

Autism Monthly News Round-up

February 2025

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Local

1	<u>Newham Peer Support Groups</u>
<p>We are starting work around understanding what the local need is for autism peer support groups. We will be sharing a peer support survey in late February/early March 2025 and have a focus group booked in on Wednesday 5 February, 1-2pm, to co-design the survey and finalise before it is released.</p> <p>Meanwhile, we would like to tell you about two new autism peer support groups that are on offer:</p> <p>(i) Autism, work and anxieties</p> <p>We would like to set up and trial a new peer support group for autistic people who are working. This group will be based around challenges autistic people might face when working as well as managing their anxieties.</p> <p>The first meeting for this group will be on 25 February 2025 from 5-6pm. If you are interested in attending, please do email me to register your interest aisha.ahmed58@nhs.net</p> <p>(ii) Autism peer group drop-in (12-1pm)</p> <p>We are also trialling this new drop-in session, they will be open sessions for autistic residents who would like to find likeminded autistic people to speak with, seek informal advice from residents who have experience in using services and so on. These informal drop-in sessions will be held quarterly and face to face on the following dates:</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Monday 28th April 2025, 12-1pm Stratford Advice Arcade</p> <p>Monday 7th July 2025, 12-1pm John Hopkins Room, Stratford Library</p> <p>Monday 6th October 2025, 12-1pm Stratford Advice Arcade</p> <p>Monday 26th January 2026, 12-1pm John Hopkins Room, Stratford Library</p> </div>	<p>These drop-in sessions will be hosted by the Autism Strategic Delivery Board Resident Co-chair Christina Pillai. You don't need to book, just drop in. If you need support to access the drop-in please email Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;"><u>Back to contents page</u></p>

2	<u>Newham autism diagnostic assessment process – what was your experience?</u>
	<p>As part of the autism action plan work, we are looking at co-designing an online and paper based resource to support autistic people going through the autism assessment process. If you have recently been through the autism assessment process, in the process now or recall this process we would like to hear from you to understand how we can make improvements to the process and to also create a resource to support anyone going through it in the future.</p> <p>You can share your comments about the process by emailing Autism.Commissioning@newham.gov.uk and/or register to join us online Tuesday 25 February at 1.30-2.30pm to share your thoughts on how we can improve the process and create a resource to support other autistic people.</p> <p>We look forward to hearing your views.</p> <p style="text-align: right;">Back to contents page</p>

3	<u>Community Disordered Eating Team (Adults)</u>
	<p>We are pleased to announce that a self-referral form to the Community Disordered Eating Team (Adults) is now available. It has also been updated to include Autism Spectrum Disorder and other support needs, for residents of Newham, Tower Hamlets, and City & Hackney.</p> <p>For more information please use the link: https://www.elft.nhs.uk/community-disordered-eating-team-adults-referral-form</p> <p style="text-align: right;">Back to contents page</p>

4	<u>Newham Together Café</u>
	<p>Together Café is more than just an out of hours drop-in centre; it's a lifeline for Newham residents aged 18+ facing mental health challenges.</p>

Open evenings and weekends, The Together Café warmly welcomes all, with no referral process required and support there and then. We offer short-term support, equipping attendees with recovery strategies provided in partnership with ELFT.

Opening times:

Monday – Thursday: 5-9pm

Fridays, Weekends, and bank holidays: 3pm-9pm

Location:

Newham Together Café
Stratford Advice Arcade
107-109 The Grove
London
E15 1HP

T: 07511075701

E: togethercafe@mindthnr.org.uk

For more information please click the link below:

[Newham Together Café | Mind in Tower Hamlets, Newham and Redbridge](#)

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5	<u>Newham Apprenticeship Fair 2025</u>
	<p>Join us to celebrate the National Apprenticeship Week 2025. Our Newham will be organising the seventh annual Newham Apprenticeship Fair. It promises to be bigger and better this year.</p> <p>It will be an exciting opportunity for Newham residents and students to explore the range of apprenticeships available. It will be a great opportunity to broaden your understanding of apprenticeship and the misconception around who and why you undergo an apprenticeship. During the event you will be able to:</p> <ul style="list-style-type: none"> • meet a wide range of employers with live apprenticeship opportunities • learn more about different companies and sectors • understand the application process • explore different apprenticeship levels • find out about pay and benefits • hear from the experience of current and previous apprentices' • have the opportunity to network. <p>Date and time: Wed, 12 Feb 2025 10:00 - 16:00</p> <p>Venue: Old Town Hall, Stratford 29 The Broadway London E15 4BQ</p> <p>For more information and to book a place please click on the link below: Newham Apprenticeship Fair 2025 Tickets, Wed 12 Feb 2025 at 10:00 Eventbrite</p> <p style="text-align: right;">Back to contents page</p>
6	<u>Community Health and Wellbeing Worker Apprenticeship (see attachment)</u>
	<p>Newham College is offering Level 3 Community Health and Wellbeing worker Apprenticeships due to start shortly.</p> <p>This apprenticeship is suitable for people interested in healthcare, community or voluntary settings in job roles such as:</p> <p>Social Prescribing Link Worker, Community Connector, Care Navigator, Health Champion, Health Trainers and Live Well Coaches.</p>

	<p>Please see the attachment (Community Health and Wellbeing worker apprenticeship) for further information.</p> <p>If you are interested in this scheme please contact Andrew Marriott at andrew.marriott@newham.ac.uk</p> <p style="text-align: right;">Back to contents page</p>
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7	<p>Anna Shear Theatre School</p>
	<p>Anna Shear Theatre School offers drama sessions for children and adults throughout the week and during holiday term times. There are skilled tutors and people work together to put on small performances building networks of support, confidence etc. Tutors develop the skills and talents enabling people to naturally grow and perform in an arena where they flourish.</p> <p>For more information please click the link below: anna scher theatre school classes They have links with www.nicknightmanagement.com who are agents for actors and happy to receive enquiries on Phone: 0208 087 2347.</p> <p>Venue: Saint Silas Church Pentonville, Penton Street, London, N1 9UL. Acting Classes: Drop in classes:</p> <ul style="list-style-type: none"> • Tuesdays - (6 - 11 years old) 4.30pm - 6pm at £7.50/ class • Wednesdays - (11 - 16 years old) 4.30pm - 6pm at £7.50/ class • Fridays - (16+ no upper limit) 7.45pm - 9.45pm at £10/ class <p style="text-align: right;">Back to contents page</p>
8	<p>ADHD In Our Own Words - Youth made short film</p>
	<p>ADHD In Our Own Words is an honest and nuanced exploration of young peoples' experiences with ADHD. It was written and produced by young people who are supported by Child and Adolescent Mental Health Services (CAMHS) in East London, as part of Into Film's Every Child a Filmmaker initiative. Through a series of workshops the young people learned filmmaking skills and produced this short documentary film.</p> <p>Please click the link below to watch the video: https://youtu.be/gMW9VW_an-c?si=ZgBIQ7W-bomIPuAn</p>

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9	World Autism Acceptance Week
	<p>World Autism Acceptance Week (WAAW) is taking place from 2nd – 8th April 2025</p> <p>We are excited to inform you of the range of activities taking place such as</p> <ul style="list-style-type: none"> • Arts and Crafts – weaving project, origami, wellbeing and art, art exhibition • Music, song writing, poems • IT classes • Climate friendly gardening • Film making <p>This is open to Newham Residents, Businesses, Staff & other Professionals to engage with WAAW.</p> <p>If you are interested in offering your time to run an event/activity during WAAW please email us on Aisha.ahmed58@nhs.net for any suggestions.</p> <p>Autism Diagnostic Service- Webinar during WAAW</p> <p>The Autism diagnostic service are planning to run a webinar during WAAW so we are asking members what topic they might like to receive from the autism diagnostic service over a webinar.</p> <p>Please email Aisha.ahmed58@nhs.net for any suggestions.</p> <p style="text-align: right;">Back to contents page</p>
10	Autism Champions
	<p>Do you want to help us build an autism friendly community? We are wanting to build a community of autism champions in Newham, to spread the word and get Newham talking autism. Would you like to get involved in volunteering your time in helping us in your spare time and when you are out and about in the</p>

	<p>community? This may involve sharing flyers or posters at your local store, letting friends, family, neighbours or local people know about events happening in your area. January 2025 If you are interested in being an autism champ we would like to hear from you. Please email Autism.Commissioning@newham.gov.uk to register your interest in becoming an autism champion.</p> <p style="text-align: right;">Back to contents page</p>
<p>11</p>	<p>Cooking for health - feedback</p>
	<p>Some of you may recall we held a 4-week cooking for health sessions for autistic residents over January 2025. We had a great turnout to sessions and all of those who attended had a great time! We received great feedback and so many delicious meals were made. We encouraged members to recreate the dishes at home and share pictures.</p> <p>One member shared a photo of the chilli veg curry dish they made at home after cooking this dish in the session.</p> <div data-bbox="325 1155 772 1592" data-label="Image"> </div>



This is a photo of me making a vegetable curry with the facilitator explaining to me to add the vegetables as the pan was hot enough and the next steps such as adding spices to taste.

The curry came out really nice and the sessions overall were a really great experience.

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12 [SEND activities volunteers - Newham Libraries](#)

We are looking for volunteers who have an idea to create and run fun and engaging sessions/clubs for young people with SEND across one of our Libraries. From coding clubs, Lego club to arts and crafts - we are open to suggestions!

We want you to use existing skills and/or experience you have to make these sessions enjoyable and accessible for young people with SEND and are open to discuss how we can support you with your idea.

If this is something you are interested in, have experience in or would like to discuss further please apply here and we will get in touch.

Perks and Benefits:

- Opportunity to create and lead fun sessions for young people and supporting your community.

Skills You'll Need:

- Empathy, Understanding, Reliable, Capable, Friendly, Professional

Travel Information:

- This opportunity could take place across any of the 10 libraries in Newham.

To join this opportunity please click the link below:

<https://volunteers.newham.gov.uk/volunteers/opportunity/10234245>

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13 [Hopeful Futures- Appeal](#)

Hopeful futures has a mission to:

To create opportunities for autistic people, those with learning disabilities and their families, to thrive within local communities.

Would you like to donate them in delivering one of these projects? Can't afford £10/month, don't

worry, you can make any donation you can spare. If you would like to support this cause email alice@hopefulfutures.net

1 COMMUNITY ART SCHOOL



WHERE WE ARE



WE HAVE COMPLETED A TWO YEAR ART SCHOOL PROJECT WITH ADULT ARTISTS WHO HAVE LEARNING DISABILITIES

WITH YOUR HELP

A WEEKLY GROUP WITH EAST LONDON TEXTILE ARTS FOR ADULTS WITH AND WITHOUT LEARNING DISABILITIES TO COME TOGETHER, WORKING ON GROUP PROJECTS SIMILAR TO THIS ONE:



2 FAMILY SUPPORT



WHERE WE ARE



WE RUN A WEEKLY PARENT SUPPORT GROUP IN PARTNERSHIP WITH HIGHWAY VINEYARD CHURCH

WITH YOUR HELP

A FAMILY ADVICE SERVICE ON ISSUES SUCH AS BENEFITS, SPECIAL EDUCATION, TRANSITIONING TO ADULT SERVICES, AND MORE! PROVIDING QUARTERLY OUTINGS FOR PARENTS, GIVING THEM MUCH NEEDED TIME FOR FUN & RELAXATION



3 WAVE



WHERE WE ARE



WE RUN 9 INCLUSIVE CHRISTIAN WORSHIP EVENTS A YEAR, BRINGING PEOPLE WITH AND WITHOUT LEARNING DISABILITIES TOGETHER FOR PRAYER, WORSHIP & FELLOWSHIP. WE HAVE STARTED A WEEKLY WAVE CONNECT GROUP WHERE ADULTS WITH LEARNING DISABILITIES CAN GROW IN THEIR FAITH THROUGH BIBLE STUDY AND BAPTISM PREPARATION

WITH YOUR HELP

A WAVE KIDS WORSHIP EVENT, BRINGING TOGETHER FAMILIES OF NEURODIVERGENT CHILDREN FROM THE AGES OF 0-15



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<p>14</p>	<p><u>All East- Specialist Sexual Health Service in Newham</u></p>	
	<p>Sexual health is an important part of everyone’s health and wellbeing. It is an important part of our lives, which is often ignored. For more information use the link below:</p> <p>Sexual Health Well Newham</p> <p>Watch this short video on YouTube by clicking the link below which explains the services All East offers:</p> <p>(2401) Where can you get tested for STI’s in Newham? - YouTube</p> <p>Back to contents page</p>	

National

1	<p><u>Sunflower lanyard, NAS autism alert card and health passport</u></p>
	<p>(i) The Sunflower Lanyard is an internationally recognised brand which aims to highlight hidden disabilities, including Autism. By wearing this lanyard it will let people know that you might need extra help, understanding or just more time. A lot of organisations are already aware of the Sunflower Lanyard.</p> <div style="display: flex; justify-content: space-around;">   </div> <p>You can collect a sunflower lanyard from the following locations at the customer service desk for free:</p> <ul style="list-style-type: none"> • Tescos • Morrisons • Sainsburys • Asda • Argos • M&S • Network rail <p>(At the time of printing these superstores had them available)</p>

	<p>It is also possible to buy a lanyard from www.hiddendisabilitiesstore.com .</p> <p>(ii) The National Autistic Society (NAS) Autism Alert Card is a national ID card that is designed specifically for autistic people to carry to let people know that you are autistic and that you might need some extra time or help in certain situations.</p> <p>(iii) The National Autistic Society (NAS) Autism Health Passport is designed to help autistic people to communicate their needs to doctors, nurses and other health & care professionals. It is a quick and easy way to tell health and social care staff more information about you to help them give you good care and treatment.</p> <p>NAS info can be found on this link: Support & Information for Autistic Residents – Autism – Newham Council</p> <p style="text-align: right;">Back to contents page</p>
2	<p>Autistica Webinar: Understanding eating behaviour in autistic people and New Research Opportunities</p>
	<p>Webinar</p> <p>Autistica has produced a webinar about understanding eating behaviours in autistic people. To watch the webinar please click the link the below:</p> <p>Webinar: Understanding eating behaviour in autistic people</p> <p>Here are some screen prints of the slides shared (8 slides in total):</p> <div style="border: 1px solid #ccc; padding: 10px; margin-top: 10px;">  <p>autistica</p> <p>What <i>do</i> we know about eating and autism?</p> <ul style="list-style-type: none"> • Eating disorders are more common in autistic people than neurotypical people – about 4 times more common • Autism is more common in people with eating disorders – just under 40% of people with eating disorders meet the criteria for autism • Treatments for eating disorders are less effective for autistic people • 62% of autistic children eat a restricted range of foods and 70% of autistic youth display some 'disordered' eating behaviours </div>



1. Interoception & eating/drinking



- Many people, particularly those with alexithymia, described not being reliably aware of hunger or thirst:
 - "I struggle to recognise when I'm hungry ... I forget to eat even at mealtimes"
- Other people described feeling constantly thirsty or never feeling full:
 - "I eat everything on my plate, even if I'm full, because I often don't *feel* full"
- When people were hyper-focused it was extra hard to recognise bodily sensations.
- Others, who were aware of hunger, often found it overwhelmingly distracting.



2. Sensory experiences (1)



- People's sensory preferences and experiences with food varied very widely.
- Many people preferred foods with specific tastes, textures, and/or smells:
 - "I can't eat soggy or very smooth food. It needs to have a texture, or crunch"
- Others chose 'strong' tasting foods and diverse textures:
 - "I prefer novel, spicy, unpredictable food with a mix of textures"
- Sensory preferences varied with competing demands on energy and time:
 - "I switch back and forth between looking for sensory experiences ... but if I'm really fatigued, there's too much happening, I can't add a new food ..."



2. Sensory experiences (2)



- The sensory properties of food could be experienced as overwhelming:
 - "I am tasting the pepper way more intensely than everyone else does"
 - "If I focus too much on the sensory aspects of food it makes me hate all food"
 - "The smell of cold soup makes me feel sick, but then I'm fine with the smell of hot soup if that makes sense"
- Food with unpredictable sensory properties could be challenging:
 - "Fresh fruit ... I can't predict how it's going to taste"
 - "I only eat foods for which I can predict the texture exactly"



3. Emotions & eating/drinking



- Relationships between eating and emotions were complex and varied:
 - "I stress eat when I'm bored. And food is joy ... I'll celebrate with food!"
 - "I don't particularly love any foods. I have a negative relationship with food"
 - "No foods make me unhappy unless it's something I don't like"
- Eating could trigger meltdowns, but for some meltdowns prompted eating:
 - "Too much (emotion) in my brain to cope with sensory aspects of food"
 - "I make myself eat regularly because if I stop I find it hard to get back on track, but it's a lot and can trigger meltdowns"
 - "When I have a meltdown, the rules go out of the window and I eat everything"

New research opportunities

- **Autistic experiences of postnatal support**

Type of involvement: Interview

About the project

Researchers at Liverpool University are looking to explore the postnatal experiences of autistic people who have given birth, as well as the experiences of maternity staff.

Who they're looking for: People with an autism diagnosis who have given birth and maternity staff (from any profession) who have supported autistic clients in the postnatal period.

What they'll ask you to do: Interviews can be completed online

The interview should take one hour. If you would like to discuss the research before agreeing to take part that can be arranged (online). And support with consent forms can also be arranged (online). If you are a professional taking part, you will need to participate outside of work hours to avoid conflict of interest with payment.

What you'll be offered for your time: £20 voucher

For more information, contact B.Duncan2@liverpool.ac.uk.

- **Exploring how autistic people feel about their body and eating**

Type of involvement: Interview

About the project

Researchers at Anglia Ruskin University & Michigan State University are exploring autistic people's thoughts and behaviours regarding their body and certain eating styles.

Who they're looking for: Autistic adults (received a formal diagnosis or are currently in the process of obtaining a diagnosis) over 18 years old who are UK residents. Additionally:

- Identify as male and/or gender-diverse/trans (the study has recruited the needed amount of autistic people who identify as female)
- Not currently pregnant and do not have an active eating/feeding disorder and/or medical condition which imposes dietary requirements (e.g., Diabetes Type I or II).

What they'll ask you to do: An online one-to-one verbal or text-based interview (~60 minutes). You may share photos/images during the interview – although this is not compulsory. Participation is on a fully voluntary basis, and you can withdraw from the study at any point.

What you'll be offered for your time: £25 voucher

How to take part: Contact Phaedra Longhurst at PL428@pgr.aru.ac.uk

- **Perspectives of autistic adults about PE access and engagement in secondary school**

Type of involvement: Interview

About the project

Researchers at Durham University are studying autistic adults' physical education experiences during secondary school. The study aims to improve the inclusion of neurodivergent students in physical education.

Who they're looking for:

To participate in the study, participants must:

- Be diagnosed or self-diagnosed with autism
- Be 18-25 years old
- Reside in the United Kingdom
- Have the ability to provide informed consent.

What they'll ask you to do: You will be invited to participate in an online semi-structured interview designed to explore your experiences of physical education during secondary school. The interview will not last any longer than 60 minutes.

What you'll be offered for your time: £20 voucher

How to take part: If you would like to hear more about the study please contact the project lead investigator James Mcleod at james.mcleod@durham.ac.uk.

- **Inclusive street lighting**

Type of involvement: In-person lab study

About the project

Researchers at University College London are exploring whether street lighting benefits autistic and neurotypical people equally. The study will look at how different groups of people perform on tasks under different types of lighting.

Who they're looking for: Autistic participants who are between 18-39 years old can walk independently for up to 20 minutes and who do not have visual or hearing impairments.

What they'll ask you to do: You will walk around a space while wearing brain-monitoring equipment and eye-tracking glasses, then perform a listening task. You will then complete some questionnaires about your experience. Sessions will take place on 19th, 21st, and 24th March.

What you'll be offered for your time: £20 for their time, £10 travel - up to £20 with receipts.

For more information, contact Navaz: n.davoodian@ucl.ac.uk

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3	Care Knowledge- Articles and Guide
	<ul style="list-style-type: none"> <p>• <u>Adult Diagnosis of ADHD in Women- Research article</u></p> <p>Results: The majority of women described numerous benefits of receiving a diagnosis of ADHD, including validation/self-compassion, adaptive coping, and social support. Negative aspects of the diagnosis, including difficulties accessing care, the burden of care, limitations to existing evidence-based treatments, and stigma were also identified by some women. Furthermore, women described variable diagnostic experiences, with many indicating that they had not recognized their own symptoms of ADHD, as well as diagnostic complexity and other factors that masked identification of ADHD. Women described a range of diagnostic assessment procedures, as well as considerable self-advocacy to convince their providers to consider the diagnosis of ADHD.</p> <p>Conclusion: These lived experiences of women diagnosed with ADHD provide critical insight into improving clinical care for ADHD in women. Recommendations to increase accurate and timely identification of ADHD in women and advance efforts toward effective and equitable care are discussed.</p> <p>To read the full article please click the link below: Adult Diagnosis of ADHD in Women: A Mixed Methods Investigation</p> <p>• <u>Inner Experiences, Mental Health, and Wellbeing in Autistic and Non-Autistic Adults</u></p> <p>This study focused on whether autistic and non-autistic adults differ in their inner thinking styles, such as thinking in words or thinking in pictures. The study also tested whether different types of thinking styles are related to mental health. We found that verbal thinking was the most common style for</p>

both groups. Autistic adults were more likely to use self-talk for social assessment, self-criticism, and self-management. Using self-talk for these purposes was linked with anxiety.

To read the full research article please click the link below:

<https://www.careknowledge.com/media/61116/autism-research-2024-mazurek.pdf>

- **Terminology guide**

This terminology guide embraces a strengths-based approach towards neurodivergent differences. Through the voices and lived experience of the young experts who helped write it, it advocates for positive, inclusive language that fosters understanding and respect and promotes and embeds equality and diversity.

To read the guide please click the link below:

https://www.careknowledge.com/media/61072/terminology_guide_final.pdf

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4	<u>Olio App</u>
	<p>A great way to reduce waste, share community resources, provide food for those who don't have... and create a friendlier Newham community through allowing people to make connections</p> <div style="text-align: center;">  </div> <p>Click the link below for more information and to download the app</p> <p><u>Olio - Your Local Sharing App</u></p> <p style="text-align: right;"><u>Back to contents page</u></p>

Social media and TV shows

Below we have shared some social media links that we found inspiring or thought provoking. If you have an autism link that you would like to share please email us directly on Autism.Commissioning@newham.gov.uk

<u>Apps</u>	
	<div style="text-align: center;">  </div> <p>Bluesky is THE NEW SOCIAL NETWORK for people who stay online and up-to-date. News, jokes, gaming, art, hobbies, and whatever you're into is happening here. Short text posts make for a quick read during coffee, an easy way to wind down the day, or a great way to get connected to your community. Follow your favourite posters or pick from one of the 25,000 feeds to find your people. Join millions of users to be part of the moment and have some fun again.</p> <p>YOUR TIMELINE, YOUR CHOICE Stay in touch with your friends, stay up-to-date on the latest news, or explore with an algorithm that learns what you like. On Bluesky, you choose your own feed.</p>

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[YouTube](#)



<https://www.youtube.com/watch?v=OtwOz1GVkDg>

The Party: a virtual experience of autism – 360 film

It's best to watch on your phone as when you move your phone the video moves too.

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[Instagram](#)

Below are neurodiverse Instagram creators:

autisticblackgirl

autieselfcare

itsemilykaty

neuro_divers

	<p>neurodivergent_muslims</p> <p style="text-align: right;">Back to contents page</p>
<p><u>TikTok</u></p>	
	<p>Check out these light hearted videos around autistic experiences:</p> <p>https://vm.tiktok.com/ZGd2XwYaV/</p> <p>https://vm.tiktok.com/ZGd2XW8aa/</p> <p>https://vm.tiktok.com/ZGd2X9R9n/</p> <p style="text-align: right;">Back to contents page</p>
<p><u>TV shows</u></p>	
	<p>Below are some TV shows on BBC and Netflix about autism.</p> <p>BBC iPlayer</p> <p>https://www.bbc.co.uk/iplayer/episode/m001lwcp/talk-disability-you-dont-look-1-autistic Talk disability: you don't look autistic Documentary</p> <p>https://www.bbc.co.uk/iplayer/episodes/p0bbnh47/inside-our-autistic-minds Inside our autistic mind Documentary</p> <p>https://www.bbc.co.uk/iplayer/episode/m001k31t/christine-mcguinness-unmasking-my-autism Christine McGuinness: Unmasking my autism Documentary</p> <p>https://www.bbc.co.uk/iplayer/episodes/m001ybcl/dinosaur Dinosaur Comedy show</p> <p>Netflix</p> <p>Atypical A drama series https://www.youtube.com/watch?v=ieHh4U-QYwU</p>

Love on the spectrum

A dating show

<https://www.youtube.com/watch?v=kX-QbcXyZug>

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