
<p><b>c</b></p>	<p><b><u>Autism Champions</u></b></p> <p>Do you want to help us build an autism friendly community?</p> <p>We are wanting to build a community of autism champions in Newham, to spread the word and get Newham talking autism. Would you like to get involved in volunteering your time in helping us in your spare time and when you are out and about in the community? This may involve sharing flyers or posters at your local store, letting friends, family, neighbours or local people know about events happening in your area.</p> <p>If you are interested in being an autism champion we would like to hear from you. Please email <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a> to register your interest in becoming an autism champion.</p>


8.	<p><b><u><a href="#">Share your views</a></u></b></p>
a	<p><b><u>Newham Hospital Green Space</u></b></p> <p>We want to hear from local residents and community partners as we develop a new site vision for Newham Hospital's green and outdoor spaces.</p> <p>We're excited to invite you to take part in Better Spaces, Better Health at Newham Hospital - a co-design project exploring how the hospital's green and outdoor areas can be transformed to better support health and wellbeing for staff, patients and the wider community.</p> <p>Join our in-person co-design workshop for residents and community partners:</p> <p><b>Thursday 14 May, 6:00–7:30pm,</b>  <i>Education Centre,</i>  <i>Newham Hospital</i>  <b>book <a href="#">here</a></b></p>  <p>OR, share your thoughts in our online survey <a href="#">Better Spaces, Better Health Survey – Fill in form</a></p>
b	<p><b><u>Sharing Experiences of Newham Hospital</u></b></p> <p>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.</p> <p>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&amp;E usage. Hearing your journey will help Senior Staff understand how Newham University Hospital can better support autistic patients accessing services,</p>



	<p>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 <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a></p>
<p><b>9</b></p>	<p><b><u>Funding</u></b></p>
	<p><b>Local Newham Autism Grants £1K</b></p> <p>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.</p> <p>To apply for funding of up to £1000 please use the links: to view the <a href="#">guide</a> To view the <a href="#">application</a></p> <p>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.</p> <p>You can also find more information about peer to peer support groups here: <a href="#">Local autism support groups – Peer to peer support groups – Newham Council</a></p> <p>If you would like to discuss or develop your ideas further please email: <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a></p> <p>For more details about this grant, please see the <a href="#">July newsletter</a></p>

# National

<b>1</b>	<b><u><a href="#">Neurodiverse resources &amp; information</a></u></b>
<b>a</b>	<b>Autistic Burnout</b>
	<p>Dr Alice Nicholls is a late-realised, high-masking, Autistic Clinical Psychologist. She has a special interest in finding ways Autistic people can live authentic lives and break the cycle of Autistic burnout. She has written several articles that can be found here: <a href="#">Articles - Dr Alice Nicholls</a>, which includes:</p> <ul style="list-style-type: none"> <li>• Autistic burnout recovery</li> <li>• The cycle of autistic burnout</li> <li>• 30+ Small ways to feel Safer in Autistic Burnout</li> <li>• What we need from friends &amp; family when we are in autistic burnout</li> <li>• Interoception in autistic burnout</li> <li>• Coping with school holidays in autistic burnout</li> <li>• Coping with transitions in autistic burnout</li> </ul>
<b>b</b>	<b>90% of autistic women have been victims of sexual violence</b>
	<p><a href="#">Evidence That Nine Autistic Women Out of Ten Have Been Victims of Sexual Violence - PMC</a></p> <p>Findings indicate a very large proportion of victims of sexual assault among autistic women. The World Health Organization states unambiguously that sexual violence is systemic and that vulnerable individuals are preferably targeted by offenders.</p> <p>See also <a href="#">British Autism Advocate Dr Carly Jones MBE</a> YouTube interview below</p> <p>Lotus Collaborations is dedicated to ensuring that autistic survivors of sexual violence and related abuse are believed and supported throughout their recovery journey. <a href="#">About   Lotus Collaborations</a></p> <p>Please contact the Hestia domestic abuse support line on <b>0808 196 1482</b> if you are affected by these issues.</p>
<b>c</b>	<b>Emergency SOS android feature</b>



	<p>Android phones feature a robust Emergency SOS system (Android 12+) that allows users to quickly call help, share location, and record video by pressing the side power button five times. Users should set up "Safety and emergency" settings to include emergency contacts and medical info (blood type, allergies), which are accessible from the locked screen.</p> <p>Using the Android Emergency SOS function can provide peace of mind by offering a quick, discreet way to call for help, share your location, or record audio/video during a crisis, meltdowns, or sensory overload. Can also be useful for situational speaking autistic people.</p> <p>How to set up an SOS call  <a href="https://youtu.be/OE0f1cAoz38?si=IE4xcRHIYgexmTg0">https://youtu.be/OE0f1cAoz38?si=IE4xcRHIYgexmTg0</a></p> <p>You can also use <a href="#">what3words /// The simplest way to talk about location</a> to pin point your location.</p>
<b>d</b>	<b>Therapy Passport</b>
	<p><a href="#">Thriving Autistic</a> have produced this helpful therapy passport.</p> <p>The <a href="#">Therapy Passport</a> for Autistic Adults is a custom-made resource intended to guide your therapist in shaping their support around your unique needs. To get started, use the companion <a href="#">self-reflection guide</a> to understand and outline your specific needs. After you've done this, you can fill out the Therapy Passport and present it to your therapist before starting your therapy journey together.</p>
<b>e</b>	<b>Scottish Ethnic Minority Autistics - Sema Scotland</b>
	<p>SEMA is a Community Interest Company, established in 2021 and registered in 2023. They work with racialised autistic people, their families and carers, the Scottish Government and organisations.</p> <p><a href="#">Karibu! - SEMA.Scot</a></p>
<b>f</b>	<b>Sensory Report</b>
	<p>Bristol University with ELFT created a <a href="#">sensory film</a> to help front line health and other services better understand autistic experiences.</p>



	<p>Sensing Spaces of Healthcare: Rethinking the NHS Hospital Sensory Impact Report is now available here: <a href="#">Sensing SPaces of Healthcare- Sensory Impact Report.indd</a></p>
<b>g</b>	<p><b>Free webinar: How to manage difficult behaviour using non-violent resistance</b></p> <p>This webinar introduces Non-Violent Resistance (NVR) as a therapeutic, parent-focused approach designed to manage behaviours that are difficult for families with neurodiverse members to manage, including withdrawal and aggression and to strengthen relationships without escalation or coercion.</p> <p><b>Time:</b> 1-2pm  <b>Date:</b> Wednesday 13<sup>th</sup> May          Access <a href="#">here</a></p>
<b>2</b>	<p><b><a href="#">Share your views</a></b></p>
<b>a</b>	<p><b>SEND reform: putting children and young people first</b></p>  <p>The image shows the 'SEND REFORM' logo from the Department for Education, with the tagline 'Putting children and young people first'. It includes four circular photographs: a child working at a desk, a woman and a man talking, a child at a computer, and a young boy smiling.</p> <p>If you have autistic children attending school and have experienced issues with support from the school, you need to <b>respond to this consultation!</b></p> <p>We need your feedback so more support can be tailored and given to our autistic young people to ensure they are able to access their right to education.</p> <p>For more info and to share your views please click the link below:</p>

	<p><a href="https://consult.education.gov.uk/send-strategy-division/send-reform-putting-children-and-young-people-firs/">https://consult.education.gov.uk/send-strategy-division/send-reform-putting-children-and-young-people-firs/</a></p> <p>Contact: <a href="mailto:SENDreform.CONULTATION@education.gov.uk">SENDreform.CONULTATION@education.gov.uk</a></p> <p><b><u>Join</u></b></p> <ul style="list-style-type: none"> <li>• <b>In person</b> <a href="#">Wednesday 13 May- 10am-2pm</a> - London - Westminster</li> </ul> <p>To make sure your voice is fully represented across our consultation questions, you can also submit a formal written response. <a href="#">You can do that here.</a></p>
b	
	<p>The Fairfield Review is an independent <b>review of the Metropolitan Police Service (MPS)</b>, looking at what progress the service has made since Baroness Casey’s Review into the standards of behaviour and internal culture of the MPS in 2023.</p> <p>You can share your views via a written submission <a href="#">here</a>. <b>Deadline 31 July</b></p>
3	<p><b><a href="#">Employment support</a></b></p>
a	<p><b><a href="#">Kings Trust Newsletter</a></b></p>
	 <p>The May edition of the Kings Trust Newsletter is available to download <a href="#">here</a> It contains information on lots of <b>free courses</b> that are available to help young people to develop their work skills.</p>
4	<p><b><a href="#">Support services</a></b></p>
a	<p><b><a href="#">Communicourt</a></b></p>
	<p>Communicourt is the largest provider of court appointed intermediary services in England and Wales, working in a wide range of legal settings, from criminal and family proceedings, to employment and immigration</p>


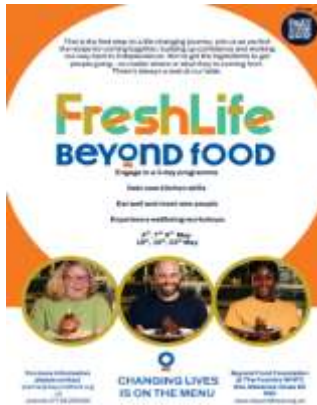
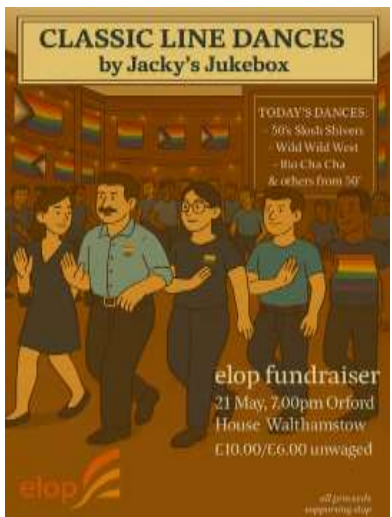
	<p>tribunals. Our mission, in every case, is to help ensure that <b>court users with communication needs have equal access to justice.</b></p> <p><a href="#">How to make referrals and bookings - Communicourt</a></p>
<b>b</b>	<p><b>Autistic Parents UK</b></p> <p>Autistic Parents UK CIO was founded in 2020 by Autistic parents seeking connection and support, born from a deep understanding of the unique challenges Autistic individuals face while navigating parenthood. Claimed to be the only national, <b>Autistic-led charity</b> offering essential support services, resources, education and a thriving community for Autistic parents.</p> <p><a href="#">Autistic Parents UK   Autistic parent support</a></p>


## Things to do or activities


<b>a</b>	<p><b>Active communities programme</b></p>  <p>Visit <a href="#">Community Activities   Newham   Better</a> to see details of free and low costs events and activities taking place across the borough to build a strong, healthy and active community in Newham.</p>
<b>b</b>	<p><b>Newham Parks Tennis</b></p> <p>This is your gateway to vibrant tennis experiences in Canning Town, Central Park, Gooseley Playing Fields, Hermit Road, Little Ilford, Lyle Park, Plashet Park, Royal Victoria Gardens and Stratford Park.</p>  <p>We're revolutionising local tennis in collaboration with LBN and the Lawn Tennis Association. Our mission? We aim to bring you top-notch tennis facilities and a variety of engaging activities, all at a wallet-friendly price.</p>

	<p>Tennis for everyone, anytime! That's our promise. With our easy-to-use smart access systems and state-of-the-art automatic floodlights, we ensure tennis is always within your reach.</p> <p>Please visit <a href="#">Clubspark / Newham Parks Tennis / Home</a> for more details.</p>
c	<p><b>The Alessia Project</b></p>
	<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p><b>Healty Boundaries Relationships Boundaries Workshop</b></p> <p>10am-12pm, Weds 13<sup>th</sup> May</p> <p>Bobby Moore Pavillion 118 Napier Road East Ham E6 2SG</p> <p>Email <a href="mailto:chloe.stafford@hestia.org">chloe.stafford@hestia.org</a> for more info.</p> </div> <div style="width: 35%; text-align: center;">  <p><b>&amp;</b></p> </div> </div>
d	<p><b>Newham Tea Dance</b></p>
	<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p>Newham’s grand tea dances – opportunity to salsa, waltz, rumba and socialise the afternoon away. Refreshments included in the admission price.</p> <p><b>*Time: Dance Lessons start from 12.30noon – 1.30pm</b></p> <p><b>*Tea Dance Time starts from: 1.30pm – 4.30pm</b></p> <p><b>Date:</b> Monday 11 May 2026.  <b>Location:</b> Old Town Hall Stratford 29 The Broadway, E15 4BQ  <b>Cost:</b> £3 Newham Residents - £5 for Non-Newham residents</p> <p><b>Please contact Stratford Library to book on 0203 373 0826 OR by emailing either: <a href="mailto:CN-StratfordLibraryMailbox@newham.gov.uk">CN-StratfordLibraryMailbox@newham.gov.uk</a></b></p> </div> <div style="width: 35%; text-align: center;">  <p><b>an</b></p> </div> </div>

<p><b>e</b></p>	<p><b>People Need People – Walking Club</b></p> <p>Thursdays 11am-1pm 23 April – 30 July 2026 Meeting Point: Stratford Library</p> <p>Contact <a href="mailto:studio@framesofmind.uk">studio@framesofmind.uk</a></p> 
<p><b>f</b></p>	<p><b>Full Cycle – Heritage QR Bike Tours</b></p> <p>Join the fun, get fit, meet people and find out about Newham heritage on a group ride around Newham! Several dates offered, scan the QR code for dates and joining instructions.</p> <p>If you need your bike serviced before the tour, head over to Woodgrange Market on <b>Saturday 9 May 2025 11-3pm</b> – scan the code for more info. Or go to <a href="http://www.fullcycleheritage.com">www.fullcycleheritage.com</a></p>  
<p><b>g</b></p>	<p><b>Out Laws – Free film screening and discussion</b></p>

	<p><b>Monday May 11<sup>th</sup> 6-8.30pm, Cinema Auditorium, UCL East, 1 Pool Street, London E20 2AF</b></p> <p>Documentary 'Out Laws' (2025, Powner &amp; James Lewis) with director James Lewis, Professor Bob Mills (UCL) and activist Friedel Daus.</p> <p><i>Out Laws</i> follows three queer activists, from Namibia, Sri Lanka and Barbados, as they fight to overturn the colonial-era laws that still criminalise their lives.</p> <p>All welcome but please register <a href="#">here</a> to attend.</p>	 <p>Lexi</p>
<p><b>h</b></p>	<p><b><i>Fresh Life Beyond Food – free food skills course</i></b></p>	
	<p><i>Two lots of 3-day cooking courses offered in May 2026 – sign up now! 6-8 May &amp; 18-20 May.</i></p> <p>Apply <a href="#">here</a></p>	
<p><b>i</b></p>	<p><b>ELOP fundraising event: Classic Line Dances</b></p>	
	<p>Doors open 7pm, dancing will start around 7.30pm. Tickets can be purchased <a href="#">here</a></p> <p><b>East London Out Project (ELOP) LGBT Mental Health &amp; Wellbeing:</b> supporting London's LGBTQ+ communities since 1995 counselling &amp; mental health support, young people's support &amp; youth groups, activities, events, social and support groups, training, awareness raising and more.</p>	

	Find out more about ELOP here: <a href="#">X</a>   <a href="#">Instagram</a>   <a href="#">Facebook</a>
<b>j</b>	<b>Bubble Club</b>
	<p>Bubble Club is a non-profit learning disability arts programme based in East London since 2005. They state they produce high-quality, accessible night club experiences at top venues around the city. They also run a variety of development programmes for learning disabled artists and DJs in their community</p> <p>The night clubs are for both learning disabled and non-disabled audiences together. There is live music, DJs, open mic stage, sensory spaces and much more. The vibe is creative and inclusive, all are welcome and there is something for everyone</p> <p><a href="#">Bubble Club</a></p>
<b>k</b>	<b>Autistic Inclusive Meets UK</b>
	<p>FREE or low cost play and social groups across London</p>  <p><a href="https://www.autisticinclusivemeets.org/">https://www.autisticinclusivemeets.org/</a></p>
<b>l</b>	<b>My Top Ten Hidden Gardens In London</b>

	<p>One of the best things about London is how much green space it has. Everyone of course knows the big parks but it also has so many little hidden gardens and pocket parks.</p> <p>Below is a list of my top ten! There were so many to pick from but I have gone for ten that I feel are both lovely, leafy escapes from the hustle and bustle but also have fascinating stories behind them.</p> <p><a href="https://livinglondonhistory.com/my-top-ten-hidden-gardens-in-london/">https://livinglondonhistory.com/my-top-ten-hidden-gardens-in-london/</a></p>
<b>m</b>	<b>Whitechapel Art Gallery</b>
	<p>Relaxed Hours  <b>Tues 26 May 2026 11am – 6pm</b>  Creative Workshop: 12:30-4:30pm</p> <p>Book ahead, hourly tickets are capped at 30% of usual capacity, quiet breakout space available along with normal access resources. This is a pay what you can, we have spoken with the Access Lead and she has said there is no expectation to pay to attend, FREE.</p>  <p><a href="#">Relaxed Hours: Veronica Ryan - Whitechapel Gallery</a></p>
<b>n</b>	<b>London Walks</b>
	<p>The walks cover both some of the more well-known areas of London, as well as those not so well-known, that I find interesting and believe have played a particularly important part in the city's development, both in the past and still do today.</p> <p>They are not for the 'average sightseer'. They are generally rather 'detailed' with a lot of information about what you see during the walk – the sort of information that I find myself wondering about as I walk around London and then spend time researching.</p> <p><a href="https://mylondonwalks.com/walks/">https://mylondonwalks.com/walks/</a></p>
<b>o</b>	<b>The Line - East London's public art trail</b>

	<p>The Line is East London's Art Trail that connects Queen Elizabeth Olympic Park and The O2, following the waterways and the line of the Greenwich Meridian. Its outdoor exhibition programme offers a journey through a dynamic urban landscape where everyone can explore art, nature and heritage for free.</p> <p><a href="https://the-line.org/">https://the-line.org/</a></p>
<b>p</b>	<b>Spotlight</b>
	<p>Youth space to be yourself, rest, relax and have fun.</p> <p>Get Mentored by industry-leading experts in the arts, sports, and music. Boost your skills.</p> <p>Spaces on programmes are fully funded and open to all aged 11 – 19, and up to 25 with SEND. Newham residents welcome.</p> <p><a href="#">What's On - Summer Term 2026   Spotlight</a></p>

## Social Media

	<b>YouTube</b>
<b>a</b>	<p><a href="#">British Autism Advocate Dr Carly Jones MBE</a> talks about what AuDHD feels like. <a href="#">AuDHD Expert: What Female AuDHD ACTUALLY Feels Like, Abuse Will Find You!</a></p>
<b>b</b>	<p><a href="#">British Autism Advocate Dr Carly Jones MBE</a> talks about sexual abuse in autistic women through sharing her own lived experience</p> <p><a href="https://youtu.be/YF3uYWyekj0?si=56xe-tTxzMq2aQzZ">https://youtu.be/YF3uYWyekj0?si=56xe-tTxzMq2aQzZ</a></p>

## Books

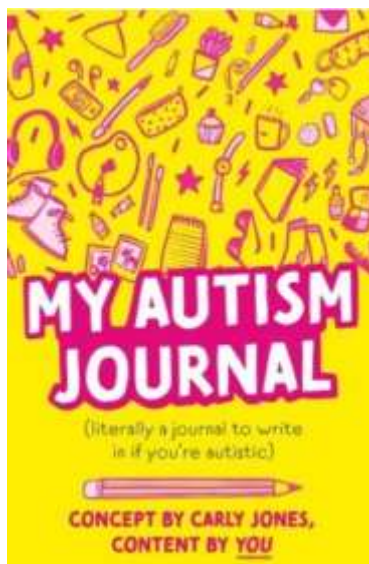
	<b>Book review: <i>Safeguarding Autistic Girls: Strategies for professionals</i></b>
	<p>The book is remarkably thorough, it launches straight into exploring the kinds of vulnerabilities autistic girls face: everything from bullying, to missed medical issues, to various forms of exploitation.</p>

It then explores how to not only spot at-risk autistic girls, but how to spot autism in at-risk girls who may be undiagnosed, and how to support these girls once identified.

Throughout, the advice and strategies provided by the book are backed up by anecdotal and true stories from both the (autistic) author herself, and from the autistic people she has encountered as part of her support and advocacy work.

Access the review [here](#)

The same author has also published a My Autism Journal for autistic people. *“the perfect companion to help you process and communicate your thoughts and emotions”*



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