

Autism Monthly News Round-up

April 2025

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Local

1	Peer Support Groups this month
	<ul style="list-style-type: none"> • <u>Peer Support Group for Autistic Men</u> <div data-bbox="284 837 817 1592">  <p>Building Social Connections and Peer Support</p> <p>Online workshop for Autistic Men</p> <p>Come join us for our welcoming online event</p> <p>An opportunity to:</p> <ul style="list-style-type: none"> • Connect with people • Discover social support in your area • Share your interests • Just have a chat!  <p>Friday 4 April 10am-11:30am</p> <p>Open to all autistic men living in the London Borough of Newham (including those self-identifying as autistic).</p> <p>For more details or to sign up please email: adam.webb@newham.gov.uk</p> <div> Newham.gov.uk WE ARE NEWHAM. </div> </div> <p>Online Friday 4th April 10 am-11:30 am To join please email: adam.webb@newham.gov.uk</p> <ul style="list-style-type: none"> • <u>Autism, Work and Anxiety Peer support Group</u> If you are autistic, working and experience anxiety then please do join this group led by myself. It would be great to meet you and share experiences. Online Tuesday 8th April 5pm-6pm To join please email: aisha.ahmed58@nhs.net • <u>Autism Peer Support Group</u>

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.
Drop in: Monday 28th April 12pm-1pm
Stratford Advice Arcade 107-109 The Grove, London E15 1HP



- **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

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World Autism Acceptance Week Programme - highlights

a. Understanding Autism – A new resource from ADS

For World Autism Acceptance Week, the Newham Adults Autism Diagnostic Service have created a presentation about understanding autism.

Please click on the link to read the presentation:

[understanding-autism](#)

b. London Fire Brigade Autism Event: Keeping safe

For World Autism Acceptance Week, the London Fire Brigade will be running an open day at East Ham Fire Station



East Ham Fire Station
210 High St South London
E6 3RS
Saturday 5th April 11am-4pm
Drop in: Open to all

For more information, please click on the link below:

<https://www.london-fire.gov.uk/community/newham/east-ham-fire-station-world-autism-acceptance-open-day/>

c. Peer support worker Events

For World Autism Acceptance week, I will be running the following events:

World Autism Acceptance Week

Adults Autism Diagnostic Service

Join me in one or more events during the week. I will be running some events in my capacity as the Autism Senior Peer Support Worker in Newham and some in a voluntary capacity as a resident.

- Sharing Poems: 4 April, 12pm
- Art Exhibition Talk: 4 April, 1pm
- Peer Support Group: Autism, Work and Anxiety: 8 April, 5pm
- Origami: 12 April, 4pm

More details in the programme here:

www.newham.gov.uk/autismweek2025

Look forward to meeting you.

Aisha Ahmed
Autism Senior Peer Support Worker



For more information, please click on the link below:

<https://www.newham.gov.uk/downloads/file/8640/programme-of-events-pdf-version->

d. Autistic residents' events – crafts, art & photo exhibits

- Remembering self-care during times of burn-out: Autistic Families Craft Session
Beckton library Thursday 3rd April 4pm-6pm
- Mustafa Mohammed – Local Artist Exhibition
Stratford library Wednesday 2nd April-Tuesday 8th April
- Local Autistic Resident Exhibition: Public transport photo exhibition.
Manor Park library Wednesday 2nd April-Tuesday 8th April

For more information, please click the link below:

<https://www.newham.gov.uk/downloads/file/8640/programme-of-events-pdf-version->

e. Spectrum film screening

- Spectrum - A short film about a day in a life for an autistic person. Free community screening with popcorn and cola. A 30 minute film shot in Canning Town with local actors & a film maker born and bred in Newham.

Showing at: Stratford library Saturday 12th April 2pm-3pm

East ham Saturday library 5th April 4pm-5pm

- Director and Autistic Actor discussion
Stratford library Saturday 12th April 2:30pm-3:30pm



For more information and to see which libraries the film is being shown and to attend the discussion please click on the link below:

<https://www.newham.gov.uk/downloads/file/8640/programme-of-events-pdf-version->

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People Powered Places: Paid Working Group Opportunity



**People
Powered
Places**

Newham London

Apply for People Powered Places Working Group

Apply by Sunday 27 April 2025

newham.gov.uk **WE ARE NEWHAM.**

Join your People Powered Places Working Group today

Newham Council's People Powered Places programme is recruiting Working Group members now. Led by the Resident Engagement & Participation Team, People Powered Places is our participatory budgeting programme where residents decide how £1.6 million is spent across the borough. The 2025/27 cycle will launch in June 2025.

This is a paid role, with a 2-year commitment, which will play an important part in:

- Shortlisting project proposals
- Monitoring funded projects and providing feedback
- Presenting at events when required (optional)
- Promoting People Powered Places

We are recruiting 15 residents in each of Newham's neighbourhoods, open to anyone who lives, works or studies in the neighbourhood aged 18 and over. Feel free to share with your neighbours and networks.

Unsure if this is the right role for you? Join our online Information Session on Wednesday 16 April at 6pm. [Sign up here to join.](#)

Apply by Sunday 27 April by midnight. [You can find more information here.](#)

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Insight Day: Crédit Agricole Corporate Investment Bank



Crédit Agricole Corporate Investment Bank (CACIB) are hosting an insight day for autistic young people interested in learning more about the finance industry and what it is like to work for CACIB.

The insight day will give you the opportunity to hear from some of the different business departments at the bank and learn more about the application process and the support they can offer autistic candidates.

The half day event will be made up of information sessions, activities and an office tour.

For more information and to apply please click on the link below:

[Insight day: Finance industry insight day with Crédit Agricole Corporate Investment Bank | Ambitious about Autism](#)

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5 FREE Filmmaking Masterclass for autistic residents




Join Our Immersive Filmmaking Masterclass!

We are thrilled to offer autistic residents this special opportunity to participate in an Immersive Filmmaking Masterclass! This is a unique opportunity for both aspiring autistic filmmakers and autistic residents who wish to share their special places with the community.

For Filmmakers: Join us for a comprehensive 4-day masterclass where you will learn the fundamentals of immersive filmmaking and VR180. The sessions include:

- Day 1: Introduction to Immersive Filmmaking (up to 12 people)

	<ul style="list-style-type: none"> Day 2 or 3: Filming & Work shadowing with Kelman from Neon8 (up to 4 people) Day 4: Post-Production Techniques (up to 12 people) <p>For Residents: We are looking for 2-3 autistic residents to be the subjects of these films. You will take the filmmakers to your happy place, which should be an outdoor space like a park, and share why it is special to you through interviews and audio recordings. Your stories and the serene locations will be captured in a 180° film, showcasing the beauty and peace of your quiet place.</p> <p>If you are interested in this opportunity, please click here and complete the form by 12pm 9th April. A member of Newham's Digital Inclusion Team will get back to you by the 18th April. If you have any questions please email digital.libraries@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p>
6	Adult ADHD and Autism study
	 <p>The poster is titled 'TAKE PART IN RESEARCH ON ADULT ADHD AND AUTISM'. It contains the following information:</p> <ul style="list-style-type: none"> WHAT IS THIS STUDY FOR? We seek to understand the connection between ADHD and Autism from sensory processing perspective. WHAT DO I HAVE TO DO? You will be invited to fill in a questionnaire from the comfort of your own home answering questions about your everyday life. After this you will be invited to come to our office where you will be shown a number of images on a computer and asked to find the differences between them. INCLUSION CRITERIA You will need to be over the age of 18 and have a clinical diagnosis of either ADHD, Autism or both. IF YOU ARE INTERESTED, BELOW ARE SOME MORE DETAILS COMPENSATION? You will be compensated for your participation with a £30 Amazon Voucher + £5 for travelling expenses within London. WHERE DO I NEED TO GO? The in-person part of the study will take place at Nelson Square, The Guild of Psychotherapists, In London. More details will be provided. HOW DO I SIGN UP? You can sign up using the QR code on this poster. If you have any questions at all you are more than welcome to email one of our researchers at vrvarbanov1@sheffield.ac.uk <p>For more information please email: vrvarbanov1@sheffield.ac.uk</p> <p style="text-align: right;">Back to contents page</p>
7	Westfield sensory pack and autism hour
	<p>Westfield Stratford offer quiet hours: Monday to Friday 10am-11am, Saturday 9am-10am and Sunday 12pm-1pm</p> <p>Sensory packs: To help support guest's visits, we offer sensory packs that have been selected with key sensory items to offer children and adults a broad range of sensory opportunities and therapeutic benefits. Our sensory packs contain items such as ear defenders and sunglasses to help with noise and light sensitivity, fiddle toys to keep hands busy and relieve stress and feeling fans to express how you are feeling. Our sensory packs can be hired for free at Guest Services. (deposit required)</p>

Hidden disabilities-Sunflower lanyards:

In support of the Hidden Disabilities Sunflower Campaign, you can pick up a **free sunflower lanyard** to keep from either of our Guest Services desks located on the Lower Ground Floor. The lanyards are specifically designed as a discreet sign for our employees to recognise you may need additional support and assistance whilst at our centre.

Blue badge parking:

Westfield Stratford City has designated accessible parking bays available in each car park. Car Parks A, B and C have blue badge bays located close to the shopping centre for the convenience of mobility impaired visitors. Please ensure that a Blue Badge is displayed in your car. The maximum height our car parks can accommodate is 2.2m.

Mobility Scooter hire:

Mobility scooters are available to hire from guest services with a £10 deposit or leaving ID which you get back on return of the scooter.

For more information, please click the link below:

<https://www.westfield.com/en/united-kingdom/stratfordcity/services>

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National

1	<p><u>Get involved</u></p> <p>a. <u>Autistica: New research opportunities: Sensory and mood Schools and emotions Neurodiverse families and temporary accommodation</u></p>
	<p>Unmet needs of neurodiverse children and their families living in temporary accommodation</p> <p>Type of involvement: Focus group</p> <p>About the project Researchers at King's College London and Autistica are aiming to understand how homeless families with neurodivergent children experience temporary accommodation (TA) provided by local authorities, such as hotels, B&Bs or houses of multiple occupation. They would like some people with lived experience to take part in a focus group to shape the first-ever national Call for Evidence into the experiences of homeless families with neurodivergent children living in TA. The findings will be launched in Westminster in partnership with the All-Party Parliamentary Group on Households in Temporary Accommodation.</p> <p>Who they're looking for: Parents/carers of neurodivergent children (diagnosed or suspected) who have experienced living in TA in the UK (either current or in the past 10 years). This includes parents/carers who are neurodivergent themselves.</p> <p>What they'll ask you to do: You will take part in a focus group lasting up to 90 minutes. There is the option to attend an online session or an in-person session at Autistica's office in London. Both sessions will take place in April.</p> <p>What you'll be offered for your time: All focus group participants will get a £30 Love2Shop voucher to thank you for your contribution. For the in-person session, travel costs will also be paid by the researchers.</p> <p>How to take part: To express an interest in taking part, contact Agata Ostaszewska: agata.ostaszewska@autistica.org.uk.</p>

Co-designing Autism Social Work Training (COAST)

Type of involvement: Online survey

About the project

Researchers at Goldsmiths University of London have been working with older autistic people and social work professionals. Together they have co-created a training package to improve social work with older autistic people. This research has been part-funded by Autistica.

Who they're looking for: Autistic people over the age of 50 (with or without a diagnosis).

What they'll ask you to do: Take part in a survey which should take no longer than 15 minutes to complete. Participants will be shown co-created resources and asked to provide their feedback on them. Participants have until 15 April 2025 to take part.

What you'll be offered for your time: All participants will be invited to take part in a draw for one of three £100 Amazon vouchers.

How to take part: Email COAST@gold.ac.uk if you would prefer a paper copy of the survey or to ask any questions.

RE-STAR: How school classrooms affect emotions

Type of involvement: Face-to-face interview

About the project

Researchers at King's College London want to reduce the risk of depression that can emerge during adolescence for neurodivergent young people. This study investigates the relationship between the school environment and the way neurodivergent and neurotypical young people respond to everyday events that are emotionally challenging. It is part of the wider research programme, Regulating Emotions - Strengthening Adolescent Resilience (RE-STAR), one of Autistica's research partnerships.

Who they're looking for: Young people aged 11 to 16 years both with and without a diagnosis of ADHD or autism, who attend mainstream secondary school. You will need to be able to travel to the research centre at Kings College London and this can take place during a weekend or after school.

What they'll ask you to do: Your child will have an online introduction call to meet the researchers and fill in some questionnaires at home. At the research centre, they will watch some animations about things that can happen in the classroom, while the researchers measure their brain activity.

What you'll be offered for your time: By participating in this study, young people will earn a £25 shopping e-voucher to thank them for their contribution. The researchers will pay for your travel to the centre.

For more information and to express an interest click the button below, or email re-starinfo@kcl.ac.uk.

How autistic adults experience communication in CBT

Type of involvement: Interview

About the project

Researchers at Reading University are studying how autistic adults experience communication in Cognitive Behavioural Therapy (CBT) to help understand what helps and what hinders therapy. The study aims to help professionals to know how to communicate with autistic adults in a way that is helpful.

Who they're looking for: Autistic adults over 18 years of age who have a formal diagnosis of autism (including Asperger syndrome) who have had CBT in the past 6 months.

What they'll ask you to do: You will be asked questions in an interview, about how you found communication during CBT. The interview is likely to be online but can be in person if you are local to Reading. You will be given the questions in advance. You will need to express an interest by 30th April 2025.

What you'll be offered for your time: Participants will receive £25 for taking part.

How to take part: If you are interested, please contact Ann Wilson via email a.wilson@pgr.reading.ac.uk. She can supply further information.

How sensory experiences relate to mood in autistic adults

Type of involvement: Phone-based research (via an app)

About the project

Researchers at University College London are studying autistic adults' daily sensory experiences and how these sensory sensitivities relate to everyday moods. The study will test if a phone-based method of collecting information about sensory experiences and moods will be feasible for future studies.

Who they're looking for: You can take part if you:

- Are over 18 years old
- Can read English
- Have a confirmed clinical autism diagnosis or self-identify as autistic
- Can access and use a personal smartphone, either iOS or Android, to install an app

What they'll ask you to do: You'll attend an introduction meeting where you will have some training on how to use the app. Over 7 days, you will answer a short survey (max 3 minutes) about your sensory experiences and mood 5 times per day on your phone. You will then complete a short online feedback survey (1-2 minutes).

What you'll be offered for your time: Each person who takes part will receive a summary of your responses and an Amazon gift card of up to £55.

How to take part: If you would like to take part, please contact Yixin Chen at yixin.chen.17@ucl.ac.uk before 1 May 2025 to find out more.

	<p>Communicating messages about physical activity with disabled adults</p> <p>Type of involvement: Online survey</p> <p>About the project Researchers at Durham University are looking to hear from neurodivergent adults on how to best communicate messages about physical activity. This is part of a broader effort to improve messaging about physical activity and disability in the UK. You can read more about this study here: Messaging Study - Get Yourself Active.</p> <p>Who they're looking for: Neurodivergent adults aged 19-65 in the UK can participate in the study. Participants can be self-diagnosed and/or have a clinical diagnosis.</p> <p>What they'll ask you to do: The study is an online questionnaire which will take 10-15 minutes to complete. The study is to be completed once, with the opportunity to be invited back for a second online survey.</p> <p>What you'll be offered for your time: Participants will receive a £10 Amazon voucher to thank them for their time and participation.</p> <p>How to take part: Please contact Patrick Jachyra through email to participate at: patrick.jachyra@durham.ac.uk.</p> <p style="text-align: right;">Back to contents page</p>
2	<p>Research papers</p>
	<p>a. Research Article- Beyond self-regulation: Autistic experiences and perceptions of stimming Extract from the abstract: Stimming, or repetitive self-stimulatory behaviour, is commonly seen in autistic people and is believed to help with self-regulation. However, the views of autistic people on stimming are not well represented in academic research. Two studies surveyed autistic adults (131 in Study 1 and 117 in Study 2) about their identity, experiences, and views on stimming, as well as its purposes. Participants reported that stimming could be both positive and negative, with negativity only arising when it caused self-injury or was stigmatized. Although stimming was often a positive experience, many participants intentionally suppressed it to avoid judgment from others. To read the full article please click on the link below: Beyond self-regulation: Autistic experiences and perceptions of stimming</p>

8. NAS: Empowering Autistic Travel: Report Launch

NAS has launched [Empowering Autistic Travel Research Report](#), the result of a year of listening to autistic people and their families describing their travel experiences through surveys and interviews, and some valuable discussions with transport professionals.



To read the full report please click the link below:

<https://www.careknowledge.com/media/61904/eat-research-report.pdf>

9. Neurodivergent people in the criminal justice system: Identification, needs and vulnerability

A discussion. Please click the link below to watch the video:

[Neurodivergent People in the Criminal Justice System: Identification, Needs and Vulnerability on Vimeo](#)

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3 ADHD resources

a. Neurodivergent insights: ADHD vs AUTISM Venn diagram

ADHD vs Autism



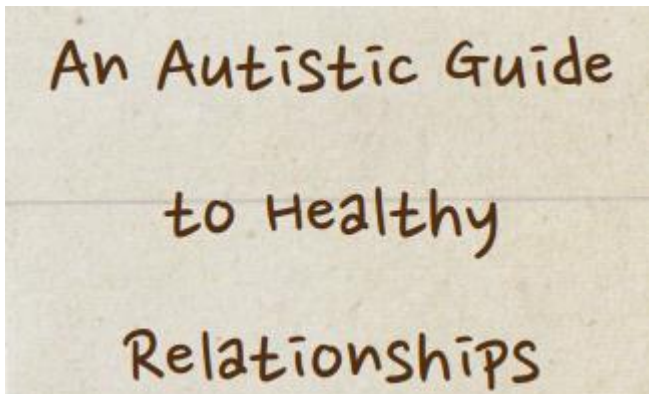
For more information and to view the full diagram please click the link below:

<https://neurodivergentinsights.com/adhd-vs-autism/>

b. The unofficial ADHD test

To do the test please click the link below:

<https://www.newham.gov.uk/downloads/file/8644/unofficial-adhd-self-reporting-tool>

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4	Health and Wellbeing
	<p>a. autistic guide to healthy relationships</p>  <p>To read the guide please click the link below: https://www.durham.ac.uk/media/durham-university/central-news-and-events-images/Autistic-Guide-to-Healthy-Relationships.pdf</p> <p>b. Take Five to Age Well: Empowering the UK towards longer, healthier lives</p> <p>Do you want to live well longer? You are in the right place. 'Take Five to Age Well offers five steps to boost your health and well-being. Launching on 1st May 2025, the campaign invites you to join a UK-wide community making small daily changes over 30 consecutive days for better ageing. We are asking you to choose one or more actions from the list below and try to maintain that healthy change(s) for one month, to improve your health and wellbeing in the short and longer term. We'll support you during those 30 days to turn those changes into a habit for long-term health and wellbeing.'</p> <p>For more information please click the link below: Take Five to Age Well: Empowering the UK towards longer, healthier lives Faculty of Wellbeing, Education and Language Studies</p> <p>Back to contents page</p>

Social media and books

•	<u>YouTube</u>
	<p>YouTube video: Social Model Animation</p> <p>A film that explains the social model from a different perspective</p>



<https://youtu.be/9s3NZaLhcc4?si=gw6j8iBujZYWwXS>

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• Apps



Goblin Tools

This is an app version of the free website goblin.tools, a collection of small, simple, single-task tools, mostly designed to help neurodivergent people (ADHD, Autism, OCD, BPD, all are welcome!) with tasks they find overwhelming or difficult.

https://play.google.com/store/apps/details?id=com.goblintools&hl=en_GB



Finch: Self-Care Pet

Meet your new self-care best friend! Finch is a self-care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of daily self-care exercises personalized for you.

https://play.google.com/store/apps/details?id=com.finch.finch&hl=en_GB

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• Books

Violet- Flynn Bean & Alice McSweeney

A picture book with catchy rhyming narrative for older children, young adults and whimsical adults about autism, being non-binary, anti-gender, and the existence of autistic adults.

Explore this wonderfully unique and colourful world through Violet's eyes in this beautifully illustrated easy read picture book, to help autistic people feel less alone and more represented and understood.



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Newham Libraries

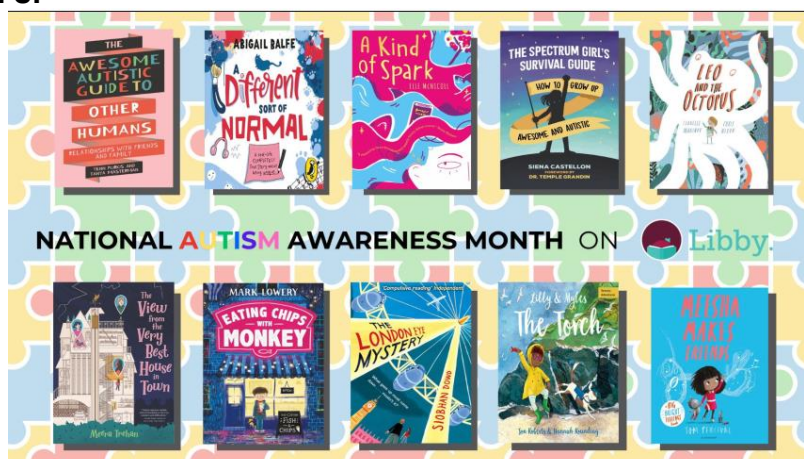
Don't forget there are also a range of great books available at Newham libraries:

<https://libraries.newham.gov.uk/home>

Adults:



Children's:



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