

## World Autism Acceptance Week 2025 Events

Use the colour code and reference number to find details for your event in the table below

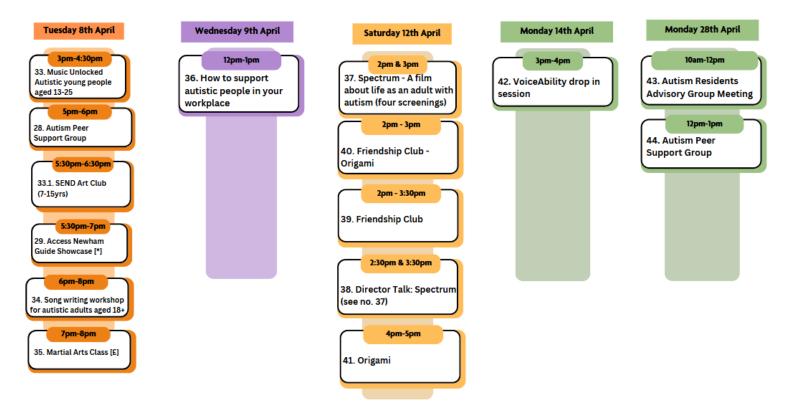
[£] entry fee required Key: [\*] by invitation only

Turn over for more events

#### WORLD AUTISM ACCEPTANCE WEEK EVENTS 2025



# More Events Taking Place



Use the colour code and reference number to find details for your event in the table below

Key: [\*] by invitation only [£] entry fee required

#### WORLD AUTISM ACCEPTANCE WEEK EVENTS 2025



	EVENTS AND ACTIVITIES										
	Name of Event	Location	Day	Date	Time	Open to:	How to join				
1	Local Autistic Resident <b>Art</b> <b>Exhibition</b> : My MH journey in employment expressed through Art. (see Artist Talk 04.04.2025)	Beckton Library, 1 Kingsford Way London E6 5JQ - Ground floor	All week (except Sunday)	02/04/2025 - 08/04/2025 (except 06/04/2025)	All day	ALL	drop in - FREE event *see flyer below				
2	Local Autistic Resident Exhibition: <b>Public transport</b> <b>photo exhibition</b> .	Manor Park Library, 685- 693 Romford Road, London E12 5BS	All week (except Sunday)	02/04/2025 - 08/04/2025 (except 06/04/2025)	All day	ALL	drop in - FREE event Artist's social media - YouTube: timothylamtech; Instagram: timothylam92; Flickr: talam1992				
3	Mustafa Mohammed – Local Artist Exhibition	Stratford Library, 3 The Grove Stratford London E15 1EL	All week	02/04/2025 - 08/04/2025	All day	ALL	drop in - FREE event				
4	<b>Carers' Support Group</b> <b>meeting</b> (joint meeting with craft club)	Central Park Cafe, Central Park, Bartle Ave, East Ham, London E6 3AJ.	Tuesday	01/04/2025	1100-1300	Parents and Carers of Autistic Adults	drop in - FREE event				
			EVEN	ITS AND ACTIVIT	TIES						



	Name of Event	Location	Day	Date	Time	Open to:	How to join			
5	SEND Art Club	Green Street Library, 337- 331 Green Street, E13 9AR	Tuesday	01/04/2025	1730-1830	7-15yrs	drop in – FREE event Contact details: <u>CN.GreenStreet@newham.gov.uk</u>			
6	Autism friendly craft pop up- weaving project for adults	East Ham Library, 328 Barking Road East Ham London E6 2RT - Cafe area	Wednesday	02/04/2025	1000-1130	ALL	drop in - FREE event			
7	Remembering self-care during times of burn-out: Autistic Womens Craft Session	Canning Town Library, 18 Rathbone Market Barking Road Canning Town London E16 1EH - David Sheppard Room	Wednesday	02/04/2025	1100-1300	Autistic Community	drop in - FREE event			
	EVENTS AND ACTIVITIES									
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Newham London

8	Wellbeing Wednesday: Newham Hospital Staff	By invitation	Wednesday	02/04/2025	1100-1500	Professionals	By invitation
9	Exhibition of <b>Islamic inspired</b> <b>art</b> (including workshops)	Little Ilford Baptist Church, Sheringham Avenue, Manor Park, E12 5PA	Wednesday	02/04/2025	1130-1430	ALL	drop in - FREE event
10	Wellbeing Walk - 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	0945-1045	ALL	FREE event. Meet the walk leader just outside <b>APPLECART ARTS:</b> <b>Plashet Park's community</b> <b>powered cafe</b> to fill out the form to register.
			EVEN	ITS AND ACTIVIT	TIES		
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11	Inclusive Multi-sports - 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	1030-1230	All Adults	FREE event. Report to reception to register on the day
12	Getting involved in <b>Autism</b> <b>Research</b> ' - free online event. Manchester University.	Online	Thursday	03/04/2025	1400-1500	ALL	FREE event. Join online at: <u>https://bit.ly/4kZZik1</u> Meeting ID: 368 754 201 581 Passcode: m5ix7mD3 *see flyer below
13	Remembering self-care during times of burn-out: Autistic Families Craft Session	Beckton Library, 1 Kingsford Way London E6 5JQ- Ground floor	Thursday	03/04/2025	1600-1800	Autistic Community	drop in - FREE event
			EVEN	ITS AND ACTIVIT	TIES		
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14	<b>Martial Arts class</b> for autistic and ADHD children, teens and adults.	Barking Road Community Centre, 627 Barking Road, Plaistow, London E13 9EZ	Thursday	03/04/2025	1900-2000	Autistic Community	drop in - pay £5.00 per session *see flyer below			
15	Workshop for Autistic Men: Building Social Connections and Peer Support. Join us for a special workshop designed to support you to navigate social life, reduce isolation, and strengthen your support network.	Online	Friday	04/04/2025	1000-1130	Autistic Community	FREE event. To book, email: Adam.Webb@newham.gov.uk			
16	<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	1200-1300	ALL	drop in - FREE event *see flyer below			
	EVENTS AND ACTIVITIES									
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			EVEN		[		
20	Upside of Downs <b>ability</b> group celebration event	Katherine Road Community Centre, 254 Katherine Road, London E7 8PW	Saturday	05/04/2025	1330-1530	Autistic people, people with Downs syndrome, their families, professionals	FREE event. To book, phone: Ally on 07944 554254 *see flyer below
19	<b>Martial Arts</b> demonstration for autistic and ADHD people	East Ham Fire Station 210 High St South London E6 3RS	Saturday	05/04/2025	1100-1600	ALL	drop in - FREE event *see flyer below
18	London Fire Brigade Autism Event: Keeping safe in the community	East Ham Fire Station 210 High St South London E6 3RS	Saturday	05/04/2025	1100-1600	ALL	drop in - FREE event
17	<b>Artists Talk:</b> My MH journey in employment expressed through Art.	Beckton Library, 1 Kingsford Way London E6 5JQ - Ground floor	Friday	04/04/2025	1300-1400	ALL	drop in - FREE event *see flyer below



	Name of Event	Location	Day	Date	Time	Open to:	How to join
			EVEN	ITS AND ACTIVIT	TIES		
23	<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	1700-1800	ALL	FREE event. Report to reception to register on the day
22	<b>Spectrum</b> - 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. (see Director discussion on 12.04.202)	East Ham Library, 328 Barking Road East Ham London E6 2RT	Saturday	05/04/2025	1600-1700	ALL	drop in - FREE event *see flyer below
21	<b>Generating songs</b> - a hands- on workshop where participants of all ages and abilities will collaborate to create an original song.	Library, 6-8 Woodgrange Road, London, England E7 OQH - Café area	Saturday	05/04/2025	1500-1600	ALL	drop in - FREE event

Forest Gate

24	Autism & Climate friendly gardening - planting. 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	1400-1700	ALL	FREE event. To book, email info@climateyouchange.org <b>note</b> : carer & support worker welcome, young people aged under 18 must come with an accompanying adult		
25	<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	1400-1500	ALL	FREE event. Report to reception to register on the day		
	EVENTS AND ACTIVITIES								
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26	Wellbeing Walk - 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	0945-1045	ALL	FREE event. Meet the walk leader just outside <b>APPLECART ARTS:</b> <b>Plashet Park's community</b> <b>powered cafe</b> to fill out the form to register.
27	Autism friendly <b>health</b> checks	Beckton Library, 1 Kingsford Way London E6 5JQ	Tuesday	08/04/2025	1015-1700	ALL	drop in - FREE event
28	<b>Autism Peer Support Group:</b> Autism, Work & Anxieties	Online	Tuesday	08/04/2025	1700-1800	Autistic Adults	FREE event. To book, email: aisha.ahmed58@nhs.net
29	Access Newham Guide Showcase - presentations by local young autistic people about how the guide will support autistic young people in the borough. A resource for professionals.	By invitation	Tuesday	08/04/2025	1730-1900	Professionals	By invitation
			EVEN	ITS AND ACTIVIT	TIES		
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32	They will participate alongside professional musicians from our Music Unlocked programme to explore traditional and non-	Westfield Stratford City, London E20 1EN	Tuesday	08/04/2025	1330-1430	Autistic Community	FREE event, book at: https://bookwhen.com/newhamm usic/e/ev-sw5k-20250408133000
32	alongside professional musicians from our Music	Stratford City, London E20	Tuesday	08/04/2025	1330-1430		https://bookwhen.com/newhamm
	Music Unlocked - autistic young people aged 7-12, together with their parents, carers and siblings, are invited to take part in all- ability inclusive music-	Newham					
31	<b>Community Leaders Autism</b> <b>Event:</b> Shaping the Autism Action Plan with Community Leaders.	By invitation	Tuesday	08/04/2025	12.30- 14:30	Business	By invitation
30	Employment Workshop - advice for autistic people seeking employment	OurNewham Work, 112-118 The Grove, Stratford, London E15 1NS	Tuesday	08/04/2025	1100-1200 or 1200-13:00	Autistic Community	FREE event. To book, email: Mehak.malik@newham.gov.uk or Telephone: 02033734975



33	Music Unlocked - 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	1500-1630	Autistic Community	FREE event, book at: https://bookwhen.com/newhamm usic/e/ev-si4i-20250408150000			
33.1	SEND Art Club	Green Street Library, 337- 331 Green Street, E13 9AR	Tuesday	08/04/2025	1730-1830	7-15yrs	drop in – FREE event Contact details: <u>CN.GreenStreet@newham.gov.uk</u>			
			EVEN	ITS AND ACTIVI	TIES					
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Newham London

34	Unmasking Is A Process: A songwriting workshop for Autistic Adults. 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.	Newham Music Hub, Westfield Stratford City, London E20 1EN	Tuesday	08/04/2025	1800-2000	Autistic adults and support workers	FREE event, book at: https://bookwhen.com/newhamm usic/e/ev-sf1u-20250408180000 email info@newham-music.org.uk if you would like to bring a support worker		
35	Martial Arts class for autistic and ADHD children, teens and adults.	Barking Road Community Centre, 627 Barking Road, Plaistow, London E13 9EZ	Tuesday	08/04/2025	1900-2000	Autistic Community	drop in - pay £5.00 per session *see flyer below		
	EVENTS AND ACTIVITIES								
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36	Sharing good practice: How to support autistic people in your workplace	Online Teams Meeting	Wednesday	09/04/2025	12.00- 13.00	Business	Free event. To book, email: Autism.Commissioning@newham.g ov.uk
37	Spectrum - A film about life as an adult with autism. Authentically cast with an autistic lead actor, supported by Bafta winner Wunmi Mosaku. Free community 30 minute screening. Plus Free popcorn and cola. (see Director Discussion below)	Stratford Library, 3 The Grove Stratford London E15 1EL	Saturday	12/04/2025	1400 & 1500	ALL	drop in - FREE event *see flyer below
38	<b>Spectrum</b> - Director and Autistic Actor discussion. https://rickstanton.co.uk/sp ectrum	Stratford Library, 3 The Grove Stratford London E15 1EL	Saturday	12/04/2025	1430 & 1530	ALL	drop in - FREE event *see flyer below
	·	L	EVEN	ITS AND ACTIVIT	TES		
	Name of Event	Location	Day	Date	Time	Open to:	How to join



39	Friendship Club for autistic adults and adults with disabilities	Beckton Library, 1 Kingsford Way London E6 5JQ	Saturday	12/04/2025	1400-1530	Autistic Community	drop in - FREE event		
40	<b>Friendship Club - Origami:</b> To support with regulating or relaxing. All welcome. Led by an autistic resident.	Beckton Library, 1 Kingsford Way London E6 5JQ	Saturday 12/04/2025 1400-1500		Autistic Community	drop in - FREE event			
41	<b>Origami:</b> To support with regulating or relaxing. All welcome. Led by an autistic resident.	Beckton Library, 1 Kingsford Way London E6 5JQ	Saturday	12/04/2025	1600-1700	ALL	drop in - FREE event		
42	VoiceAbility drop in session. Have your voice heard in local decisions. Autistic adults only session. Tea and biscuits available.	The Resource Centre, 200 Chargeable Lane, London, E18 1EL.	Monday	14/04/2025	1500-1600	Autistic Community	drop in  - FREE event *see flyer below		
	EVENTS AND ACTIVITIES								
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43	Autism Residents Advisory Group Meeting: 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	FREE event. To register: <u>Newham Autism Strategy -</u> <u>Resident Advisory Group Signup</u>
44	Autism Peer Support Group: 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

Posters for some events can be found towards the end of this document.

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	ALL	watch the 7min video here: https://youtu.be/19vkO10H0YY		
2	'Yes I am' – voices of autistic women from minoritised communities	FREE Online Resource	N/A	N/A	N/A	ALL	<u>'Yes I am' – voices of autistic women from</u> minoritised communities   Wellcome <u>Collection</u>		
3	Know Yourself - 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	<u>https://www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers</u>		
4	Common misconceptions around Autism	FREE Online Resource	N/A	N/A	N/A	ALL	Autism: Myth Busting Myths and causes - Autism   Autistica		
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	<u>https://www.newham.gov.uk/health-adult-</u> social-care/autism/4		
	ONLINE RESOURCES								
	Name of Event	Location	Day	Date	Time	Open to:	How to join		



6	Newham Action Plan: Lets Talk Autism:- An all-age integrated plan co-produced with local residents	FREE Online Resource	N/A	N/A	N/A	Autistic Community	<u>Newham Autism Action Plan: Lets Talk Autism</u> <u>– Autism – Newham Council</u>
7	The Stimming Pool - 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	https://www.dartmouthfilms.com/thestimmin gpool https://www.theguardian.com/film/2025/mar /12/stimming-pool-experimental-film-autism- shapeshifter?CMP=Share_AndroidApp_Other
8	How Autism Freed Me To Be Myself - a TED talk from Rosie King, autism advocate and creator of CBeebies show Pablo.	FREE Online Resource	N/A	N/A	N/A	ALL	https://www.ted.com/talks/rosie_king_how_a utism_freed_me_to_be_myself
				ONLINE R	ESOURCES		
	Name of Event	Location	Day	Date	Time	Open to:	How to join



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	https://www.westfield.com/en/united- kingdom/stratfordcity/services https://www.westfield.com/en/united- kingdom/stratfordcity/services/quiet-hours https://www.westfield.com/en/united- kingdom/stratfordcity/services/sensory-packs		
10	Oliver McGowan Training	FREE Online Resource	N/A	N/A	N/A	ALL	register here: https://www.e-lfh.org.uk/programmes/the- oliver-mcgowan-mandatory-training-on- learning-disability-and-autism/		
11	Newham Autism Diagnostic Service: Understanding autism. A resource for autistic residents, families and their carers.	FREE Online Resource	N/A	N/A	N/A	Autistic Community	https://www.newham.gov.uk/downloads/file/ 8610/understanding-autism		
	ONLINE RESOURCES								
	Name of Event	Location	Day	Date	Time	Open to:	How to join		



12	Documentaries about autism	Online Resource (TV licence required)	N/A	N/A	N/A	ALL	Talk Disability - You Dont Look: 1. Autistic -BBC iPlayerhttps://www.bbc.co.uk/iplayer/episodes/p0bbnh47/inside-our-autistic-mindshttps://www.bbc.co.uk/iplayer/episode/m001k31t/christine-mcguinness-unmasking-my-autismhttps://www.bbc.co.uk/iplayer/episodes/m001ybcl/dinosaur
13	The Neurodivergent Experience With Jordan James and Simon Scott	Podcast	N/A	N/A	N/A	ALL	<u>https://shows.acast.com/the-neurodivergent-</u> <u>experience</u>
14	Divergent Conversations, hosted by two autistic mental health professionals	Podcast	N/A	N/A	N/A	ALL	What is Autism? - YouTube
				ONLINE RI	ESOURCES		
	Name of Event	Location	Day	Date	Time	Open to:	How to join



Podcast	N/A	N/A	N/A	ALL	https://open.spotify.com/show/6vjXgCB7Q3F wtQ2YqPjnEV?si=KQnqbGe7RW622y0AApKAD A&nd=1&dlsi=f123f7ecb4694639
FREE Online	N/A	N/A	N/A	Parent & Carers of	autism-acceptance-month-2025-flyer-for- parents

16	Autism Acceptance Month: Information leaflets <b>for parents</b> and schools	FREE Online Resource	N/A	N/A	N/A	Parent & Carers of Autistic Individual	autism-acceptance-month-2025-flyer-for- parents https://www.newham.gov.uk/downloads/file/ 8560/autism-acceptance-month-2025-flyer- for-schools
17	Neurodivergent, neurodiversity and neurotypical: a guide to the terms	FREE Online Resource	N/A	N/A	N/A	ALL	https://www.thebraincharity.org.uk/neurodiv ergent-neurodiversity-neurotypical-explained/

Thoughty Auti - the Autism podcast

Thomas Henley in his

conversations with...

15



# **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

See table reference: 4

#### 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!







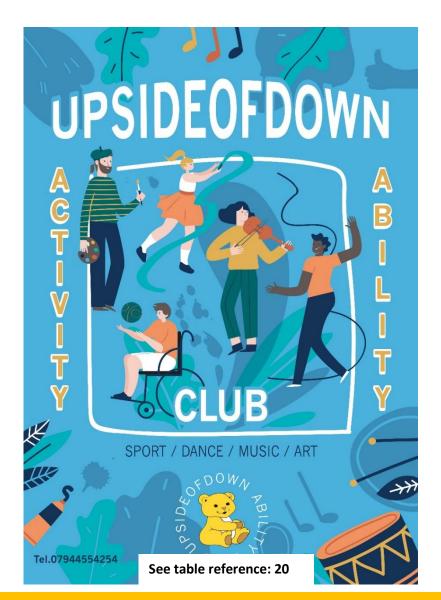


Help Us Change Attitudes Towards Autism COME JOIN AND CELEBRATE THE LIFE TALENT AND ACHIEVEMENT OF OUR CHILDREN AND YOUNG ADULTS Bring your Family And Friends Along Date Saturday 5th of April 2025 Time 1:30 PM- 3:30 PM Katherine Road Community Centre 254 Katherine Road London E7 8PN Contact Ally on 07944554254 to confirm your attendance

Light Refreshments will be provided but you can also bring to share with your friends and family.







#### WORLD AUTISM ACCEPTANCE WEEK EVENTS 2025





# Benefits of getting involved See table reference: 12

## WORLD AUTISM ACCEPTANCE WEEK EVENTS 2025

# 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

East London NHS Foundation Trust See table reference: 1,16,17,28,40,41

Newham London



See table reference: 14,19,35

CLASSES AT BARKING ROAD COMMUNITY CENTRE 627 BARKING ROAD PLAISTOW E13 TUESDAYS AND THURSDAYS 7 pm till 8 pm

> Personal Growth Improve Motor Skill Learn to Use Energy Teach Self-Control Teach Discipline

#### MARTIAL ARTS FOR CHILDREN, TEENS ADULTS WITH AUTISM & ADHD

INFO: 07984684805 LONDON SCHOOLS OF MARTIAL ARTS See table reference: 15



# Building Social Connections and access to Peer Support

#### Online workshop for Autistic Men

Come join us for our welcoming online event

An opportunity to:

- Connect with people
- Discover social support in your area
- Share your interests
- Just have a chat!



Open to all autistic men (including those self-identifying as autistic).

For more details or to sign up please email: adam.webb@newham.gov.uk

Newham.gov.uk

WE ARE NEWHAM.

#### **WORLD AUTISM ACCEPTANCE WEEK EVENTS 2025**





Newham London