

Autism Monthly News Round-up

June 2026

20th 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)

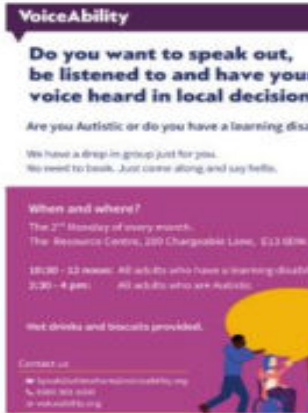



Disclaimer: The information in this communication is intended to support autistic people to find out what is happening locally and nationally that may be relevant to them. Newham Council do not endorse any information in this communication and anyone accessing any of this information, including events or activities, should do so at their own risk.

Local

1	Newham Peer Support Groups
a	<p><u>Carers of Autistic Adults Peer Support Group</u></p> <p>Drop In, First Monday of every month, East Ham, Central Park Café, inside the park, near Bartle Avenue E6. Sue is on holiday in June 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 form</p> <p>For more information please contact: carersautisticresidentsnewham@gmail.com</p>  <p>Following session:  Date: Monday, 1 June & 6 July  Time: 11am-12:30pm  Location: Central Park Cafe, Bartle Ave, London E6 3AJ</p> <p> Free for All</p>
b	<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> Date: Monday, 8 June  Time: 12:30pm-2pm  Location: The Resource Centre, 200 Chargeable Lane, E13 8DW</p> <p>Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660</p> 

	<p>Website: www.voiceability.org</p> <p>♥ Free for All</p>
<p>c</p>	<p><u>Beckton Friendship Club</u></p> <p>Social group for autistic residents and residents with a learning disability</p> <p>Next group session:</p> <p> Date: Saturday, 13 June</p> <p> Time: 2pm – 3:30pm</p> <p> Location: Beckton Globe Library 1 Kingsford Way, London E6 5JQ</p> <p>To attend email shamilla.kumari@newham.gov.uk</p> <p>♥ Free for All</p> 
<p>d</p>	<p><u>Workplace Coaching for Autistic Individuals</u></p> <p>A new online peer group offering workplace coaching for autistic adults has launched in Newham. Led by coach and trainer Morwenna Stewart, the programme aims to support autistic adults in building confidence, navigating workplace relationships, and developing practical strategies to thrive at work authentically.</p> <p>The sessions will explore topics including workplace dynamics, emotional wellbeing, communication, self-advocacy, and employment stability. The group is designed for autistic adults living in Newham who are currently in work and looking for additional support in the workplace.</p> <p>The programme will be delivered online via Microsoft Teams, with dates and frequency to be announced.</p> <p>Registration link: https://forms.cloud.microsoft/e/tjzshq86jL?origin=lprLink</p> 

	<p>You can find more information by watching this video.</p>
<p>e</p>	<p><u>Staging A Musical Show For Autistic Adults</u></p> <p> Date: Every second Thursday - 4 June, 18 June, 2 July and 16 July</p> <p> Time: 1pm-3pm</p> <p> Location: Beckton Globe Library 1 Kingsford Way, London E6 5JQ</p> <p>Autistic adults are invited to take part in a creative performance group at Beckton Globe Library, where participants can explore music, movement, and drama while working together towards a musical show. The sessions provide a welcoming and inclusive environment to build confidence, develop creative skills, and connect with others through the performing arts.</p> <p>Participants will have the opportunity to express themselves, collaborate as a group, and be part of a supportive community.</p> <p> Free for All</p> 
<p>f</p>	<p><u>Late Diagnosed Autism Peer Support Group</u></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 here if you are interested in joining this group.</p>
<p>g</p>	<p><u>Autism, Work & Anxiety Peer Support Group</u></p> <p>A group for autistic people in employment or in a volunteering or similar role and experience anxiety.</p> <p>This group is currently on hold. We will keep people on the mailing list updated and appreciate your patience.</p> <p>If you would like to join this group please email Autism.Commissioning@newham.gov.uk</p>

2.	Advocacy and Support Surgeries
a	<p><u>VoiceAbility Advocacy</u></p> <p>Independent Advocacy Support for Autistic Residents</p>  <p> Date: Saturday, 8 June</p> <p> Time: 2:30pm – 4pm</p> <p> Location: The Resource Centre, 200 Chargeable Lane E18 8DW</p> <p>Advocacy support is by appointment only, you can self refer here: VoiceAbility Make a referral</p> <p>Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org</p>
b	<p><u>Open Support Surgeries for Autistic Residents</u></p> <p>Do you need to speak with a senior professional?</p> <p>Open Support Surgeries for Autistic Residents takes place every third Friday of the month.</p> <p>Book an in-person or online 30min slot at the next Open surgery to have your concerns heard. This month, Friday 19 June the professionals include:</p> <ul style="list-style-type: none"> • Tony Pape, Autism Team Manager Adult Social Care • Lorna Fry, Head of SEND (0-25) Children Services <p>To book please email Autism.Commissioning@newham.gov.uk</p> <p>To book a slot you must be a local autistic resident, priority will be given to ARAG members.</p>
e	<u>LCIS Support Available for Newham Families</u>



Newham’s Language, Communication and Interaction Service (LCIS) provides specialist support for children and young people aged 0–16 with autism, social communication needs, Developmental Language Disorder (DLD), and speech sound difficulties. The team includes Specialist Teachers, Speech and Language Therapists, and SEN Practitioners supporting families, schools, and nurseries across Newham.

Newham’s Language, Communication and Interaction Service (LCIS) offers **free drop-in advice sessions for parents and carers of children with autism or social communication needs**. The sessions provide an opportunity to speak directly with specialist staff, ask questions, and receive practical guidance on supporting communication, learning, emotional wellbeing, and school transitions.

No referral is required for families with children attending a Newham school. A range of additional parent training sessions and resources are also available.

Click on any of the links below to the flyer you are interested in, in order to book a place. Your school SENCo can help if you need it.

- [Family Training Overview Flyer](#)
- [SCERTS for Newham Parents/Carers Flyer](#)
- [Intensive Interaction Flyer](#)

Primary Parent Virtual 'Drop In'
On the last Wednesday of each half term.

About these sessions:
LCIS SEN Practitioners are available to meet with parents to problem solve possible difficulties at home.
Possible points for discussion may be:
- Transitions into school or trips into the community.
- Emotional regulation strategies for home.
- Social communication 'top tips'.
- Preparing for changes.

'Drop in' appointments are available on a 'first come, first serve' basis and are limited to 30 minutes.

Who? Parents and carers of primary school children.
When? The last Wednesday of each half term, 9.00 – 12.00.
Where? These are online meetings, you will be sent a link upon booking.

Please note: Practitioners will not be able to give advice about placement or EHCP applications. You will need to contact your SEN Case Officer to discuss this.

To book an appointment please click: [LCIS Parent 'Drop In'](#)
Or scan the QR code!

For further enquiries please email: Rachel.warry@newham.gov.uk




Additional date added:
24th September
9.00 – 3.00






15th October,
17th December,
11th Feb,
25th March,
20th May,
15th July.

Scan me

Language, Communication

	<ul style="list-style-type: none"> ● Core Vocabulary Boards Flyer ● Getting Ready for Secondary School ● EYS Parent Training Flyer <p>LCIS on YouTube: Our YouTube channel Newham Support for SEND - YouTube has videos of things to try at home.</p> <p>To find out more about LCIS support, eligibility, parent training opportunities, and how to access services, please visit: https://families.newham.gov.uk/kb5/newham/directory/advice.page?id=JMoGCadt8Q0</p> <p>For more information, email LCIS@newham.gov.uk or call 0203 373 3764</p>
<p>3.</p>	<p>Autism Residents' Advisory Group (ARAG)</p>
	<p>At last month's ARAG meeting, there were 3 guest speakers:</p> <ol style="list-style-type: none"> 1. Grainne Fennell, LBN LCIS 2. Dr Kelly Birtwell, Fellow researcher, University of Manchester 3. Jason McCulloch, Senior Commissioner, LBN <p>Dr Kelly Birtwell shared insights from her research exploring the experiences of autistic adults in healthcare and community settings. She discussed ongoing work examining how general practice can better support autistic people, as well as the Autism and Dance (ADA) project, which uses creative methods to explore how dance and movement can support wellbeing, self-expression, identity, and social connection. Her presentation highlighted the importance of listening to autistic voices and co-producing research to ensure services and opportunities are more inclusive, accessible, and responsive to the needs of autistic adults.</p> <p>Useful resources from Dr Birtwell's presentation</p> <p>Optimising general practice support for autistic adults: a realist review protocol March webinar recording of the dance project</p> <p>Grainne Fennell gave an overview of the free support available for autistic children and young people in mainstream schools and nurseries. LCIS is a multidisciplinary team comprising speech and</p>

	<p>language therapists, specialist teachers, and SEN practitioners who work closely with children, families, schools, and carers. Grainne highlighted the range of support offered, including specialist advice, training, and practical strategies to help children with communication and interaction needs thrive both at school and at home.</p> <p>Jason McCulloch provided an update on Newham Council's upcoming Supported Accommodation Strategy, which must be developed and published by March 2027. The strategy will set out plans for supported accommodation services across a range of communities, including older adults, people with mental health needs, people with learning disabilities and autistic people, care leavers, and vulnerable individuals experiencing homelessness or rough sleeping. He highlighted the importance of ensuring the strategy reflects the diverse housing and support needs of residents across Newham.</p> <p>Next meeting:</p> <p> Date: Monday, 6 July</p> <p> Location: Hopkins Room, Stratford Library, 3 The Grove, London E15 1EL.</p> <p> Time: 10am - 12pm (registration and refreshments from 9.30am)</p> <p>Guest speakers: Lucky Singh, Superintendent, Met Police & Maryam Abdullah & Jessica Ihejetoh, Newham Heritage Team</p> <p>You can join the ARAG using the e-form here. Please email autism.commissioning@newham.gov.uk if you require any help completing the form.</p>
4.	<p>Local Media</p>
a	<p><u>NuSound Radio</u></p> <p>NuSound Radio Radio show: Last Friday of every month 12pm-1pm autism slot. Tune in to hear guest speakers discuss autism.</p> <p>Friday 26 June speaker - TBC</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;

	<ul style="list-style-type: none"> ● 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 ● Morwenna, Work Coaching for autistic adults  <p>Recordings of past shows archived here: Radio interviews</p>
5.	FREE Courses and Training
a	<p><u>Free Suicide Awareness Training workshop available in June</u></p> <p>Delivered by trainers from the Zero Suicide Alliance, the 90-minute virtual session aims to help participants build the confidence and skills to support someone experiencing emotional distress.</p> <p>The training covers recognising warning signs, having supportive conversations, and safely signposting individuals to professional help. The session is open to anyone interested in helping create safer and more supportive workplaces and communities.</p> <p>Upcoming session:</p> <p> Date: Monday, 15 June</p> <p> Time: 10am - 11:30am</p> <p> Location: Online</p> <p>Register here for free: https://www.eventbrite.co.uk</p> <p> Free for All</p>
b	<u>Neurodiversity and IPS: Best Practice for Staff and Clients</u>



This interactive webinar will bring together international evidence, practical learning, and lived service experience to support IPS services to be more neuro-inclusive for both staff and people using services.

 **Date:** Tuesday, 9 June

 **Time** 10:15am – 12:00pm

 **Location:** Online

This webinar will outline:

- International evidence for applying the IPS model when working with neurodiverse people.
- How to support neurodiverse staff working in IPS services.
- How to consider adaptations to IPS delivery for neurodiverse clients.

Register for free:





<https://events.teams.microsoft.com/event/125a980b-cdd8-421f-bccc-c8e3f89eda95@9c85420c-07ed-40e7-9c4c-4207556dc906/registration>

 **Free for All**

6. Volunteering & Engagement

a Newham Supported Accommodation Strategy


Newham Council is developing a new Supported Accommodation Strategy and is looking to hear from autistic residents about their housing experiences and future needs. Residents can take part in a group discussion or a one-to-one conversation to help shape the strategy.

	<p>The Council is particularly keen to hear from autistic people who currently live in supported accommodation, have experienced difficulties accessing suitable housing, are looking to move into more independent accommodation, are aged 55 and over, or are young adults aged 18–24.</p> <p>To register your interest in taking part, please email: Autism.Commissioning@newham.gov.uk</p> <p>♥ Free for All</p>
<p>b</p>	<p><u>Newham Volunteer Fair</u></p>  <p>As part of National Volunteers week (1st-8th June) the Newham Volunteer Fair is an opportunity for Newham to celebrate, inspire and most importantly give recognition to all the volunteering that happens across our borough and our communities.</p> <p>Connect with local organisations and groups personal to you, discover amazing new volunteering opportunities, and find the perfect way to give back. Whether you're new to volunteering or a seasoned pro, this is your chance to get involved and help out in the community.</p> <p>If you are autistic and would like support in joining the event on Thursday or becoming a volunteer yourself, you can contact the Volunteer Manager Habebur.Rahman@newham.gov.uk who will support you to access this offer.</p> <p> Date: Thursday, 4 June</p> <p> Time: 3pm - 7pm</p> <p> Location: East Ham Library, 328 Barking Rd, London E6 2RT</p>

	<p>Register here for free: https://www.eventbrite.co.uk/e/newham-volunteer-fair-tickets-1989206240413?aff=ebdssbdestsearch</p> <p>♥ Free for All</p>
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National

1	Neurodiverse resources & information
a	<p>Thousands of healthcare staff complete landmark autism and learning disabilities training</p> <p>DWP puts disabled people first: Thousands of health staff complete landmark autism and learning disabilities training</p> <p>The Department for Work and Pensions (DWP) has announced that more than 4,000 healthcare professionals have completed specialist training on autism and learning disabilities as part of the Oliver McGowan Mandatory Training programme. The initiative aims to improve how autistic people and individuals with learning disabilities are supported across the benefits system by helping staff better understand neurodivergent needs, challenge harmful assumptions, and make meaningful reasonable adjustments.</p> <p>Named after Oliver McGowan, whose death highlighted the urgent need for greater awareness and understanding within health and care services, the programme forms part of the Government’s wider commitment to improving outcomes and reducing inequalities for autistic people and people with learning disabilities.</p> <p>Minister for Social Security and Disability Sir Stephen Timms, said:</p> <p><i>“Oliver McGowan’s story is a powerful reminder of why services must understand the people they serve. This training is part of how we achieve that, equipping our staff to treat every autistic person and everyone with a learning disability as an individual, and to provide support that genuinely works for them. We’re determined to break down barriers for disabled people, and to put autistic people and those with learning disabilities at the very heart of our decisions and direction. I pay tribute to the hard and brave work of the McGowan family in Oliver’s memory.”</i></p>

b	National Autistic Society named 2027 London Marathon Charity Partner
	<p>The National Autistic Society has been named the official Charity of the Year for the 2027 TCS London Marathon, with plans to make the event the most inclusive marathon yet. Through its “It’s Time to Show Up” campaign, the charity hopes to raise awareness and improve public understanding of autism by encouraging people to better support autistic individuals in everyday life.</p> <p>The partnership will also help raise vital funds for new support initiatives, including an advice hub and online community app designed to provide guidance, peer support, and practical resources for autistic people and their families across the UK. Applications for Team Autism are now open, with runners supported through fundraising resources, training workshops, and community events leading up to the marathon.</p> <p> Date: Sunday, 25 April 2027</p> <p>To be a part of Team Autism, you can sign up here: https://www.autism.org.uk/london-marathon/run-for-us/apply-for-a-london-marathon-charity-place</p> <p>As part of Team Autism, participants will have access to free training resources, expert advice, webinars, fundraising support, and online community groups on Facebook and Strava to connect with fellow runners throughout their marathon journey. Training support for London Marathon runners</p>
c	Talking about puberty to your child
	<p>A recent blog from Autism Central explores how parents can approach conversations about puberty with their autistic children. Drawing on research from Swansea University, the article highlights common concerns around topics such as body changes, consent, personal hygiene and safety, while offering practical advice for families.</p> <p>Key recommendations include:</p> <ul style="list-style-type: none"> ● Start conversations about puberty early and build on them over time rather than relying on a single discussion. ● Use clear, direct language and avoid euphemisms that may be confusing.

	<ul style="list-style-type: none"> ● Discuss topics such as body changes, personal hygiene, relationships, boundaries and consent in an age-appropriate way. ● Teach consent and personal boundaries through everyday interactions and practical examples. ● Recognise that autistic young people may need additional support and repeated conversations to process information and ask questions. ● Make use of trusted resources, visual aids and support services to help guide discussions and answer questions confidently.
d	<p>SAAIL releases relationships and wellbeing toolkits for autistic adults</p> <p>The Supporting Autistic Adults' Intimate Lives (SAAIL) project has launched two online toolkits to support autistic adults and the professionals who work with them around relationships, intimacy, sexuality, and wellbeing. Co-produced with autistic people, the resources include practical advice, lived experience insights, and guidance for providers on offering autism-informed support.</p> <p>The toolkits also include information relevant to LGBTQ+ autistic individuals and aim to promote more inclusive and supportive conversations around relationships and wellbeing.</p> <p>Toolkit for autistic people: https://www.autlives.com/toolkit-autistic-adults</p> <p>Toolkit for providers: https://www.autlives.com/toolkit-for-providers</p>
e	<p>Rethinking Workplace Inclusion: Lessons from Dr. Ludmila Praslova</p> <p>In a recent discussion, Dr. Ludmila Praslova argues that neurodivergence should not be viewed as a deficit, but as a form of psychological diversity. By designing workplaces that accommodate different sensory, cognitive, and social needs, organizations create better, more flexible systems for everyone - including caregivers and students.</p> <p>Drawing on the historical metaphor of canaries in coal mines, Dr. Praslova introduces the idea that neurodivergent employees often serve as "canaries" in the workplace. Their heightened sensitivity to environments - such as loud, open-plan offices or lack of clarity, allows them to identify systemic toxicities or inefficiencies before others do. When leaders heed these "warnings," it results in a healthier, more productive environment for all staff.</p>

	<p>Listen to the full discussion here: https://www.youtube.com/watch?v=6hHL11XMNbk</p>
f	<p>Integrating Nutrition, Environment, and ABA for Autism Care</p> <p>Dr. Hokehe Eko of Glow Pediatrics advocates for a whole-child approach to autism care. By moving beyond a single-modality focus, she emphasizes how coordinating nutrition, behavioral therapy, and environmental modifications can help children with autism thrive from the inside out.</p> <p>Up to 70% of children with autism experience gastrointestinal (GI) discomfort, which can manifest as irritability, sleep disturbances, and aggression.</p> <p>Dr. Eko highlights the effectiveness of addressing nutrient deficiencies - such as Vitamin D, iron, and zinc, and experimenting with diets like gluten-free/casein-free (GFCF) protocols to reduce systemic inflammation.</p> <p>Watch the full discussion here: https://www.youtube.com/watch?v=WYp_28554bU</p>
g	<p>A Comprehensive Guide to Understanding and Supporting Autistic Burnout</p> <p>Dr. Zoe McGovern and Dr. Jess Donohoe emphasise that autistic burnout is not a sign of personal failure or lack of resilience, but rather a physiological and neurological response to prolonged, unmet needs and the unsustainable effort required to exist in neurotypical environments.</p> <p>They share that recognising the early indicators is crucial for prevention. Look for significant shifts away from the individual's baseline, such as:</p> <ul style="list-style-type: none"> • Withdrawal: A protective move away from social contact or normal levels of functioning. • Increased Autistic Traits: A rise in stimming, or an intensified need for rigid routines for safety and regulation. • Skill Regression: Finding previously manageable tasks, like communication or self-care, suddenly impossible due to a need for the brain to conserve energy. • Increased Sensory Sensitivity: Situations once tolerated become unbearable as the nervous system loses its capacity to filter input. <p>Watch the full discussion here: https://www.youtube.com/watch?v=tEqf_1xVbrE</p>

h	Joint report calling for major improvements to autism diagnosis and support across the UK
	<p>Leading autism charities, including Autistica and the Autism Alliance, have published a new joint report calling for major improvements to autism diagnosis and support across the UK. The report highlights long waiting lists, growing demand for assessments, and the need for more personalised, needs-led support for autistic people throughout their lives.</p> <p>The report recommends increasing access to diagnostic services, improving support before and after diagnosis, and addressing wider barriers such as stigma and poor understanding of autism. It also calls for a long-term national strategy focused on providing consistent and accessible support across health, education, social care, and employment services</p> <p>You can find the full report here: https://www.autistica.org.uk/downloads/files/A-New-Path-Ahead-Full-Report-April-2026.pdf</p> 
2	Share your views
a	Survey launched to understand mental wellbeing across London
	<p>A new London-wide survey led by Mind in Bexley and Mind in London, in partnership with voluntary and community organisations, is inviting residents to share their experiences of mental wellbeing and access to support.</p> <p>The survey aims to better understand the factors that affect mental health in everyday life — including housing, finances, relationships, community connection, and access to early support. Insights gathered will help shape future approaches to mental health prevention, reduce inequalities, and improve how services and communities support Londoners.</p> <p>Residents are encouraged to take part and share their experiences to help inform future mental health support across the city. Link to the survey</p>
b	National Autistic Society Research on Catatonia
	<p>The National Autistic Society is looking to speak to adults in England who have a diagnosis of autism and have experienced catatonic deterioration.</p>

What does taking part involve?

- Have a brief phone/online call to discuss your participation and any reasonable adjustments needed (5 min).
- Complete a short questionnaire about catatonic experiences (5 min).
- Have a chat with the lead researcher in person or online (1 hour).
- Optional feedback on any aspect of the research including accuracy of interview transcript.

UNDERSTANDING AUTISTIC PEOPLE'S EXPERIENCES OF CATATONIA

WHO CAN TAKE PART?

- People over 18 who have a diagnosis of autism and have had catatonia.

CALL FOR RESEARCH PARTICIPANTS!

WHAT'S INVOLVED?

1. Have a brief phone/online call to discuss your participation and any reasonable adjustments needed (5 min).
2. Complete a short questionnaire about catatonic experiences (5 min).
3. Have a chat with me in person or online (1 hour).
4. Optional feedback on any aspect of the research including accuracy of transcript.

WHY TAKE PART?

- Some autistic people can experience catatonia, which can have a big impact on their quality of life.
- We want to hear from autistic adults directly how they experienced catatonia and the support they received. We hope this will help to better shape services and understanding in the future.

INTERESTED?
Contact me

Orsolya Barabas
Trainee Clinical Psychologist
o.barabas425@canterbury.ac.uk
Mobile: 07922174528

Click this link or scan the QR code for more information or to sign the consent form

Tell me how I can help participate - let's talk about your communication preferences.

You will be offered a £10 voucher for your time and effort.

Canterbury Christ Church University | Salomons Institute of Applied Psychology, South London and Maudsley NHS Foundation Trust and Oxleas NHS Partnership Trust
Research Ethics Committee Reference 24/LO/0849
Version 2.0 06/02/25

You will be offered a **£10 voucher** for your time and effort.

More information at the following link:

https://cccusocialsciences.az1.qualtrics.com/jfe/form/SV_8JiyN6lVBWmFeZ0

For more details, contact

Orsolya Barabas, Lead Researcher

Email: o.barabas425@canterbury.ac.uk



c **TwinsUK Research on How Genetics, Lifestyle and Environment Shape Overall Health**

TwinsUK's study explores how genetics, lifestyle and environment shape our health, helping scientists find ways to improve care and prevention for everyone.

They want the health research to fully reflect the diversity of our communities and currently, only 4% of TwinsUK participants.

Any representatives from organisations that support ethnic minorities who are interested to take part in a focus group about recruiting from these

communities, please contact laura.bello-rodriguez@kcl.ac.uk, Communications and Engagement Manager.



WHAT IS TWINSUK?
TwinsUK is the UK's largest adult twin research registry, focused on studying the genetic and environmental factors that influence common diseases and ageing. Established at King's College London, it involves 16,000 twin volunteers who participate in health research, helping scientists understand how genetics, lifestyle, and environment impact health outcomes. This research supports advancements in personalised health and insights into conditions like diabetes, arthritis, cardiovascular disease, and more.

WHO CAN SIGN UP?
Anyone aged 18 or older, whether identical or non-identical twins, male or female, living in the UK, can join the TwinsUK registry and participate in the research programme.



WHAT DOES PARTICIPATION INVOLVE?

- A full-day research visit at St Thomas' Hospital in London every four years, including tests like blood work, bone density, blood pressure, fitness, and eye tests. Results are sent 4-6 weeks later.
- Participation in postal studies and completing annual questionnaires (online or by mail).
- Some twins may be invited to participate in studies focused on specific conditions or diseases.

If you are a twin or know a twin who might be interested in being part of TwinsUK, please contact us at: <https://twinsuk.ac.uk> or 020 7848 4444

OVER 700,000 BIOLOGICAL SAMPLES COLLECTED

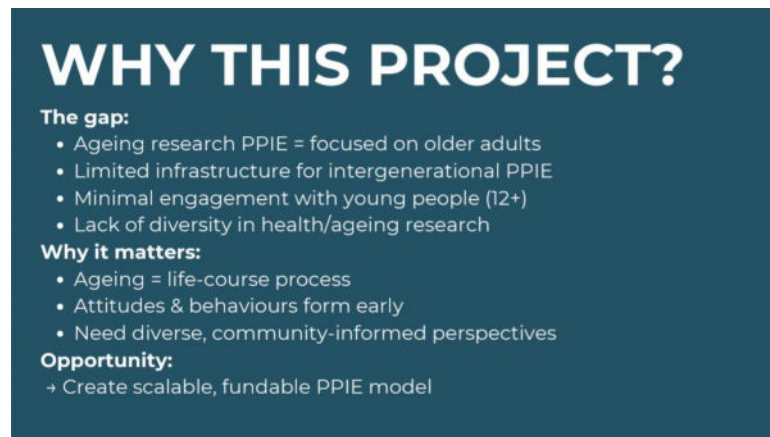


WE STUDY: SPOOL, BLOOD, URINE, LUNG FUNCTION, SPINAL FLUID, CHEEK SWABS, SALIVA, HIR, SPINAL FLUID, SCANS, CHAIR STAND TESTS, QUESTIONNAIRES, FAT BIOPSIES, GRIP STRENGTH & MORE

d Take Part in Ageing Research Across London

The CO-AGE project is looking for representatives from organisations supporting diverse communities to take part in upcoming research activities exploring healthy ageing across the life course.

Opportunities include a **digital storytelling session** for 7–8 participants on 18th July at Vauxhall Gardens Community Centre, as well as a **hybrid intergenerational workshop** later in July where participants will share perspectives and co-design ideas alongside students.



WHY THIS PROJECT?

The gap:

- Ageing research PPIE = focused on older adults
- Limited infrastructure for intergenerational PPIE
- Minimal engagement with young people (12+)
- Lack of diversity in health/ageing research

Why it matters:

- Ageing = life-course process
- Attitudes & behaviours form early
- Need diverse, community-informed perspectives

Opportunity:

- Create scalable, fundable PPIE model

Both activities are paid, and participation will help shape future research and conversations around healthy ageing and community wellbeing.

What does ageing look like for an autistic person? Lets get your story out there!

For more information or to express your interest, **please contact:** laura.bello-rodriguez@kcl.ac.uk , Communications and Engagement Manager.

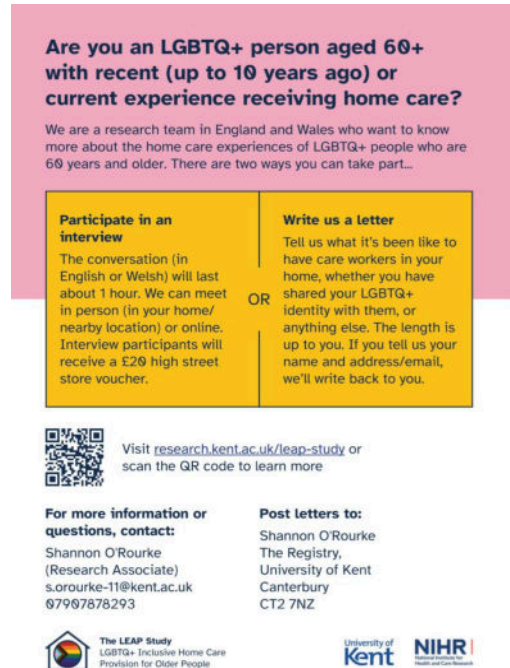
e LGBTQ+ Older Adults Invited to Share Home Care Experiences

Researchers from the University of Kent are looking to hear from LGBTQ+ people aged 60 and over who have recent or current experience of receiving home care.

Participants can take part in a **one-hour interview (online or in person)** and will receive a **£20 voucher**, or they can choose to share their experiences by writing a letter. The study aims to better **understand the experiences of LGBTQ+ older adults and help improve inclusive home care services.**

What does this look like for an autistic person? Share your story!

To find out more, visit: research.kent.ac.uk/leap-study or contact **Shannon O'Rourke at s.orourke-11@kent.ac.uk or 07907 878293.**



Are you an LGBTQ+ person aged 60+ with recent (up to 10 years ago) or current experience receiving home care?


We are a research team in England and Wales who want to know more about the home care experiences of LGBTQ+ people who are 60 years and older. There are two ways you can take part...



<p>Participate in an interview</p> <p>The conversation (in English or Welsh) will last about 1 hour. We can meet in person (in your home/ nearby location) or online. Interview participants will receive a £20 high street store voucher.</p>	OR	<p>Write us a letter</p> <p>Tell us what it's been like to have care workers in your home, whether you have shared your LGBTQ+ identity with them, or anything else. The length is up to you. If you tell us your name and address/email, we'll write back to you.</p>
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Visit research.kent.ac.uk/leap-study or scan the QR code to learn more.

For more information or questions, contact:
 Shannon O'Rourke (Research Associate)
s.orourke-11@kent.ac.uk
 07907878293

Post letters to:
 Shannon O'Rourke
 The Registry,
 University of Kent
 Canterbury
 CT2 7NZ

 The LEAP Study
 LGBTQ+ Inclusive Home Care
 Provision for Older People

f Autism Research and Neurodiversity

A recent Yale-led study explored how different genes linked to autism may affect similar biological pathways in the brain. Researchers say the findings could help improve understanding of how autism develops and contribute to future research into neurodevelopmental conditions.

This raises important conversations around identity, inclusion, and what meaningful support should look like for autistic people and their families.

For more information, please click the link below:
<https://news.yale.edu/2026/05/01/many-genes-have-been-linked-autism-new-study-suggests-it-may-be-their-path-brain-matters>

Additionally, The Yale article references earlier autism genetics research, including a 2020 Cell paper that identified 102 genes linked to autism. The article notes that, as access to larger DNA datasets grows, researchers

expect the number of identified autism-linked genes to increase significantly — potentially reaching around 250 genes in future studies.

Link to the research paper:
[https://www.cell.com/cell/fulltext/S0092-8674\(19\)31398-4](https://www.cell.com/cell/fulltext/S0092-8674(19)31398-4)

If you'd like to share your thoughts on this topic and how autism research can better reflect the experiences and voices of the autistic community, please email Autism.Commissioning@newham.gov.uk.

g New Study Explores Brain Stimulation Therapy for Autistic Children

A recent study reported by *The Independent* explored the use of non-invasive magnetic brain stimulation as a potential therapy for autistic children. Researchers in China examined whether magnetic pulses could help support communication and social interaction skills in autistic children.

For more information, please click the link below:
<https://www.independent.co.uk/news/health/autism-children-brain-stimulation-magnetic-pulses-china-b2967344.html>

As autism research continues to develop, if you'd like to share your thoughts on emerging therapies, support approaches, and how autism research is communicated and represented - please email Autism.Commissioning@newham.gov.uk.

3 Things to Do

a Learning Disability Week Event at Canning Town Library

 **Date:** Monday, 15 June

 **Time:** 10:30am–12pm

 **Location:** Canning Town Library, 18, Rathbone Market, London E16 1EH

Join us for a relaxed and creative event celebrating voices from our community. The session will feature a workshop led by spoken word artist MIRI, alongside readings of inspiring work created by local residents with learning disabilities.

This is a wonderful opportunity to listen, connect, and enjoy powerful and authentic storytelling in a welcoming and inclusive space.



Celebrate Learning Disability Week



Come along for a relaxed, creative event celebrating voices from our community. We'll have a workshop with spoken word artist MIRI, plus readings from the brilliant work of some of our residents with learning disabilities.

It's a chance to listen, connect and enjoy some powerful, honest storytelling in a friendly space.

Everyone is welcome.

newham.gov.uk



WE ARE NEWHAM.

The event will also feature a workshop led by a spoken word artist with autism who works predominantly with SEND adults, creating an opportunity for self-expression, storytelling, and creativity.

No need to book, drop in. For more information, visit <https://newham.events.mylibrary.digital/event?id=349475>

Free for All

b Beckton Friendship Club - Art Exhibition

Learning Disability Week Theme: “To Be Seen”

Date: Saturday 13 June
Time: 4:00pm – 6:00pm
Location: Beckton Library, 1 Kingsford Way, Beckton, London E6 5JQ

The **Beckton Friendship Club Art Exhibition** is a powerful, immersive showcase celebrating the voices, creativity, and lived experiences of adults with learning disabilities, autistic individuals and carers. Aligned with the Learning Disability Week theme “To

Be Seen”, the exhibition shines a light on stories that are often unheard - placing members at the centre of their own narrative.

Through sculpture, written expression, and interactive installations, visitors are invited not just to observe, but to reflect, connect, and engage.

Free for All

Come along, connect with the community, and help us celebrate the importance of being seen, heard, and valued.



Shared by a local autistic resident


c People Need People – Walking Club

Date: Thursdays

Time: 11am – 1pm
Location: Stratford Library

For more info, contact studio@framesofmind.uk

Free for All



d Divergent Cinema: Celebrating Neurodivergent Voices in Film

[Divergent Cinema](#) is a non-profit platform dedicated to supporting neurodivergent filmmakers and audiences, including autistic, ADHD, dyslexic, and Tourette’s communities. The organisation showcases films created by neurodivergent people, hosts film screenings and festivals, and works to create more inclusive opportunities within the film industry.

The platform aims to amplify neurodivergent perspectives through storytelling and creative expression, while building a community where neurodivergent creatives can connect, collaborate, and share their work. Residents interested in film, media, and neurodivergent-led creative projects can explore upcoming events, screenings, and opportunities on the [Divergent Cinema website](#).

e Autism & ADHD Show





The national event for autism & ADHD

 London 19-20 June 2026 Business Design Centre	 Birmingham 26-27 June 2026 NEC	 Liverpool 3-4 July 2026 Exhibition Centre Liverpool
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The Autism & ADHD Show is packed with essential information, advice and learning to help you support an autistic, ADHD or AuDHD person in a home or school setting.


Please click this link for more information and to book tickets for the London show happening from **19-20 June 2026 at Business Design Centre, Islington**: <https://autismadhdshow.co.uk/london/>

f	<p>Autism Support Group & Community Games Club (Walthamstow)</p>  <p>A calm, autism-friendly weekly group offering games, peer support, and a welcoming space for adults with autism and families.</p> <p>Register here for free: https://www.eventbrite.co.uk/e/autism-support-group-community-games-club-walthamstow-tickets-1980115004281</p> <p> Free for All</p>
g	<p>Wildlife Community Gardening - Market Road Gardens</p>



The gardening sessions are open to everyone, with no gardening experience needed, and offer a chance to enjoy nature, learn new skills, and meet others in the community. Gloves, tools, plants, and guidance will be provided. Under 16s must attend with an adult.

 **Date:** Every Tuesday and Wednesday

 **Time:** 10am – 12pm

 **Location:** Market Rd, London N7 9GT

Register here for free:

<https://www.eventbrite.co.uk/e/wildlife-community-gardening-market-road-gardens-n7-tuesdays-tickets-1987938317020?aff=erelexpmlt>





 **Free for All**

h Free outdoor cinema screenings in Canary Wharf

FREE films at Canada Square Park perfect for families, date nights and chilled evenings in London.

 **Free for All**



<p>i</p>	<p>Sir John Soane's Museum Relaxed Opening</p> <p>This special event is for children and young people with Special Educational Needs and Disabilities and or Neurodivergence and their families.</p> <p>This is a self-guided session but there will be sensory activities, symbol trails and fidget toys you can borrow if you like and our friendly staff will be available to help.</p> <p> Date: Saturday, 6 June</p> <p> Time: 5pm - 7pm</p> <p> Location: Sir John Soane's Museum, 13 Lincoln's Inn Fields, London WC2A 3BP</p> <p>As there are a limited number of spaces available for this event, please email Rhiannon Litterick (rlitterick@soane.org.uk) to register your interest or join the waitlist for tickets. You will receive an email from Rhiannon with further information.</p> <p>For more information on the event, please visit: https://www.soane.org/whats-on/relaxed-opening</p> 
<p>j</p>	<p>Bubble Club</p> <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>



**NEXT CLUB NIGHT:
SUNFLOWER PIZZAZZ**

LIVE ACT: TBC
DJS: TBC

WEDNESDAY 10TH JUNE 2026
93 FEET EAST, 150 BRICK LN,
LONDON E1 6QL
7PM - 11PM

CLOSEST STATIONS:
11 MINUTE WALK: SHOREDITCH HIGH
STREET OVERGROUND,
15 MINUTE WALK: LIVERPOOL ST STATION

k Autistic Inclusive Meets UK

FREE or low cost play and social groups across London

	<p>AIM Friday Group Starting April 10th Every Friday</p> <p>Read More</p> <p>£3 Per Family</p>		<p>Scribbling With Saffron 1st Monday of the month</p> <p>Read More</p> <p>FREE TO ATTEND</p>
	<p>Adult Social Group Every 4th Saturday of the month</p> <p>Read More</p> <p>£2.50 PER ATTENDEE</p>		<p>Thursday Social Group Resumes on January 15th Weekly</p> <p>Read More</p> <p>£2.50 PER FAMILY</p>
	<p>Monday Playgroup Weekly</p> <p>Read More</p> <p>£2.00 PER FAMILY</p>		<p>Football Saturdays Weekly</p> <p>Read More</p> <p>£5 PER ATTENDEE</p>
	<p>Boxing Saturdays 1st Saturday of each month</p> <p>Read More</p> <p>FREE* TO ATTEND</p>		<p>Saturday 9-17 Group 1st Saturday of each month</p> <p>Read More</p> <p>£2.50 PER ATTENDEE</p>

<https://www.autisticinclusivemeets.org/>

Social Media

Instagram

a See more on **Neurodivergent_lou** latest posts here:

We're All For Autism Awareness Until...

An autistic person asks for accommodation/ reasonable adjustments.



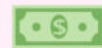
Autistic people are often told that we are 'too much' or like a 'burden' when we ask for reasonable adjustments or accommodations. Similarly, we are sometimes told we are being unfair or getting a 'head start'. We are all for autism awareness until an autistic person asks for support or adjustments.

@neurodivergent_lou

We're All For Autism Awareness Until...

An autistic person can't be productive or of benefit to capitalist society.

Often, unfortunately it is only certain groups of autistic people, who are seen as valuable and that usually depends on how valuable they are or are seen to be, to capitalist society. All autistic people are valuable. We are all for autism acceptance until an autistic person can't work or isn't of value to capitalist society.



To view the full post, please click here:

https://www.instagram.com/p/DWrYbn1DBay/?img_index=1

YouTube

a What Happened When My Autistic Son Faced Great White Sharks

Whether you're a parent or caretaker of an autistic or neurodivergent child, someone on the spectrum yourself, or just love watching unconventional families live life on their own terms — this video shows what immersive, experiential teaching actually looks like in action.



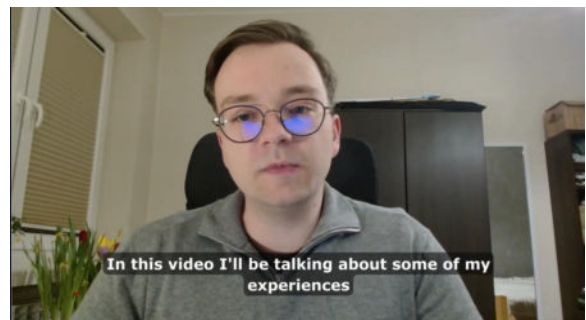
Watch the full video here:

<https://www.youtube.com/watch?v=4NgRVdTtNhE>

b Tips for Autistic Students Starting University

[Maciej Matejko](#) talks about his experiences around starting university and shares tips and advice for other autistic students.

Maciej is an autistic autism researcher and advocate, member of



the Group for Research in Relationships And NeuroDiversity (GRRAND), tutor of English as a foreign language and content creator for Autism Central.
