

## ONLINE RESOURCES

	Name of Event	Location	Day	Date	Time	Open to:	How to join
1	Embracing autism in the workplace 7 minute video	FREE Online Resource	N/A	N/A	N/A	Business	<b>Watch the 7min video here:</b> <a href="https://youtu.be/19vkO10H0YY">https://youtu.be/19vkO10H0YY</a>
2	'Yes I am' – voices of autistic women from minoritised communities	FREE Online Resource	N/A	N/A	N/A	ALL	'Yes I am' – voices of autistic women from <u>minoritised communities</u>   Wellcome Collection
3	<i>Know Yourself</i> - a series of videos, pdfs and worksheets, to support autistic teenagers to understand what being autistic means to them.	FREE Online Resource	N/A	N/A	N/A	ALL	<a href="https://www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers">https://www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers</a>
4	Common misconceptions around Autism	FREE Online Resource	N/A	N/A	N/A	ALL	<u>Autism: Myth Busting</u>
5	Support for Autistic residents: Resource packs, newsletters, peer support groups, resident groups and much more - see link.	FREE Online Resource	N/A	N/A	N/A	Autistic Community	<a href="https://www.newham.gov.uk/health-adult-social-care/autism/4">https://www.newham.gov.uk/health-adult-social-care/autism/4</a>
6	Newham Autism Strategy: An all-age integrated strategy co-produced with local residents	FREE Online Resource	N/A	N/A	N/A	Autistic Community	<u>Newham Autism Strategy – Autism – Newham Council</u>
7	<i>The Stimming Pool</i> - unique film exploring a world shaped by neurodiverse perspectives	Various - see link in "how to join" column	From March 28th 2025	Various - see link in "how to join" column	Various - see link in "how to join" column	ALL	<a href="https://www.dartmouthfilms.com/thestimmingpool">https://www.dartmouthfilms.com/thestimmingpool</a>
8	<i>How Autism Freed Me To Be Myself</i> - a TED talk from Rosie King, autism advocate and creator of CBeebies show <i>Pablo</i> .	FREE Online Resource	N/A	N/A	N/A	ALL	<a href="https://www.ted.com/talks/rosie_king_how_autism_freed_me_to_be_myself">https://www.ted.com/talks/rosie_king_how_autism_freed_me_to_be_myself</a>

9	Westfield Accesible shopping services: Quiet Hours & Sensory Pack	Online Resource	See link for quiet hours & sensory pack	See link for quiet hours & sensory pack	See link for quiet hours & sensory pack	Autistic Community	<a href="https://www.westfield.com/en/united-kingdom/stratfordcity/services">https://www.westfield.com/en/united-kingdom/stratfordcity/services</a> <a href="https://www.westfield.com/en/united-kingdom/stratfordcity/services/quiet-hours">https://www.westfield.com/en/united-kingdom/stratfordcity/services/quiet-hours</a> <a href="https://www.westfield.com/en/united-kingdom/stratfordcity/services/sensory-packs">https://www.westfield.com/en/united-kingdom/stratfordcity/services/sensory-packs</a>
10	Oliver McGowan Training	FREE Online Resource	N/A	N/A	N/A	ALL	<b>Register here:</b> <a href="https://www.e-lfh.org.uk/programmes/the-oliver-mcgowan-mandatory-training-on-learning-disability-and-autism/">https://www.e-lfh.org.uk/programmes/the-oliver-mcgowan-mandatory-training-on-learning-disability-and-autism/</a>
11	Newham Autism Diagnostic Service: A resource for autistic residents, families and their carers - Understanding autism.	FREE Online Resource	N/A	N/A	N/A	Autistic Community	<a href="#"><u>Support &amp; Information for Autistic Residents – Autism – Newham Council</u></a>
12	Documentaries about autism	Online Resource (TV licence required)	N/A	N/A	N/A	ALL	<a href="#"><u>Talk Disability - You Dont Look...: 1. Autistic - BBC iPlayer</u></a> <a href="https://www.bbc.co.uk/iplayer/episodes/p0bbnh47/inside-our-autistic-minds">https://www.bbc.co.uk/iplayer/episodes/p0bbnh47/inside-our-autistic-minds</a> <a href="https://www.bbc.co.uk/iplayer/episode/m001k31t/christine-mcguinness-unmasking-my-autism">https://www.bbc.co.uk/iplayer/episode/m001k31t/christine-mcguinness-unmasking-my-autism</a> <a href="https://www.bbc.co.uk/iplayer/episodes/m001ybcl/dinosaur">https://www.bbc.co.uk/iplayer/episodes/m001ybcl/dinosaur</a>
13	The Neurodivergent Experience With Jordan James and Simon Scott	Podcast	N/A	N/A	N/A	ALL	<a href="https://shows.acast.com/the-neurodivergent-experience">https://shows.acast.com/the-neurodivergent-experience</a>
14	Divergent Conversations, hosted by two autistic mental health professionals	Podcast	N/A	N/A	N/A	ALL	<a href="#"><u>What is Autism? - YouTube</u></a>

15	Thoughty Auti - the Autism podcast Thomas Henley in his conversations with...	Podcast	N/A	N/A	N/A	ALL	<a href="https://open.spotify.com/show/6vjXgCB7Q3FwtQ2YqPjnEV?si=KQnqbGe7RW622y0AApKADA&amp;nd=1&amp;dlsi=f123f7ecb4694639">https://open.spotify.com/show/6vjXgCB7Q3FwtQ2YqPjnEV?si=KQnqbGe7RW622y0AApKADA&amp;nd=1&amp;dlsi=f123f7ecb4694639</a>
16	Autism Acceptance Month: Information leaflets <b>for parents</b>	See information on flyer	N/A	N/A	N/A	Parent & Carers of Autistic Individual	<a href="#">Find the flyer for parents here</a>
17	Autism Acceptance Month: Information leaflets <b>for schools</b>	See information on flyer	N/A	N/A	N/A	Parent & Carers of Autistic Individual	<a href="#">Find the flyer for schools here</a>

## EVENTS AND ACTIVITIES

	Name of Event	Location	Day	Date	Time	Open to:	How to join
1	Local Autistic Resident <b>Art Exhibition (and talk)</b> : My MH journey in employment expressed through Art.  There will be a talk on the exhibition at 1300 on Wednesday 2nd April 2025.	Beckton Library, 1 Kingsford Way London E6 5JQ - Ground floor	All week	02.04.2024 - 08.04.2024	All day	ALL	Drop in - FREE event
2	Mustafa Mohammed – <b>Local Artist Exhibition</b>	Stratford Library, 3 The Grove Stratford London E15 1EL	All week	02.04.2024 - 08.04.2025	All day	ALL	Drop in - FREE event
3	<b>Carers' Support Group meeting</b> (joint meeting with craft club)	Central Park Cafe, Central Park, Bartle Ave, East Ham, London E6 3AJ.	Tuesday	01/04/2025	11:00-13:00	Parents and Carers of Autistic Adults	Drop in - FREE event
4	Remembering self-care during times of burn-out: <b>Autistic Womens Craft Session</b>	Canning Town Library, 18 Rathbone Market Barking Road Canning Town London E16 1EH - David	Wednesday	02/04/2025	11:00-13:00	Autistic Community	Drop in - FREE event

		Sheppard Room					
5	Autism friendly craft pop up- <b>weaving project</b> for adults	East Ham Library, 328 Barking Road East Ham London E6 2RT - Cafe area	Wednesday	02/04/2025	10:00-11:30	Autistic Community	Drop in - FREE event
6	Exhibition of <b>Islamic inspired art</b> (including workshops)	Little Ilford Baptist Church, Sheringham Avenue, Manor Park, E12 5PA	Wednesday	02/04/2025	11:30-14:30	ALL	Drop in - FREE event
7	<b>Wellbeing Walk</b> - use your senses to connect with your surroundings whilst you stay active. The walks are designed to be accessible and inclusive for all including autistic residents and those with a range of disabilities. You can go on foot, use a wheelchair or walker.	Plashet Park, 325 Plashet Grove, London E7 8QR	Thursday	03/04/2025	09:45-10:45	ALL	FREE event. Meet the walk leader just outside <b>APPLECART ARTS: Plashet Park's community powered cafe</b> to fill out the form to register.
8	<b>Inclusive Multi-sports</b> - suitable for all adults including autistic people and those with disabilities. Come along and get involved in our sporting activities. We have a range of multi sports on offer which include Boccia, Basketball, Cricket and many more.	East Ham Leisure Centre, 324 Barking Road, London E6 2RT	Thursday	03/04/2025	10:30-12:30	All Adults	FREE event Report to reception to register on the day
9	Remembering self-care during times of burn-out: <b>Autistic Families Craft Session</b>	Beckton Library, 1 Kingsford Way London E6 5JQ- Ground floor	Thursday	03/04/2025	16:00-18:00	Autistic Community	Drop in - FREE event

10	<b>Poems:</b> Autistic Experiences - sharing session, bring your poems! Led by an autistic resident.	Beckton Library, 1 Kingsford Way London E6 5JQ - Ground floor	Friday	04/04/2025	12:00-13:00	ALL	Drop in - FREE event
11	<b>Generating songs</b> - a hands-on workshop where participants of all ages and abilities will collaborate to create an original song.	Forest Gate Library, 6-8 Woodgrange Road, London, England E7 0QH - Café area	Saturday	05/04/2025	15:00-18:00	ALL	Drop in - FREE event
12	<b>Spectrum</b> - A short film about a day in a life for an autistic person. Free community screening with popcorn and cola. <i>(A 30 minute film shot in Canning Town with local actors &amp; a film maker born and bred in Newham)</i>	East Ham Library, 328 Barking Road East Ham London E6 2RT	Saturday	05/04/2025	16:00-17:00	ALL	Drop in - FREE event
13	<b>London Fire Brigade Autism Event:</b> Keeping safe in the community	East Ham Fire Station 210 High St South London E6 3RS	Saturday	05/04/2025	11:00-16:00	ALL	Drop in - FREE event
14	<b>Inclusive Swim</b> - an inclusive swim session which is designed to cater for people with various needs. Parents and carers are welcome.	Newham Leisure Centre, 281 Prince Regent Lane, London E13 8SD	Saturday	05/04/2025	17:00-18:00	ALL	FREE event. Report to reception to register on the day

15	<b>Climate friendly gardening - planting.</b> Attendees will be given an informal tour of our community, perennial food growing, and rainwater harvesting projects. They will be given tips and advice on how to practically and affordably grow high yields of food in urban gardens. This will be followed by a hands on, food growing session using wheelchair accessible raised beds. There will also be a Q&A on sustainability.	Katherine Road Community Centre, 254 Katherine Road, London E7 8PW	Sunday	06/04/2025	14:00-17:00	ALL	FREE event Email <a href="mailto:info@climateyouchange.org">info@climateyouchange.org</a> to book
16	<b>Inclusive Swim</b> - an inclusive swim session which is designed to cater for people with various needs. Parents and carers are welcome.	Atherton Leisure Centre, 189 Romford Road, London E15 4JF	Sunday	06/04/2025	14:00-15:00	ALL	FREE event. Report to reception to register on the day
17	<b>Wellbeing Walk</b> - use your senses to connect with your surroundings whilst you stay active. The walks are designed to be accessible and inclusive for all including autistic residents and those with a range of disabilities. You can go on foot, use a wheelchair or walker.	Plashet Park, 325 Plashet Grove, London E7 8QR	Tuesday	08/04/2025	09:45-10:45	ALL	FREE event. Meet the walk leader just outside <b>APPLECART ARTS: Plashet Park's community powered cafe</b> to fill out the form to register.
18	<b>Access Newham Guide Showcase</b> - presentations by local young autistic people about how the guide will support autistic young people in the borough. A resource for professionals.	The Source, Theatre Square, Stratford, London E15 1BX	Tuesday	08/04/2025	17:30-19:00	Professionals	By invitation
19	Remembering self-care during times of burn-out: <b>Craft Session for all</b>	Stratford Library, 3 The Grove London E15 1EL	Tuesday	08/04/2025	11:00-15:00	General Public	Drop in - FREE event
20	<b>Employment Workshop</b> - advice for autistic people seeking employment	OurNewham Work, 112-118 The Grove, Stratford,	Tuesday	08/04/2025	11:00-12:00 or 12:00-13:00	Autistic Community	<b>To book, email:</b> <a href="mailto:Mehak.malik@newham.gov.uk">Mehak.malik@newham.gov.uk</a> Telephone: 02033734975

		London E15 1NS					
21	Community Leaders Autism Event: Shaping the Strategy with Community Leaders.	By invitation	Tuesday	08/04/2025	12:30-14:30	Business	By invitation
22	<b>Music Unlocked</b> - autistic young people aged 7-12, together with their parents, carers and siblings, are invited to take part in all-ability inclusive music-making at Newham Music. They will participate alongside professional musicians from our Music Unlocked programme to explore traditional and non-traditional instruments, experiment with music technology and create their own music together.	Newham Music Hub, Westfield Stratford City, London E20 1EN	Tuesday	08/04/2025	13:30-14:30	Autistic children 7-12 & family and carers	<a href="https://bookwhen.com/newhammusic/ev-sw5k-20250408133000">FREE event, book at https://bookwhen.com/newhammusic/ev-sw5k-20250408133000</a>
23	<b>Music Unlocked</b> - autistic young people aged 13-25, together with their parents, carers and siblings, are invited to take part in all-ability inclusive music-making at Newham Music. They will participate alongside professional musicians from our Music Unlocked programme to explore traditional and non-traditional instruments, experiment with music technology and create their own music together.	Newham Music Hub, Westfield Stratford City, London E20 1EN	Tuesday	08/04/2025	15:00-16:30	Autistic young people 7-25 & family + carers	<a href="https://bookwhen.com/newhammusic/ev-si4i-20250408150000">FREE event, book at https://bookwhen.com/newhammusic/ev-si4i-20250408150000</a>

24	<p>Unmasking Is A Process: A <b>songwriting workshop</b> for Autistic Adults.</p> <p>Led by Autistic musician and community advocate MIRI, this workshop will explore what it feels like to unmask whilst navigating people's perceptions and misconceptions of autism; the importance of showing up as yourself and the challenges that this can sometimes bring. There will be songwriting exercises and a facilitated discussion, providing an outlet to express and celebrate ourselves through voice and music.</p>	Newham Music Hub, Westfield Stratford City, London E20 1EN	Tuesday	08/04/2025	18:00-20:00	Autistic adults and support workers	<p><a href="https://bookwhen.com/newhammusic/ev-sf1u-20250408180000">FREE event, book at https://bookwhen.com/newhammusic/ev-sf1u-20250408180000</a></p> <p><a href="mailto:info@newham-music.org.uk">email info@newham-music.org.uk</a> if you would like to bring a support worker)</p>
25	Wellbeing Wednesday: Newham Hospital Staff	By invitation	Wednesday	09/04/2025	TBC	Professionals	By invitation
26	Sharing good practice: <b>How to support autistic people in your workplace</b>	Webinar	Wednesday	09/04/2025	12:00-13:00	Business	<p><b>To register, email:</b> Autism.Commissioning@newham.gov.uk</p>
27	<p><b>Spectrum</b> - A film about life as an adult with autism. Authentically cast with an autistic lead actor, supported by Bafta winner Wunmi Mosaku.</p> <p>Free community 30 minute screening. Plus Free popcorn and cola.</p>	Stratford Library, 3 The Grove Stratford London E15 1EL	Saturday	12/04/2025	14:00-16:00	ALL	Drop in - FREE event
28	<p><b>Spectrum</b> - A film about life as an adult with autism. Director and Autistic Actor discussion</p> <p><a href="https://rickstanton.co.uk/spectrum">https://rickstanton.co.uk/spectrum</a></p>	Stratford Library, 3 The Grove Stratford London E15 1EL	Saturday	12/04/2025	14:30 & 15:30	ALL	Drop in - FREE event
29	<b>Origami:</b> To suport with regulating or relaxing. All welcome. Led by an autistic resident.	Beckton Library, 1 Kingsford Way London E6 5JQ	Saturday	12/04/2025	14:00-15:30	ALL	Drop in - FREE event

30	<b>VoiceAbility drop in session.</b> Have your voice heard in local decisions. Tea and biscuits available.	The Resource Centre, 200 Chargeable Lane, London, E18 1EL	Monday	14/04/2025	15:00-16:00	Autistic adults	Drop in - FREE event
31	<b>Autism Residents Advisory Group Meeting:</b> A meeting for autistic residents to access information and shape the Autism Strategy.	Stratford Advice Arcade 107-109 The Grove, London E15 1HP	Monday	28/04/2025	10:00-12:00	Autistic Community	<b>To register:</b> <a href="#"><u>Newham Autism Strategy - Resident Advisory Group Signup</u></a>
32	<b>Autism Peer Support Group:</b> A peer group for autistic adults to share experiences, seek advice and support in a safe space. Facilitated by the Autism Delivery Board Resident Co-Chair Christina Pillai.	Stratford Advice Arcade 107-109 The Grove, London E15 1HP	Monday	28/04/2025	12:00-13:00	Autistic Community	Drop in - FREE event

FILM SCREENING  
+ Q & A WITH DIRECTOR & CAST

SATURDAY  
12TH APRIL  
2PM - 4PM

STRATFORD LIBRARY  
3 THE GROVE  
STRATFORD  
LONDON  
E15 1EL



"we all have worth  
regardless of where we  
place on the spectrum"

A RICK STANTON FILM

# SPECTRUM

BARK FILMS PRESENTS "SPECTRUM" A FILM BY RICK STANTON CASTING BY RICK STANTON COSTUME DESIGNER PENNY GABRIEL EDITOR RICK STANTON EXECUTIVE PRODUCERS OLIVER BEARD PRODUCED BY LILY GRIGORE WRITTEN BY OLIVER BEARD DIRECTED BY RICK STANTON CASTING BY RICK STANTON CASTING ASSISTANT STEVEN STANTON COSTUME DESIGNER JENNIFER WELSH WUNMI MOSAKU BOBBY ELLIOT KARL DAVIES  
RACHAEL MULLISON JADE SEMPARE NANDO SHAN SUE PESKETT NOVA GABRIEL STANTON HASAN DIXON SARITA GABONY MARTHA WATSON ALLPRESS  
JONATHAN WELSH SIMON BERRY KEZIE EJIKE GASSAN ABDOUBRAZEX CARO BRETON **BARK**



## **Carers Peer Support Group**

**Caring for an autistic adult brings unique challenges.**

Join our friendly group to share the highs and lows and take part in fun activities. Find out about events near you and have the opportunity to take part in research projects, to change lives of autistic people for the better.

To join the group, please complete this form:

<https://form.jotform.com/241775426752362>

For more information, please contact

[carersautisticresidentsnewham@gmail.com](mailto:carersautisticresidentsnewham@gmail.com)

**VoiceAbility**

**Free**

## Do you want to speak out, be listened to and have your voice heard in local decisions?

Are you Autistic or do you have a learning disability?  
Then we have a new drop-in group just for you!

Join us at a drop-in on the second  
Monday of every month at The Resource Centre,  
200 Chargeable Lane, Newham, E18 1EL.

**1-2pm:** All adults who have a learning disability

**2-3pm:** All adults who are autistic or have a learning disability

**3-4pm:** All adults who are autistic

Hot drinks and biscuits provided!

☎ 07770 012 959

✉ [SpeakOutNewham@voiceability.org](mailto:SpeakOutNewham@voiceability.org)

🌐 [voiceability.org](http://voiceability.org)



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# OPEN DAY

**East Ham Fire Station**

**World Autism Acceptance Week**

**Saturday, 5 April 2025 11am–4pm**

- Your chance to meet local Blue Light Services and get safety advice.
- See our latest fire and rescue service equipment.
- Visit the range of stallholders from our local community.

210 High Street South East Ham E6 3RS

For more info contact Kelly Marchant:

T 07702651608

E [Newhamautismproject@london-fire.gov.uk](mailto:Newhamautismproject@london-fire.gov.uk)

**LFB**  
LONDON FIRE BRIGADE