

Autism Monthly News Round-up

July 2026

21st edition

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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 does 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.*

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

June 2026

About this newsletter

This newsletter has been researched and developed by a local resident volunteer in partnership with Newham's Autism Commissioning Team. We are incredibly grateful for the time, care and dedication they have invested in bringing together information, events, support and opportunities for our autism community.



Their commitment has helped create a resource that keeps autistic residents, families and carers informed, connected and supported. ❤️

LOCAL

1	Summer Wellness
	<p>Summer sun is often seen as a time for freedom and fun - but for neurodivergent individuals, especially those with autism or ADHD, rising temperatures can bring unexpected challenges.</p> <p>The Met Office forecast for this summer suggests an increased chance of heatwaves, so now is the time to be prepared.</p> <p><u>Child-Specific Tips</u></p> <ul style="list-style-type: none"> ● Visual cooling cues: Use pictures or symbols to show water breaks, shaded areas, or break times ● Clothing control: Let them choose soft, breathable fabrics that feel comfortable, no forced outfits ● Prepare for transitions: Use countdowns, social stories, and routine cards for trips or change in daily plans ● Offer predictable quiet time: Schedule it before they hit overwhelm, not after ● Water play for regulation: Paddling pools, sensory bins with cold water, or misting fans can provide joyful, regulating input <p><u>Adult-Specific Tips</u></p> <ul style="list-style-type: none"> ● Pre-plan recovery space: Designate a cool, low-sensory “retreat” you can dip into during the day ● Set external reminders: Use alarms, apps, or wearable cues for hydration, shade, or medications ● Adapt social expectations: Be honest with yourself and others - heat may mean shorter visits or planned alone time ● Choose your fabrics: Loose, natural fibres can reduce irritation. Consider sunglasses or noise-reduction earphones too ● Schedule lighter work periods: If possible, shift heavy cognitive tasks to cooler hours of the day

2 Disability Pride 2026



Disability Pride Month is not only a celebration but a statement: disability is a valued part of human diversity, not something to be hidden, pitied, or fixed.

In the UK, around [1 in 5 people are disabled](#), yet disabled people continue to experience widespread inequality. Research shows that many disabled people face negative attitudes, barriers to employment, and additional financial and social pressures as a result of inaccessible systems.

While Disability Pride Month is a key moment in the year, pride and inclusion should not be limited to one month. Real progress means continuing to listen, learn, and act – ensuring disabled people are involved in decisions that affect their lives and communities.

The key message is that being disabled is not something to overcome – it is something to be proud of. That is the future we should be building.


To mark the occasion, we've put together a list of local events and activities that you, your family, and friends can take part in throughout the month.


1. 11th Annual Autistic Pride in Hyde Park



London Autism Group Charity is proudly sponsoring this year's **Autistic Pride in Hyde Park** - a wonderful, welcoming celebration run by autistic people, for autistic people.

 **Date:** Sunday, 12 July 2026

 **Time:** 1pm - 5pm


 **Location:** Near the Italian Gardens, Hyde Park (look for the Autistic Pride flag!)


2. Queer Farm Club

Think community vibes: crafting, an open mic, karaoke, good food and lots of time to chat and make friends.



 **Date:** Sunday, 26 July 2026

 **Time:** 3pm - 9pm

 **Location:** Spitalfields City Farm, Buxton Street, London, E1 5AR


Click here for more details and to also reserve your spots:


<https://www.outsavvy.com/event/37337/disabled-queer-farm-club>

3. North Kensington Library Film Club

This month the film club is marking Disability Pride Month with a remarkable film about the extraordinary life of Christy Brown, writer and painter born with cerebral palsy.

 **Date:** Thursday, 23 July

 **Time:** 5:30pm - 7:30pm

 **Location:** North Kensington Library, 108 Ladbroke Grove, London W11 1PZ

To reserve your spot, click on this link:

<https://www.eventbrite.co.uk/e/north-kensington-library-film-club-disability-pride-month-tickets-1989646865334>

 **Free**

4. MNVP Disability Pride Month Listening Event



Maternity and Neonatal Voices Partnership (MNVP) brings together parents, birth partners, and carers to share their experiences of maternity and neonatal care in Tower Hamlets, Waltham Forest, and Newham (TWN).

Join MNVP for a Disability Pride Month listening event focused on inclusion, accessibility and lived experience in maternity and neonatal care.

 **Date:** Wednesday, 8 July

 **Time:** 10am - 1:30pm

 **Location:** Half Moon Theatre, 43 White Horse Road, London, E1 0ND

For more information, contact mnvptwn@cbplus.org.uk

Reserve your spot here:

<https://www.eventbrite.co.uk/e/mnvp-disability-pride-month-listening-event-tickets-1991976296726#organizer-card>

 **Free**





3 July Focus: Late Diagnosis










Late Diagnosis: Understanding Autism in Adulthood






Receiving an autism diagnosis later in life can bring a mix of emotions — from relief and understanding to questions about identity, relationships, and what comes next. For many people, a late diagnosis can help make sense of experiences they may have spent years trying to navigate, including sensory differences, communication styles, challenges with change, or feeling misunderstood.






A diagnosis is not the end of the journey; it can be the beginning of understanding yourself better. Many late-diagnosed autistic adults explore what autism means




	<p>for them, how it may have shaped their experiences, and how they can build support strategies that work for their everyday lives.</p> <p><u>Finding support after diagnosis</u></p> <p>Post-diagnostic support can look different for everyone. Some people may benefit from connecting with other late-diagnosed adults through peer support groups, while others may want guidance around managing sensory needs, executive functioning, work, relationships, or daily routines.</p> <p>It can also be helpful for families, partners, and friends to learn more about autism and how to provide support. Understanding communication preferences, reducing barriers, and making adjustments can help strengthen relationships and create more supportive environments.</p> <p><u>Navigating life as an autistic adult</u></p> <p>Late diagnosis may also bring new questions around work, healthcare, benefits, and accessing services. Knowing where to find reliable information and support can make navigating these systems easier.</p> <p>It is also important to recognise the emotional impact of late diagnosis. Some people may experience feelings of grief about missed support earlier in life, while others may feel a sense of relief and self-acceptance. Every person's experience is different, and support should continue to adapt as needs change over time.</p> <p><u>Support available in Newham</u></p> <p>If you are looking for information, guidance, or local support following an autism diagnosis, visit our Support & Information for Autistic Residents – Autism – Newham Council, Newham Autism Resource Pack and see 4d below to register with the new Late Diagnosed Autism Peer Support Group</p>
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4	In The Community
a	Peer to Peer Support Groups
i.	Carers of Autistic Adults Peer Support Group
	<p>Drop In, First Monday of every month, East Ham, Central Park Café, inside the park, near Bartle Avenue E6. Sophie the Cafe Manager will be able to direct you to the meeting spot.</p> <p>Following session:</p> <p> Date: Monday 6th July</p> <p> Time: 11am-12:30pm</p> <p> Location: Central Park Cafe</p> <p>Join our WhatsApp group to chat and ask questions.</p> 




	<p>To join the group, please complete this form.</p> <p>For information on the next group meeting, please contact: carersautisticresidentsnewham@gmail.com</p> <p>♥ Free</p>
<p>ii.</p>	<p>Mental Health Peer Support Group</p> <p>A peer support group hosted every second Monday of the month, 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>Following session:  Date: Monday, 13th July  Time: 12:30pm-2pm  Location: The Resource Centre, 200 Chargeable Lane, E13 8DW</p> <p>Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org</p> <p>♥ Free</p> 
<p>iii.</p>	<p>Beckton Friendship Club</p> <p>Social group for autistic residents and residents with a learning disability that gathers every second Saturday of the month.</p> <p>Next group session:  Date: Saturday, 11 July  Time: 2pm – 3:30pm  Location: Beckton Globe Library 1 Kingsford Way, London E6 5JQ</p> <p>To attend email shamilla.kumari@newham.gov.uk</p> <p>♥ Free</p> 
<p>iv.</p>	<p>Late Diagnosed Autism Peer Support Group</p> <p>At this meeting you can expect to meet other local late diagnosed autistic people; unmask and share your experiences, hear from other like minded autistic people, gain some advice and practical support to help navigate life post-diagnosis.</p> <p> Date: Tuesday, 7 July</p>







	<p> Time: 6pm – 7pm</p> <p> Location: on-line</p> <p>To access this group please fill in the Late Diagnosed Autism Group – Registration Form, you will be sent a link to join the meeting by 6 July 2026.</p> <p>Please note:</p> <ul style="list-style-type: none"> • This group is fully peer-led. Council officers will not be attending; however, the Council has supported the group with initial administration to help establish the group. • This first meeting will also be used to agree the Terms of Reference, rules for engagement and times/dates for future meetings. <p> Free</p>
v.	<p>Building Everyday Living Skills: A Group for Autistic Young People</p> <p>Are you looking for peer support to develop practical everyday living skills in a safe and understanding environment?</p> <p>If you are an autistic young person aged 18–25 and want to connect with others, share experiences, and support one another, please let us know. We are exploring the possibility of setting up a regular peer support group. If this is something you feel would benefit you, we would love to hear from you.</p> <p>Topics may include managing money and bills, running a household, and accessing local services such as GP surgeries, dentists, MH and other community support. Or it could be anything else that you would like it to be that you shape to gain the support you need.</p> <p>Please register your interest by email Autism.Commissioning@newham.gov.uk with the subject line: Autistic YP (18–25) Group</p> <p> Free</p>
b	<p>Community Hub</p>
i.	<p>East London Recovery College - ‘Your Say, Your Day’</p> <p>The Trust’s recovery college provides free educational workshops and courses for the community across City & Hackney, Newham and Tower Hamlets. These are designed and delivered by people who have lived experiences of mental health challenges.</p> <p>The new-look Recovery College for east London is inviting members of the community to attend events and have their say in how it will run.</p> <p>There is no need to register – just turn up on the day.</p> 




	<p>Join the next session on  Date: Thursday, 2 July  Time: 5:30pm - 7pm  Location: Zoom Link (Click on this link to join)  Free</p>
ii.	Sensory-Friendly Haircuts in Newham
	<p>London Sensory Hair Care is trialling a specialist sensory-friendly hairdressing service for autistic adults and young people in Newham.</p> <p>Based at  200 Chargeable Lane, Plaistow, E13 8DW, the service is delivered by Mercy, an experienced hairdresser with 14 years' experience, who provides autism-friendly appointments tailored to individual sensory needs.</p> <p>To celebrate the launch, 15% off all bookings is available throughout July. If you or your child are autistic and would like to try the service, appointments are now open.</p> <p>To book an appointment, please fill in this form.</p> <p>You can also email Autism.Commissioning@newham.gov.uk for more information.</p>
iii.	Help Create an Autism-Friendly Hair Salon
	<p>Would you like to help make the hair salon located at 200 Chargeable Lane more autism friendly?</p> <p>We are looking for autistic people, family members, carers, and supporters to help us improve the salon environment. Our plans include creating a quiet waiting area in the space next to the salon and enhancing the sensory environment to make visits more comfortable and welcoming for autistic customers.</p> <p>Your ideas and experience can help us design a space that better meets the needs of the autistic community.</p> <p>If you would like to get involved and help shape this autism-friendly space, please email Autism.Commissioning@newham.gov.uk with subject title: hair salon volunteer</p>
iv.	Newham Multi-Sport SEND Festival 2026











	<p>Newham Council is proud to announce the 2026 Newham Multi-Sport SEND Festival, showcasing a range of inclusive sports sessions delivered by clubs and providers from across the borough.</p> <p>The festival is open to D/deaf, disabled, and neurodivergent children and young people aged 5–25, along with their families, who live in Newham or the surrounding areas. Attendees will have the opportunity to try a variety of inclusive sports activities delivered by experienced providers from across the borough.</p> <p> Date: Thursday, 23 July 2026</p> <p> Time: 11:00 am – 1:00 pm</p> <p> Location: Newham Leisure Centre, 281 Prince Regent Lane, E13 8SD</p> <p>Register here for free: https://tinyurl.com/NewhamInclusion</p> <p> Free</p>	 
<p>v.</p>	<p>Positive Pathways Project</p>	
	<p>The Positive Pathways project in Newham is a free creative youth program run by the fashion and arts charity Caramel Rock.</p> <p>It provides hands-on training in sewing, fashion design, upcycling, digital fashion, and photography to help young people build confidence, skills, and future career pathways.</p> <p> Date: Every Tuesday, Wednesday, and Thursday</p> <p> Time: 4:30pm-6:30pm</p> <p> Location: East Ham Library, 328 Barking Rd, London E6 2RT</p> <p> Free - No booking required. Just turn up!</p>	
<p>5 Advocacy and Support Surgeries</p>		







<p>a</p>	<p>VoiceAbility Advocacy</p> <p>Independent Advocacy Support for Autistic Residents every second Monday of the month.</p> <p> Date: Monday, 13 July</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> 
<p>b</p>	<p>Open Support Surgeries for Autistic Residents</p> <p>Do you need to speak with a senior health or care professional? Open Support Surgeries for Autistic Residents takes place every third Friday of the month. Tony Pape, Autism Adults Team Leader (SAIL Team) will be available this month plus a second professional tbc.</p> <p>Book an in-person or online 30min slot at the next Open surgery on 17 July to have your concerns heard. To book a slot you must be a local autistic resident, priority will be given to ARAG members.</p> <p>Please email Autism.Commissioning@newham.gov.uk to book a slot.</p>
<p>6</p>	<p>Autism Residents' Advisory Group (ARAG)</p>
<p>a</p>	<p>The next ARAG meeting is:</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 Come and join us to find out what the Met are doing to support autistic people in Newham.</p> <p>You can join the ARAG using the e-form here. More information about the ARAG here.</p> <p>Please email autism.commissioning@newham.gov.uk if you require any help completing the e-form.</p>

<p>b</p>	<p>Autism Action Plan Year 2 Report & Priorities for Year 3, 2026/7</p> <p>The ‘You Said and Together We did’ Year 2 Report and the Priorities for Year 3 are now available to view on our webpages here: Newham Autism Action Plan: Let’s Talk Autism – Autism – Newham Council</p> <p>At the January ARAG meeting there were up to 18 autistic residents who joined online or in-person to discuss what was important for the autistic community, this helped shape the priorities for Year 3. These were presented to the Delivery Board in February and further explored across the Working Group meetings throughout February and March 2026.</p> <p>If you would like to shape and influence the delivery of the Action Plan and Annual Priorities please join us at the next ARAG meeting (see details above). You can also comment on anything in the report or priorities, by emailing autism.commissioning@newham.gov.uk</p>
<p>7</p>	<p>Share Your Story</p>
<p>a</p>	<p>Autism & Eating Disorders</p> <p>Have you experienced an eating disorder and accessed support from an eating disorder service?</p> <p>We have an upcoming training session where we would like to invite a local resident to share their story.</p> <p> Date: Tuesday, 28 July</p> <p> Time: 2-3pm</p> <p> Location: Online</p> <p>If you would be interested to speak with us, please email Autism.Commissioning@newham.gov.uk. Any conversations will be treated sensitively and confidentially.</p>
<p>8</p>	<p>Local Media</p>
<p>a</p>	<p>NuSound Radio</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>Previous guest speakers on the show include:</p> <ul style="list-style-type: none"> ● Grainne, LCIS Speech & Language Specialist & Christina, Autism Strategic Delivery Board Resident Co-chair; ● Shoheb, ADHD Service Lead; ● Gemma, Papyrus & local autistic resident;

	<ul style="list-style-type: none"> ● 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> 
9	Courses and Training
a	Get Employability Ready Workshop - The King's Trust
	 <p>If you're struggling with getting a job, landing interviews, or don't know where to start, you may consider this one-day workshop from The King's Trust. It's open for young people aged 16-30.</p> <p>What you'll get on the day:</p> <ul style="list-style-type: none"> ● 1:1 CV support with expert King's Trust volunteers from different industries ● Help setting up or improving your LinkedIn profile ● A free professional headshot to use for jobs and LinkedIn ● Interview practice with real questions and supportive feedback ● Tips on where and how to find jobs, plus how to use AI safely to improve your applications ● Get matched with a Volunteer Mentor to help your job search journey. <p> Date: Tuesday, 28th July</p> <p> Time: Timing will be shared upon confirmation of registration</p> <p> Location: South London Centre, 8 Glade Path, London, SE1 8EG</p> <p>Register for this workshop here for free</p> <p>View more free workshops this July here: https://digital.kingstrust.org.uk/cr/AQif0xUQ9b6iAhiA6oMWMHb_gjC5QUgD9blpzZ2JyuiyQqFPU-NjEjo70DUfyNfrc1Kzg</p> <p> Free</p>

b	Support for Autistic Young People Starting a New Chapter
	<div data-bbox="529 241 1235 515" data-label="Image">  </div> <p>Job Search If you're aged 18–25 and are about to start a new job, apprenticeship, or further or higher education, Ambitious About Autism is offering a free six-month transition support programme.</p> <p>The programme includes:</p> <ul style="list-style-type: none"> • Six one-to-one check-ins during your first three months, followed by monthly check-ins for the remaining three months. • Practical resources on topics such as establishing new routines and preventing burnout. • Personalised one-to-one support to help you overcome challenges, receive guidance, and celebrate your achievements. • Case-by-case financial support, including one-off vouchers to help with costs such as work clothing, tools, or travel. <p>Whether you're beginning work or continuing your education, this programme is designed to help you feel supported as you settle into your new environment.</p> <p>Login here to complete the application form.</p> <p>For more information, contact exchange@ambitiousaboutautism.org.uk</p> <div data-bbox="1254 1205 1436 1339" data-label="Image">  </div>
c	Job Search & Self-Advocacy Webinar
	<div data-bbox="571 1413 1193 1653" data-label="Image">  </div> <p>Self-Advocacy Webinar This interactive webinar hosted by Ambitious About Autism, is designed for autistic young people aged 18-25 who are not currently in education, employment or training and have little or no work experience.</p> <p>You'll learn:</p> <ul style="list-style-type: none"> • how to get started with your job search • what happens during a common recruitment process • how to self-advocate and ask for adjustments.

	<p> Date: Tuesday, 14 July</p> <p> Time: 12.00pm</p> <p> Location: Online via Zoom</p> <p>Book your free space here</p> <p> Free</p> <p style="text-align: right;"> Shared by a local autistic resident</p>
d	<p>Professional Connections Webinar</p>
	<p>This webinar will be hosted by Nikki Smith who is a Doctoral Researcher at the University of Brighton, focusing on the diverse experiences of autistic young people of any genders in mainstream schools.</p> <p>Nikki will talk about the successes and challenges she has experienced in her career so far, as well as her advice for autistic young people entering her industry.</p> <p>With fifteen years of experience as a secondary school science teacher, former leader of the PSHE department, and autism specialist, Nikki is dedicated to participatory research that amplifies the voices of historically marginalised communities in schools.</p> <p> Date: Thursday, 16 July</p> <p> Time: 12.00 - 12.45pm</p> <p> Location: Online Via Zoom</p> <p>Book your free space here</p> <p> Free</p> <p style="text-align: right;"> Shared by a local autistic resident</p>
10	<p>Employment Opportunity - Join Tissue Access Committee (London Neurodegenerative Disease Brain Bank)</p>
	<p>The London Neurodegenerative Diseases Brain Bank at King's College London supports research into conditions affecting the brain and nervous system by providing scientists with donated brain and spinal cord tissue. This research helps improve understanding of conditions such as dementia, Alzheimer's disease, motor neurone disease and other neurological conditions.</p> <p>The Brain Bank is looking for lay members to join its Tissue Access Committee and help review research applications. No scientific background is needed - you will help consider whether researchers clearly explain their work, its purpose, and how it could benefit patients, families and carers.</p> <p>Training and support will be provided. Reviews take place online and involve around one to two applications per week.</p> <p>Application deadline: Monday, 13 July</p> <p>To express your interest, please email claire.troakes@kcl.ac.uk with a short paragraph covering:</p> <ul style="list-style-type: none"> • Why you are interested in the role

	<ul style="list-style-type: none"> • Any knowledge or experience you have of brain tissue banking • Any previous experience of reviewing research or providing a lay perspective <p>Please feel free to email Claire.troakes@kcl.ac.uk with any informal questions about this role.</p> <p>For more information, visit https://www.kcl.ac.uk/neuroscience/facilities/brain-bank</p>
11	Volunteering & Engagement
a	Newham Community Health Fair 2026
	<p>Join One Newham, Aston Mansfield, the London Borough of Newham, and a wide range of local community organisations for a free health and wellbeing event bringing the borough together.</p> <p>This is a fantastic opportunity to gain experience, meet new people, and make a real difference in your community.</p> <p> Date: Wednesday, 22 July</p> <p> Time: 11am–3pm</p> <p> Location: Old Town Hall, 29 The Broadway, London E15 4BQ</p> <p>Sign up here</p> <p> Free</p> 
b	Hope 4 Humanity Food Bank
	 <p>Since the beginning of the Covid-19 Pandemic, #Hope4Humanity (H4H) has been serving the Newham community who need support with food and non-food daily essential items. They operate in Upton Park, Forest Gate and East Ham areas.</p> <p>To date, they have served 1000's of food packages and currently over 650 families/households are registered with them, who need regular support.</p>

	Register/Login here for view available volunteer roles and shifts: https://volunteers.newham.gov.uk/volunteers/opportunity/10173226
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NATIONAL

1	Neurodiverse resources & information
a	97% of Autistic People Over 60 Are Undiagnosed
	<p>While awareness of neurodiversity has grown significantly in recent years, many older autistic people and those with ADHD remain underdiagnosed and underserved. Experts have described this group as a “neglected generation”, with many reaching later life without the understanding or support that could help them make sense of their experiences.</p> <p>Later life can bring changes that make neurodivergent traits more noticeable, including retirement, changes in routine, health challenges, bereavement, or reduced ability to mask traits built up over a lifetime. For some people, receiving a diagnosis later in life can be a positive experience, helping them understand themselves better, reconnect with loved ones, and explain challenges they may have faced over the years.</p> <p>Support does not always need to wait for a diagnosis. Families can help by recognising individual needs, creating predictable routines, reducing sensory overwhelm, and encouraging people to explore their interests and strengths. A greater understanding of neurodiversity at every age can help older adults feel more accepted, supported, and able to live authentically.</p> <p>Read the full article here: https://www.theguardian.com/lifeandstyle/ng-interactive/2026/jun/26/how-to-connect-with-neurodivergent-parents-autistic-adhd</p> <p><i>See also 4d above on how to join a Late Diagnosed Peer Support Group in Newham.</i></p>
b	Sandbach Neurodiversity Advocate Nominated for Two National Awards
	<p>Sheila Manzano has been nominated for the Making a Difference Award at the Pride in Neurodiversity Awards 2026, hosted by Neurodiverse Community CIC, and for the Positive Role Model Award at the National Diversity Awards 2026.</p> <p>The Sandbach-based neurodiversity advocate says she hopes the nomination will help shine a light on the growing neurodivergent community across Cheshire and encourage more people to find support, connection and confidence.</p>



She created Wired Differently, a neurodiversity-focused radio show on South Cheshire's community station, The Cat Radio 107.9FM and DAB, giving local people a platform to hear honest conversations about what it means to live, work and think differently.

Read the full article here:

<https://sandbach.nub.news/news/local-news/sandbach-neurodiversity-advocate-nominated-for-two-national-awards-299595>

c New Study Finds a Third of Neurodivergent Workers in Energy Have Faced Discrimination

Nearly 300 members responded to a Prospect survey on neurodiversity in the energy sector, revealing that about one in three have faced some form of discrimination at work. The findings also show that there is widespread masking: whereby individuals feel they need to employ strategies at work to make themselves appear more 'Neuro-typical.'



Read the full article here:

<https://prospect.org.uk/news/a-third-of-neurodivergent-workers-in-energy-have-faced-discrimination-finds-prospect-survey>

d Sephora's New Initiative Provides Neurodivergent Shoppers a More Comfortable Experience

Sephora is introducing a new global initiative called 'Quiet Hours' to create a calmer and more accessible in-store shopping experience. During these designated periods, the beauty retailer will lower music volume, dim lights, and reduce the intensity of in-store screen displays.

	<p>The initiative aims to offer a less overstimulating environment for customers who prefer a quieter retail setting or are sensitive to sensory-heavy spaces, particularly neurodivergent shoppers.</p> <p>A pilot program across 32 stores in eight markets proved highly successful, with most neurodivergent shoppers reporting a significantly improved experience.</p> <p>Read the full article here: https://www.independent.co.uk/bulletin/news/sephora-quiet-hours-neurodivergent-shopping-inclusivity-b3003834.html</p>
e	<p>How to make your research more gender inclusive</p> <p>The language we use and the assumptions we make can have a significant impact on how welcomed and represented people feel. A practical guide by autistic researcher Dr Emma Nielsen offers simple advice on creating more gender-inclusive research and environments, helping ensure everyone feels respected and included.</p> <p>Read the full guide here: https://www.autistica.org.uk/blog/gender-inclusion-in-research?utm_campaign=1948008_Autistica%20News%20-%20June%202026&utm_medium=email&utm_source=Autistica&dm_i=4U0R,15R3C,5KXZBN,5IR39,1,0,0,0</p>
f	<p>Transgender and gender-diverse people are three to six times more likely to be autistic than cisgender people</p> <p>As we continue the conversations around Pride, inclusion and belonging following last month's Pride celebrations, it's important to recognise that many people have multiple aspects of their identity – such as their gender, sexuality, race, disability, or culture – that overlap and shape their experiences.</p> <p>One of these important intersections is between autism and gender identity. Research from the University of Cambridge's Autism Research Centre found that transgender and gender-diverse people are three to six times more likely to be autistic than `people. This reminds us that the autistic community is diverse, and that research, services and support should reflect and celebrate that diversity.</p> <p>Read the full research paper here: https://www.nature.com/articles/s41467-020-17794-1?utm_campaign=1948008_Autistica%20News%20-%20June%202026&utm_medium=email&utm_source=Autistica&dm_i=4U0R,15R3C,5KXZBN,5JCJW,1,0,0,0</p>
2	<p>Share Your Views</p>
a	<p>AI in Healthcare Survey</p> <p>Researchers from Queen Mary University of London's Barts Biomedical Research Centre are inviting members of the public to share their views and understanding of artificial intelligence (AI) in healthcare through a short survey.</p> <p>The survey aims to gather a wide range of perspectives on how people feel about AI in healthcare. No prior knowledge is needed, and there are no right or wrong answers -</p>

simply share your views based on your own understanding. Responses are anonymous and participation is voluntary.

If you're interested in the future of AI in healthcare, you can also register your interest to join a **workshop on 7 July 2026, 5pm–7pm**.

Take part in the [survey](#).

To join the workshop, fill in this [form](#).



b Understanding the Lived Experiences of Adults With Longstanding Eating Disorders

Researchers at King's College London are inviting adults with experience of living with a longstanding eating disorder to take part in a qualitative research study. The study explores how people understand and narrate their experiences over time, particularly in relation to their eating disorder and identity. Participation involves completing a short screening questionnaire and, if eligible, taking part in a one-to-one online interview using visual and narrative methods.

The screening questionnaire should take approximately 10-15 minutes to complete. The online interview will last approximately 60 minutes.

Who are the team looking for?


- Participants must be aged 18 or over,
- Able to speak and understand English,
- Have lived experience of an eating disorder for five or more years, including lifetime experience.












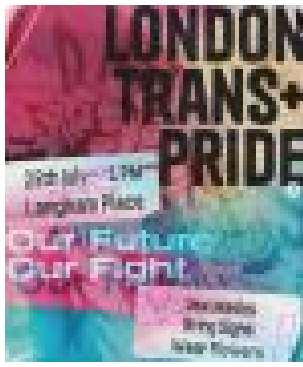
Eligibility will be checked through a short screening questionnaire. People may not be eligible if they are currently experiencing acute risk requiring immediate support.









Remuneration: Participants will receive an online voucher of £25 to thank them for their time.

For more information or to express interest in taking part, please contact: Ella Courten at ella.courten@kcl.ac.uk.

Deadline: Thursday 30th July, 5pm.

c	Understanding Care Leavers' Emotional and Psychological Experiences
	<p>A postgraduate psychology student at the University of Greater Manchester is inviting care leavers aged 18 and over to take part in an online research interview. The study explores how care leavers make sense of experiences of emotional and psychological struggle and change in their lives.</p> <p>Participation involves one confidential online interview lasting around 30 to 45 minutes.</p> <p>Who are the team looking for?</p> <ul style="list-style-type: none"> ● Aged 18 or over ● Based in the UK ● Have transitioned from local authority care into independent living. ● Willing to talk about experiences of emotional and psychological struggle and change. <p>Remuneration: Participants who complete the interview will receive a £30 gift voucher as a thank you for their time and contribution.</p> <p>Deadline: Tuesday 7th July</p>
2 Things to Do	
a	Parallel Windsor - Join Team BeyondAutism!
	<p>Parallel Windsor is an award-winning festival of inclusivity, combining challenge events with community activities and entertainment.</p> <p>There are a range of events to take part in from 100m to 10km, as well as the SuperSensory – a specially designed experience supporting neurodiverse participants through sensory-based activities. Walk, run, wheel or push, there are no cut-off times and everyone who takes part is celebrated, no matter your age, ability or needs.</p> <p>The day is about more than just the events, with live music, inclusive sports, arts and crafts, animal experiences, a sensory zone, and a whole lot more on offer in the festival area.</p> <p>For more information, visit: https://www.beyondautism.org.uk/support-us/fundraise-for-us/parallel-windsor/</p> <p>Sign up here: https://host.nxt.blackbaud.com/registration-form/?formId=416310f4-3a4c-4689-99f6-c6e597c760d0&envId=p-WI7V00a0Pk2rCah21DI45Q&zone=eur</p> 

	
b	Community Cafes - Tooting, Greenwich, Old Street and Woodford
	<p>Looking for a relaxed and welcoming space to connect with others? Community Cafés offer a friendly environment for autistic and neurodivergent adults, family members, friends and allies to meet, chat, and be part of a supportive local community.</p> <p>Cafés are available in Tooting, Greenwich, Old Street and Woodford, offering a chance to enjoy a drink and snack, have a chat, and spend time in an environment where you can participate in whatever way feels comfortable.</p> <p>Find out more about café locations and opening times here: https://www.londonautismgroupcharity.org/community-cafes?utm_campaign=39571d05-11ea-4c0d-86c7-9a2ed86cfc01&utm_source=so&utm_medium=mail&cid=401ad596-239f-4460-bbc4-f44b6615e190</p> 
c	Official Pride London Pre-party
	<p>A free-entry evening of fun with live performances and DJs, featuring Tete Bang, Love Itoya, London Contemporary Voices and Trans Voices uk and The BRIT School live.</p> <p> Date: Thursday, 2 July  Time: 4:30pm-10pm  Location: Hyde Park</p> <p>For more information, visit bst-hydepark.com</p> <p> Free</p> 
d	London Trans+Pride
	<p>The world's largest Trans+ Pride is back! The theme for this year is: 'Our Future, Our Fight'.</p> <p> Date: Saturday, 25 July  Time: From 1pm  Location: Langham Place</p> <p> Free</p> 
e	Family-Friendly Sensory Sessions

	<p>Families with disabled children and children with special educational needs (under 13) are invited to enjoy Sensory Sailors – a free, inclusive session at the National Maritime Museum.</p> <p>Led by disabled artists, these family-friendly workshops offer the chance to explore the museum's collection, take part in creative activities, and connect with other local families.</p> <p> Date: Saturday, 11 July</p> <p> Time: 11am - 12:30pm</p> <p> Location: National Maritime Museum</p> <p>Reserve your spot here: https://www.eventbrite.co.uk/e/sensory-sailors-july-tickets-1978099381499</p> <p> Free</p>
f	<p>Play & Connect: Fun for the Whole Family</p>
	<p>Enjoy traditional games, team challenges, arts and crafts, songs and stories from around the world, and share food while meeting other local families in a welcoming environment.</p> <p> Date: Saturday, 25 July</p> <p> Time: 11am - 2pm</p> <p> Location: North Chingford Library, E4 7EN</p> <p>Reserve your spot here: https://www.eventbrite.co.uk/e/play-connect-in-july-tickets-1982660119790</p> <p> Free</p>
g	<p>Where to Watch the Tennis Action in London</p>
	<p>So, you wanted tickets to Wimbledon 2026, but the ballot didn't go your way. Thankfully, venues across London are rolling out giant screens, so you can soak up the atmosphere.</p>



Check out this article with full list of places to catch the live action:
<https://londonist.com/london/sport/where-to-watch-wimbledon-on-the-big-screen-in-london>


♥ Free

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](#).

Social Media

Instagram	
a	<p>Why is autistic pride important?</p> 

	<p>Click to view the full post: https://www.instagram.com/p/DLCalJSMlyq/?utm_source=ig_web_copy_link&igsh=NTc4MTIwNjQ2YQ==</p>
b	<p>How to make the World Cup experience more inclusive?</p>  <p>Click here to view the full post: https://www.instagram.com/p/DZ7s6jKk2LN/?utm_source=ig_web_copy_link&igsh=NTc4MTIwNjQ2YQ==</p>
c	<p>FIFA World Cup adding sensory rooms because Football is for everyone.</p>  <p>Click here to view the full post: https://www.instagram.com/p/DZyky-giFu3/?utm_source=ig_web_copy_link&igsh=NTc4MTIwNjQ2YQ%3D%3D&img_index=1</p>
Facebook	
c	<p>Congrats to self-advocate Fahmina, who features in <i>Double Discrimination</i> – a powerful new book exploring the intersection of race and learning disability.</p> <p>The book shares Fahmina's experiences as a British Bangladeshi woman with a learning disability and autism, highlighting her journey into self-advocacy through</p>

VoiceAbility's Speak Out Hampshire group and her work with the Hampshire Learning Disability Partnership.



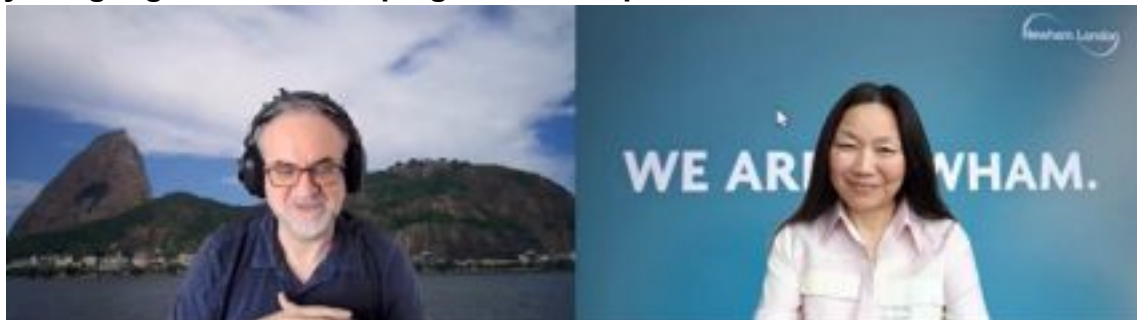
See the full post [here](#)

Read more about Fahmina's inspiring story here:

<https://www.voiceability.org/news/hampshire-self-advocate-fahmina-shocked-and-proud-after-featuring-in-new-book-about-learning-disability-race-and-discrimination>

YouTube

d Why Language Matters. Shaping Autistic Experiences



Linda Wan from the London Borough of Newham and Andrew Carpenter, London Regional Lead for Autism at NHS England, explore the importance of using respectful and inclusive language when speaking with or about autistic people.

Watch the full discussion here:

youtube.com/watch?si=u7-QAFDADkhMp66G&v=MriuQ27mHyQ&feature=youtu.be

Podcast

Tune into The Autism Podcast, delivered by the London Autism Group Charity, which aims to improve peoples' understanding of autism, reduce stigma and generate impactful, transformative ideas ranging from everyday advice to thoughts on policy, and wider socio-economic challenges.

Link to podcasts:

<https://podcasts.apple.com/gb/podcast/the-autism-podcast/id1440829884>