Newham London

Autism: News, Research & Community Updates

November 2026 - *25th* edition

💬 Editor's Note

Welcome to our November edition of the Autism Newsletter!

As we move towards the end of the year, November is a good time to reflect on the importance of relationships, connection and belonging. Whether through friendships, family, romantic relationships or shared interests, meaningful connections can look different for everyone.

This month, we're exploring Relationships & Social Connection, recognising that there is no single right way to build or maintain relationships. We hope this feature encourages reflection, understanding and conversations about the different ways autistic people experience connection.

November also marks the beginning of UK Disability History Month, an opportunity to celebrate the achievements, experiences and contributions of disabled people. We'd love to hear your stories of empowerment, self-advocacy and personal milestones as we continue celebrating the diverse voices within our community.

As always, we hope this edition helps you feel informed, supported and connected to our community.

Wishing you a positive November! 🌞

Warm regards,

Newham Autism Commissioning Team and guest editor

Pratyusha, Newham Volunteer

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.*

Connect: If you have any autism-related information you would like to share, or feedback on the new-style newsletter, please email autism.commissioning@newham.gov.uk

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READ MORE ON OUR WEBSITE

About the Guest Editor

This newsletter has been brought together 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 the autism community.

Their commitment has helped the Newham Autism Team to continue to offer a resource that keeps autistic residents, families and carers informed, connected and supported. 💔

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1. What's New in Newham?

Help Light the Way

This November, the National Autistic Society is hosting a lantern walk at Queen Elizabeth Olympic Park for Light the Way - craft a lantern, walk 5k as the sun sets, and help fund vital support for autistic people and their families.

📍 Queen Elizabeth Olympic Park, London

🗓️ **Saturday 14 November 2026** - registration from 4:15pm, walk starts 5pm

💷 Adult £15 - Child £7.50 - Under 6s free

🎯 Fundraising target: £100 - Raise £200 by 14 November and get an exclusive National Autistic Society coffee cup

What you'll get

- A free National Autistic Society beanie (registered participants over 6)
- A glow-in-the-dark pin badge and certificate when you finish
- A fundraising pack with tips, FAQs and event info

Your lantern, your way

Buy a lantern pack in advance, make your own at home, or book a crafting session on the day for £10 (must be booked ahead).

Accessibility on the day

There's a quiet area, a wheelchair and pushchair friendly route, and accessible toilets.



Register here

Free Online Training for Frontline Workers and Volunteers

As a Newham Vounteer you will have access to this free online training offer; Autism Champions are also able to access this offer. If you would like to be an Autism Champion please email Autism.Commissioning@newham.gov.uk

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The Social Welfare Alliance offers free online training for frontline workers, volunteers and community champions in Newham. Sessions provide practical knowledge and guidance to help residents access local services and support.

Upcoming November sessions:

- 10 November, 10–10:45am: Introduction to NewHub – Explore funding, training and resources for community organisations.
- 17 November: Healthy Start Card
- 18 November: Asylum Support
- 24 November: Children's Safeguarding Awareness
- 25 November, 10–11:30am: Basic Alcohol and Drugs Awareness – Learn about substance misuse, recognising risks, harm reduction and referral pathways.
- 26 November: Well Newham Evaluation Toolkit

Additional sessions covering adult social care, migrant support and employment rights are available in December.

All sessions are free and delivered online.

Find out more: Social Welfare Alliance Training Programme

Opportunity for Parents and Carers: Help Shape Family Hub Services in Newham

Newham is looking for eight parents and carers to join its **Integrated Leadership Teams (ILTs) as Parent Representatives, with two representatives from each locality: East, Central, South and West.**

This is an opportunity to share your experiences, represent the views of local families and help shape services for children, young people and their families.

Who can apply?

Parents and carers of children aged 0–18 who live in Newham, have a good level of spoken English and are familiar with local services. Previous experience using Family Hub services is particularly welcome.

What's involved?

Representatives will attend quarterly online meetings lasting approximately 1.5–2 hours, for around one year. An induction and accessibility adjustments are available.

Payment: £15 per hour for meeting attendance and preparation time. Please note that payments may affect some benefits.

How to apply: Email a short expression of interest (maximum two paragraphs), explaining why you would like to take part and what you could contribute. Include your full name and postcode.

Contact: annadevi.nagtalon@newham.gov.uk, David.Dunkley@newham.gov.uk and deborah.reid@newham.gov.uk

Application deadline and interview dates: To be confirmed.

Grow, Connect & Unwind at Cody Dock

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Taking care of your health and wellbeing is important. Gardening can help you enjoy nature, take things at a calmer pace, and meet other people in a relaxed and welcoming space.

Join a **six-week therapeutic gardening programme** at Cody Dock, designed for autistic residents aged over 16. Enjoy gardening and creative activities, connect with nature and meet others at your own pace.

No gardening experience is needed! All tools, gloves and materials are provided, along with tea and coffee.

🗓️**Dates**: Every Tuesday, 2 March–6 April 2027
🕒**Time**: 10:30am–12:30pm
📍**Location**: Cody Dock, 11c South Crescent, Canning Town, London E16 4TL

You are welcome to attend independently or bring a carer, friend, family member or support worker. Please share any sensory, communication or accessibility needs when signing up so appropriate support can be discussed.

Interested in joining? Complete the sign-up form: Cody Dock - Therapeutic Gardening – Fill in form

Note: Monday sessions Individuals can register for Cody Dock's current mixed group Monday sessions. These sessions are open to a wider group of participants and are not specifically for autistic people.

Your Community, Your Health, Your Story – Share Your Experiences Through Photography

Are you a Newham resident living with a long-term health condition such as type 2 diabetes, high blood pressure, obesity or heart disease?

Well Newham is inviting residents aged 18 and over to take part in *Photovoice*, a five-week creative research project exploring how everyday experiences and local communities affect people's health.

For **autistic residents managing these conditions**, this could be an opportunity to share how communication needs, sensory experiences, daily routines or accessing healthcare may influence their wellbeing and ability to manage their health.

Through photography, storytelling and creative workshops, participants can share their experiences and highlight what helps or makes managing their health more challenging.



No photography experience is needed! Participants will receive payment in recognition of their time and contributions, and travel expenses will be covered.

Dates: Every Monday, 16 November–14 December 2026 (five sessions)
Time: 10–11:30am
Location: Made Good at Custom Made, E16 3AR
Application deadline: 10 November 2026 (places may fill earlier)

Participants should be available for all five sessions.
The project particularly welcomes people from Black and Asian communities, although everyone meeting the criteria is encouraged to apply.

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Interested in taking part? Complete the Expression of Interest form.

Questions? Contact emily.ahmed@newham.gov.uk

Opportunity Newham: Creating More Homes, Jobs and Opportunities for Residents

Newham Council has launched **Opportunity Newham**, a new strategy aimed at attracting investment, creating more jobs, delivering high-quality housing and supporting local businesses across the borough.

Launched by Mayor Forhad Hussain on 15 October 2026, the initiative will bring together the Council's planning, regeneration, housing and employment teams, alongside investors, developers and local partners. The aim is to ensure that future developments not only support economic growth but also create meaningful opportunities and lasting benefits for Newham residents.

Over the past five years, more than 13,700 new homes have been delivered across Newham, with plans to build a further 54,000 homes over the next 15 years. Through Opportunity Newham, the Council hopes to build on this progress by encouraging investment that supports local employment, strengthens neighbourhoods and improves residents' quality of life.

The strategy reflects the Council's commitment to ensuring that Newham's growth benefits the people who live and work in the borough, helping to create a more prosperous and inclusive community.

Read more: Newham Council – Opportunity Newham

Newham Opens Its First Lending Hub to Help Residents Save Money

Newham Council has opened its first **Lending Hub at Abbey Hub**, offering residents an affordable way to borrow useful household items instead of buying them. The initiative aims to help local families save money, reduce waste and make better use of shared resources.

Supported by Newham Council and the East London Waste Authority (ELWA), the Abbey Hub Borrow Bank offers more than 100 items, including DIY tools, gardening equipment, decorating supplies and household appliances. Residents can access these items through a small annual membership fee and borrowing charge.

The Council also plans to expand the service across the borough, with additional Lending Hubs planned for Stratford, Forest Gate and the Royal Docks. Collection services are also planned across Newham libraries, making it easier for more residents to benefit.

Residents are encouraged to donate good-quality, working items they no longer need, such as folding tables, carpet cleaners, gardening tools and outdoor games.

Find out more: Newham Council – Newham Opens Its First Lending Hub

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2. Community Spotlight

UK Disability History Month: Share Your Story of Empowerment

As we mark **UK Disability History Month (19 November – 19 December)**, we want to celebrate the voices, experiences and achievements of autistic people in our community.

What does empowerment mean to you? Perhaps you've found the confidence to advocate for your needs, overcome a personal challenge, embraced your autistic identity, discovered a new passion or found a community where you truly belong.

Empowerment looks different for everyone, and every experience deserves to be recognised. Whether it's a small personal milestone or a life-changing achievement, we'd love to hear your stories of growth, self-acceptance, resilience and pride.

By sharing your experiences, you could inspire others, encourage greater understanding and help celebrate the diverse strengths and contributions of autistic people across Newham.

Have a story to share? Get in touch at Autism.Commissioning@newham.gov.uk for an opportunity to be featured in an upcoming Community Spotlight.



In addition, we're also looking to showcase the following in the coming editions:

- **Autistic Pride & Excellence:** Spotlighting an inspiring autistic individual - whether an artist, advocate, creator, or local hero, making a difference.
- **Positive Local Initiatives:** Featuring local projects, inclusive groups, sensory-friendly spaces, or community programs bringing real benefit to autistic people in Newham.
- **Community Wins:** Celebrating achievements from our own readers and local residents. No win is too big or too small - whether you completed a project, learned a new skill, advocated for yourself, or reached a personal milestone you're proud of.

How to Nominate or Share

Do you have an achievement to share, or know an individual or initiative that deserves recognition? We would love to hear from you!

- **What to include:** A brief description of the person, initiative, or personal achievement, along with a few sentences on why you're celebrating it.
- **How to send:** Reply directly to this email or send your submission to Autism.Commissioning@newham.gov.uk
- **Privacy note:** You can choose to share your story with your name, a pseudonym, or completely

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anonymously.

3. October Special Focus

a. Relationships & Social Connection – Finding Connection in Your Own Way



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Useful Resources

- Support & Information for Autistic Residents – Newham Council
- Newham's Local Autism Peer Support Groups
- Making Friends – A Guide for Autistic Adults
- Family Relationships – A Guide for Partners of Autistic People
- Loneliness in Autistic Adults: A Systematic Review
- Christmas Tips for Autistic People and Families

5. Community Hub

Peer to Peer Support Groups

Carers' Group Meeting - Coffee & a Chat

Join the next carers' group meeting for a relaxed catch-up over a free hot drink at Central Park Café in East Ham. It's a great opportunity to connect with other carers, share experiences and enjoy a friendly chat.

Located within Central Park, the café offers indoor and outdoor seating, with the option to enjoy a peaceful stroll through the park afterwards.

🗓️**Date**: Monday 2 November 2026
🕓**Time**: 11am–12:30pm
📍**Location**: Central Park Café, Bartle Avenue, East Ham E6 3AJ

The café is a short walk from bus stops on Barking Road and High Street South.

Stay connected: The group uses WhatsApp to share updates and answer questions. If you're not yet part of the group, please let the organiser know.

You can also email carersautisticresidentsnewham@215343586.mailchimpapp.com for more information.

💜 **Free**

Staging a Musical Show

Autistic adults are invited to join a creative performance group where participants can explore **music, movement and drama** while working together towards the creation of a musical show.

The sessions offer a welcoming, inclusive and supportive environment where participants can build confidence, develop creative skills and connect with others through the performing arts. No previous experience is required.

📍 **Location**

Beckton Globe Library
1 Kingsford Way, London E6 5JQ

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🗓️ **When**

Thursdays at **1:00pm. Upcoming dates:**

- 5 & 19 November
- 3 & 17 December

The programme will continue until **20 May 2027**.

🔗 **Find dates and session details:**

Staging A Musical Show For Autistic Adults Series | Newham Libraries

📝 **Register:**

Staging a Musical Show for Autistic Adults Registration Form

📧 **For more information:**

Email: **kevinplummer65@gmail.com**

Come along to express your creativity, make new connections and be part of an exciting collaborative musical production in a supportive and autism-friendly environment.

💜 **Free**

The Pineapple Project

The Pineapple Project is dedicated to supporting autistic adults who may be experiencing mental health challenges by creating opportunities for creativity, friendship and personal growth.

Through inclusive, sensory-friendly activities such as 3D modelling, sculpture, silk fabric printing, gratitude art, exhibitions and collaborative workshops, participants are supported to develop new skills, express their creativity and connect with others in a safe and understanding environment.

The project plays an important role in reducing social isolation, promoting positive mental wellbeing and helping individuals feel valued, connected and empowered within their community. The first session took place on 29 October 2026, next session **Thursday 26 November** – register now!

Register here: https://forms.office.com/e/RruGpGXAm2?origin=lprLink or use the QR code:







💜 **Free**

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East London Recovery College - Young Adult Social

The East London Recovery College runs a free weekly (**every Wednesday**) Young Adult Social group specifically for ages 18 and over who are navigating mental health and life recovery.

There is no need to register – just turn up on the day.

Join the next session
🗓️**Date:** Wednesday, 4 November
🕓**Time**: 5:30 PM – 7:30 PM
📍 **Location**: East London Recovery College, 86 Old Montague Street, London, E1 5NN

💜 **Free**



NEW Free Creative Wellbeing Programme for Black Autistic Boys aged 8–16

Total Insight Theatre is offering a free creative wellbeing programme for Black autistic boys aged 8–16 from Newham, Hackney and Tower Hamlets.

Taking place on Saturdays in Stratford, the programme provides a welcoming, culturally responsive and neurodiversity-affirming space where young people can explore emotional wellbeing, confidence, communication, identity and belonging through creative activities.

We recognise the additional barriers Black boys can face when accessing support, and our aim is to create a space where they feel understood, valued and able to express themselves in ways that work for them.

Key information:

- **Who:** Black autistic boys aged 8–16 from Newham, Hackney and Tower Hamlets.
- **Diagnosis:** No formal autism diagnosis is required.
- Format: Weekly creative wellbeing sessions, delivered in small, age-adapted groups.
- **Where:** Stratford Hub, 259 High Street, Stratford, London, E15 2LS.
- **When**: Saturdays, 9.15–10.45am (ages 8–12) and 11am–12.30pm (ages 13–16).
- **Cost:** Completely free
- **Additional support:** Parent/carer involvement is welcomed where appropriate, particularly for younger participants.
- **Eligibility:** Young people who would benefit from additional support with emotional wellbeing, confidence, communication, identity, relationships or belonging. Those already receiving CAMHS support or on waiting lists are also welcome.

How to refer

Referrals can be made by a parent, carer or professional directly through our online referral form on our website:

The Creative Wellbeing Hub – Referral Form

NEW Access All Areas: Empowering Autistic and Learning Disabled Artists

Access All Areas is an award-winning East London theatre company offering creative opportunities for autistic adults and adults with learning disabilities.

Its **Take Part programme,** open to adults aged 18+ in North and East London, includes:

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- Spring Back – Thursdays, 10:30am–12pm: Drama, role-play and group activities to build confidence, wellbeing and everyday communication skills.
- Departure Lounge – Thursdays, 1–2:30pm: Relaxed drama workshops using music, movement, storytelling and improvisation. Suitable for beginners.
- Black Cab Company – Thursdays, 3–5pm: Theatre games, performance skills and opportunities to create original shows.

📍 Location: Sutton House, Hackney, E9 6JQ.

How to join: Contact Sophie on 07805 490878 or sophie@accessallareasproductions.org to enquire about availability, upcoming term dates and joining a session.

Find out more: Access All Areas | Take Part Programme | We Are Everywhere

Looking for Other Support?

The We Are Everywhere directory helps residents discover organisations offering autism support, employment guidance, creative activities and opportunities to connect with others. Explore the directory to find relevant services and contact organisations directly.

Gaming Group for Autistic and Neurodivergent Adults

Connect Coaching has started a new gaming group for autistic and neurodivergent adults from October.

The group will meet at **The Heroes Guild in Walthamstow**, a dedicated gaming venue with a board game library and tabletop RPGs. No previous gaming experience is needed, and you do not need to bring anything.

The group is designed to provide a relaxed way to socialise through shared activities, with the structure of games helping to make socialising feel more comfortable and accessible.

📍 **Where:** The Heroes Guild, 112F High Street, Walthamstow E17 7JY (second floor above Sainsbury's, around five minutes from the stations)
🗓️ **When:** From October; the day and time will be confirmed based on registrations of interest
💷 **Cost:** £5 per session
👥 **Who can join:** Autistic and neurodivergent adults

Accessibility: The venue is on the second floor and is not currently step-free. This is being flagged in advance for anyone who may need step-free access.

Interested or have questions?
Contact Alex at **alex@connectcoaching.net** to register your interest.

More Local peer-to-peer support groups

More peer-to-peer support groups can be found here: Local autism peer support groups – Peer to peer support groups – Newham Council including:

- Late Diagnosed Peer Group – 03.11.2026 & 17.11.2026, see also free resources here

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Advocacy and Support

Open Support Surgeries for Autistic Residents

Do you need to speak with a **senior professional**?

Open Support Surgeries session for Autistic Residents takes place every third Friday of the month. Book an in-person or online **30min slot** at the next Open Surgery to have your concerns heard.

This month, on **Friday 20 November,** the professionals include:
- Tony Pape: Autism Team Manager, **Adult Social Care**
- Jasbir Panesar: **University of East London**

Jasbir can talk to you about opportunities in Higher Education, including reasonable adjustments that can be made your study more autism friendly.

Getting started FAQs | University of East London

Please email Autism.Commissioning@newham.gov.uk to book a slot.

Senior Professionals lined up, including:
December – no open surgery during December
January – Children Services SEND
February – tbc
March – Community Pharmacist

Local Health & Wellbeing Support with Well Newham

Looking for local health advice, community groups, or wellness support? The **Well Newham** platform is your go-to hub for staying well in our borough.

- **Health Resources:** Find reliable guides and local health advice tailored to Newham residents.
- **Directory of Services (powered by Joy):** Explore an up-to-date listing of local initiatives, support networks, and community activities—with new services added regularly.

Visit the Well Newham Directory to find support near you.

6. News & Knowledge Hub

New Autism@Manchester Toolkit: Learn About Autism Research and How to Get Involved

The University of Manchester has launched a new Autism@Manchester Research Involvement Toolkit, a free online resource designed to help autistic people and others interested in autism research better understand the research process and explore opportunities to get involved.

Developed in collaboration with autistic research volunteers and researchers, the toolkit aims to make autism research more accessible and encourage people with lived experience to contribute to shaping future studies.

The toolkit includes four modules covering:

- Understanding the Research Process: Learn about the different stages of research and approaches to autism research.
- Taking Part in Research: Explore what it means to participate in a research study and what to expect.
- Understanding Research Findings: Learn how to interpret research findings, assess the reliability of information and understand how autism research is presented in the media.

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- Getting Involved in Research Co-Production: Discover how autistic people can use their lived experiences to help shape and influence research.

The modules can be completed in any order, allowing individuals to explore the topics most relevant to them at their own pace. A glossary of research and neurodiversity terms is also available to support understanding.

Explore the free toolkit: Autism@Manchester Research Involvement Toolkit

Find out more: University of Manchester – About the Toolkit

Autism Forward: Supporting Autistic Adults into Employment

Autism Forward is a UK charity dedicated to helping autistic adults overcome barriers to employment and reach their potential. The charity provides grants for specialist one-to-one mentoring, offering personalised support with job searching, CV writing, interviews, workplace communication and building confidence.

Autism Forward also supports online peer groups for autistic job seekers and self-employed neurodivergent individuals, providing opportunities to share experiences, exchange advice and connect with others.

Eligible autistic adults who are unemployed and seeking work may be able to access funding for specialist mentoring through an approved mentor.

Find out more: Autism Forward | Grants and Eligibility

See also: Employment – Employment Support for Autistic People – Newham Council

Why Getting Dressed Can Be Overwhelming for Some Children

A recent BBC article explores how sensory sensitivities can make everyday activities, such as getting dressed, challenging for some autistic children and those with ADHD. Certain fabrics, clothing labels, tight-fitting garments and school uniforms can cause significant discomfort and distress. Through personal experiences shared by families, the article highlights the importance of understanding sensory needs and how sensory-friendly clothing can help make daily routines more comfortable.

Read more: BBC News – Why Getting Dressed Can Trigger Daily Meltdowns for Some Children

New Government Review Calls for Earlier Autism and ADHD Support

A new independent review published by the Department of Health and Social Care on 21 October 2026 highlights growing demand for autism and ADHD assessments and significant delays in accessing support. The report recommends moving towards a needs-led approach, where people can receive appropriate support before, during and after diagnosis, rather than having to wait for a formal diagnosis to access help. It also emphasises the importance of improving quality of life, inclusion and participation in education, employment and community life.

Read more: Independent Review into Mental Health Conditions, ADHD and Autism – Department of Health and Social Care

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7. Share Your Views

Have Your Say: Help Shape the Metropolitan Police's Inclusion Strategy

The Metropolitan Police is inviting members of the public to share their views on its Inclusion Strategy, which aims to shape the Met's future approach to inclusion and better reflect the diverse communities it serves.

This is an opportunity for autistic residents, families and carers to share their perspectives and help ensure that different experiences, needs and voices are considered.

The consultation is open until **Thursday, 26 November 2026**. Residents are encouraged to read the consultation documents and complete the online survey.

Have your say: Help Shape Our Inclusion Strategy – Metropolitan Police

Deadline: 26 November 2026

Research Opportunity: South Asian Autistic Women in The UK

A doctoral research project is seeking **UK-based South Asian women who received an autism diagnosis in adulthood** to share their experiences of the diagnostic journey.

Who can participate?

- South Asian women living in the UK
- Aged 18 or over when diagnosed with autism
- Diagnosed by a UK clinician or service
- Identify as female (and were assigned female at birth)

Interested participants will complete a short online screening questionnaire. Those eligible may be invited to an online interview to discuss their experiences of receiving an autism diagnosis. You will get an Amazon gift for your time!

Interested in taking part? Scan the QR code on the flyer or contact **meera.p.morjaria@kcl.ac.uk** for more information.



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8. Things to Do in September

Newham

Have Your Say: Young People's Community Session

Young people are invited to share their views on what's missing in their community and what could be improved. This is an opportunity to have your voice heard and help shape future community support and activities.

📅 **Date**: Wednesday 4 November 2026

🕒 **Time**: 1:30pm–3:30pm

📍 **Location**: East London Recovery College, 86 Old Montague Street, Whitechapel, E1 5NN

Free to attend. No booking required – just turn up!

💜 **Free**



Explore the Capital Ring Walk – Discover London's Green Spaces

Looking for a way to enjoy the outdoors? The **Capital Ring Walk**, managed by Transport for London (TfL), is a 78-mile (126 km) circular walking route divided into 15 sections, taking you through some of London's parks, nature reserves and green spaces.

For Newham residents, **Section 14 (Hackney Wick to Beckton District Park)** and **Section 15 (Beckton District Park to Woolwich)** offer opportunities to explore local surroundings, enjoy nature and get some fresh air at your own pace.



Free Monthly Autism Film Club at BLOC Cinema

Looking for a relaxed and welcoming way to enjoy films and connect with others?

BLOC Cinema, in partnership with the **London Borough of Newham**, has launched a free monthly film club designed with autistic and neurodivergent people in mind.

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Held on the **last Monday of every month**, the club offers relaxed film screenings and an opportunity to enjoy cinema in an inclusive environment. Attendees are welcome to bring an essential companion or carer.

When: Last Monday of each month, 6–8pm, 30 November 2026
Where: BLOC Cinema, Queen Mary University of London, Mile End (near Mile End and Stepney Green stations)
Cost: Free

How to join: Complete the registration form through the BLOC Autism Film Club webpage to receive further information.



Pitchfork Music Festival London

Pitchfork Music Festival London is a multi-venue alternative music festival running **from 2–8 November 2026** across the capital. It features over 90 cutting-edge independent, electronic, and experimental acts hosted in iconic spots like EartH, KOKO, and a multi-venue neighborhood takeover in Dalston.



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Across London

Eve Owen Presents Autonomy – An Accessible Live Music Event



Join autistic musician Eve Owen for the launch of *Autonomy*, a new live music event designed with neurodivergent artists and audiences in mind. Eve will perform her new album, supported by autistic pianist Lawrence Daniel.

The event aims to create a more comfortable and inclusive concert experience, with reduced capacity, quiet early entry, a dedicated quiet space, seating, ear defenders and staff available to provide support.

🗓️**Date**: Sunday 22 November 2026
🕒**Time**: 6:30pm (quiet early entry), 7:30pm (general admission)
📍 **Location**: Colours Hoxton, 2–4 Hoxton Square, London N1 6NU

Tickets: £17.10 (including booking fee). **Free companion tickets available.**

Event Agenda:

- 6:30pm - Early entry: No music, relaxed atmosphere and time to familiarise yourself with the venue.
- 7:30pm - General doors: Background music will be introduced.
- 7:30pm - Lawrence Daniel: Piano performance.
- 8:00pm - Eve Owen: Performing her new album, joined by four instrumentalists. Drums will be present.

Accessibility:

- Quiet early entry: A period before general admission with reduced lighting and noise, allowing people to familiarise themselves with the venue before it becomes busy.
- Quiet space: A separate area away from the performance where attendees can take a break if they feel overwhelmed.
- Seating: Seating will be available for anyone who needs or prefers to sit during the performances.
- Ear defenders: Available for attendees who may be sensitive to loud sounds.
- Designated point people: Members of the event team wearing clearly identifiable "Point Person" T-shirts, who can help with questions, accessibility requirements or concerns.
- Clear information: Detailed information about the venue, running times and what to expect will be provided ahead of the event.
- Accessibility: The venue has wheelchair access and accessible toilet facilities.

Book tickets and find out more: Eve Owen Presents Autonomy

The New London Museum Grand Opening

On Saturday **November 28, 2026**, the historic London Museum (formerly the Museum of London) opens its doors in a brand-new £437m home in Smithfield's General Market. General entry is free, showcasing millions of historical artefacts across a massive new space.

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Book here: [General admission – London Museum | London Museum]

💜 **Free**

Van Eyck: The Portraits at the National Gallery

Starting **November 21, 2026**, the National Gallery is bringing all of Jan van Eyck's surviving painted portraits together for the first time in history, and access is **free**.



💜 **Free**

The Coming of Age at Wellcome Collection

Running until **November 29, 2026**, this insightful, completely free exhibition at the Wellcome Collection explores the modern and historical human experiences of ageing.



💜 **Free**

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Hyde Park Winter Wonderland

Every year it's one of the most popular festive attractions in London, and every year it just gets bigger and better. This year is no different, with Winter Wonderland returning **from November 19** to deliver Christmas cheer by the sleigh-load. Be sure to book your ticket soon so you don't miss your preferred time and date!

Tickets Guide – Winter Wonderland



Glide Along The Ice at One of London's Ice Skating Rinks

By the time November comes around, a few of the city's ice skating rinks are already open, whilst the rest open up throughout the month. Go for a glide across the ice at one of these rinks:

- Skate at Somerset House
- Hampton Court Palace Ice Rink
- Skate at Leicester Square
- Glide At Battersea
- Queen's House Ice Rink



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11. Media

Local Radio

NuSound Radio

Join us on **27 November** for Autism Hour, to understand the support and resources available in Newham. The NHS Adults Mental Health Service will be speaking about the support they offer to autistic residents experiencing MH issues.



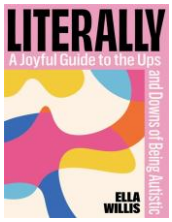
The programme airs on the **last Friday of every month from 12pm–1pm**, featuring guest speakers and conversations about autism and the local community.

You can listen back to previous programmes via the **Radio Interviews archive**.

December – there is no autism show in December

Book

Are you autistic, think you might be, or love someone who is? Do you feel like everyone else was handed an instruction manual for life and you missed out?



Literally is your joyful, realistic and relatable guide to being autistic. You can purchase the book here.

Youtube

This video explores autism imposter syndrome (2:11), the persistent self-doubt that often affects late-diagnosed individuals. The host explains that factors like internalized ableism (6:23), overlapping conditions (8:47), and years of masking (15:34) can make you question your identity. Ultimately, the message is one of validation: you don't need to compare your experiences or fit narrow stereotypes to be autistic, and your personal journey toward understanding yourself is valid (18:28).



Click to watch the full video:
https://www.youtube.com/watch?v=Mn8Jb4sQPqM

TV

Love on the Spectrum

Seven young adults on the autism spectrum dive headfirst into the dating pool, exploring the unpredictable world of love and relationships. It is available to watch on Netflix.



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November 2026: Events & Activities Calendar

This calendar gives a simple overview of this month's events and activities. Use the calendar to help plan your month and choose which activities you would like to attend. To find an event quickly, use the "Find" search tool and type in a word from the event name.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2 Nov: **Carers of Autistic Adults support group, 11am-1pm** **Therapeutic Gardening, 2-4pm** **£ Pitchfork Music Festival starts**	**3Nov:** **Late Diagnosed Autism Peer Group, 6–7pm**	**4 Nov:** **Have Your Say: Young People's Community Session, 1:30-3:30pm** **Young Adult Social, 5:30–7:30pm**	**5 Nov:** **Staging a Musical Show, 1-4pm** **Access All Areas – Theatre Activities, 10:30am–5pm**	**6 Nov:** **---**	**7 Nov:** **Creative Wellbeing Program, 9:15am–12:30pm**	**8 Nov:** **£ Pitchfork Music Festival ends**
9 Nov: **Therapeutic Gardening, 2-4pm**	**10 Nov:** **---**	**11 Nov:** **Young Adult Social, 5:30–7:30pm**	**12 Nov:** **Access All Areas – Theatre Activities, 10:30am–5pm**	**13 Nov:** **---**	**14 Nov:** **£ Light the Way Lantern Walk, 5pm;** **Creative Wellbeing Program, 9:15am–12:30pm**	**15 Nov:** **---**
16 Nov: **Therapeutic Gardening, 2-4pm**	**17Nov:** **Late Diagnosed Autism Peer Support Group, 6–7pm**	**18 Nov:** **Young Adult Social, 5:30–7:30pm**	**19 Nov:** **Staging a Musical Show, 1-4pm;**	**20 Nov:** **Open Support Surgery 11-3pm**	**21 Nov:** **Creative Wellbeing Program, 9:15am–12:30pm**	**22 Nov:** **£ Eve Owen presents Autonomy 6:30pm**

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Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Photovoice: Share Your Experiences Through Photography, 10–11:30am			Access All Areas – Theatre Activities, 10:30am–5pm Hyde Park Winter Wonderland opens	UK Disability History Month begins	Van Eyck portraits gallery at The National Gallery opens	
23 Nov: Photovoice: Share Your Experiences Through Photography, 10–11:30am Therapeutic Gardening, 2-4pm	24 Nov: ---	25 Nov: Young Adult Social, 5:30–7:30pm	26 Nov: MetPolice Inclusion Strategy - consultation deadline Pineapple Project, Beckton Globe Library Access All Areas- Theatre Activities, 10:30am–5pm	27 Nov: NuSound Radio Autism Hour, 12–1pm	28 Nov: Creative Wellbeing Program, 9:15am–12:30pm New London Museum Grand Opening	29 Nov: The Coming of Age Wellcome Collection exhibitions close
30 Nov: Photovoice: Photography, 10–11:30am Therapeutic Gardening, 2-4pm East London film club, BLOC Cinema, 6pm-8pm						

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