

Autism Monthly News Round-up

May 2025

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Disclaimer:

The information in this communication is intended to support autistic people to find out what is happening locally and nationally that may be relevant to them. The NHS

and Newham Council do not endorse any information in this communication and anyone accessing any of this information, including events or activities, should do so at their own risk.

Local

1	<u>Newham Peer support groups</u>
a	<p><u>Support Group for Autistic Men</u></p>  <p>The poster is blue with white text. It features a logo of stylized people in a circle. The text on the poster includes: 'Monthly Autism Men's Group', 'Online Group for Autistic Men in Newham', 'An opportunity to:', a bulleted list of benefits (Connect with like minded people, Share your interests, Just have a chat!), '1st Monday of every month from 5pm-6pm (online)', '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', and 'WE ARE NEWHAM.'</p> <p>Online Monday 12th May 5pm-6pm To join please email: adam.webb@newham.gov.uk</p> <p><u>Autism, Work and Anxiety Peer support Group</u></p> <p>If you are autistic, working and experience work related anxiety then please do join this group led by Aisha Ahmed, Senior Peer Support Worker. It would be great to meet you and share experiences.</p> <p>Online Tuesday 20th May 5pm-6pm To join please email: aisha.ahmed58@nhs.net</p>
b	

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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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Open Adults Autism Peer Support Group

This group meets quarterly on **Monday 12-1pm**. All welcome to drop in.

7 th July 2025	Stratford Library, John Hopkins Room
6 th October 2025	Stratford Advice Arcade
26 th January 2026	Stratford Library, John Hopkins Room

If you have any questions please email
Autism.Commissioning@newham.gov.uk

e

NEW GROUP: Situational Speaking Peer Support Group

We are trailing this peer support group to identify if there is a need. If you are interested, please register.

	<p>If you would you like to join a peer support group for situational speakers please email Autism.Commissioning@newham.gov.uk</p>
2	<u>Advocacy & Support Surgeries</u>
a	<p>VoiceAbility Advocacy Support</p> <p>Drop-in service second Monday of every month at 200 Chargeable Lane E18.</p>
b	<p>ARAG review: follow up</p> <p>An online or in-person review of the ARAG meeting (Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council), in a safe and welcoming space. This offer is to support autistic people with processing the information and those who are situational speakers – lead by VoiceAbility.</p> <p>More details for both surgeries in the posters below:</p> <p style="text-align: right;">Back to contents page</p>




ARAG follow-up

Autistic Residents Advisory Group

VoiceAbility are hosting follow up meetings for Autistic residents who may be situationally speaking.

Would you like

- another way to be involved in the ARAG?
- the opportunity to discuss some of the topics raised at ARAG meetings?
- a quieter environment to share your thoughts?

If you think this might be for you, you can join:

- an online meeting on Tuesday 6 May, 2pm - get in touch so that we can send you a link to join us
- our in-person ARAG focused drop-in at the Resource Centre, Chargeable Lane, E13 8DW on Monday 12 May, 12pm



 0300 303 1660 (freephone)
 speakoutnewham@voiceability.org
 voiceability.org

Charity number 1275630
Company number 3798884



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
 voiceability.org

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<p>c</p>	<p>Monthly Surgeries for Autistic Residents</p> <p>We will be trailing monthly open surgeries for autistic residents to speak with various Council and NHS teams from June 2025. This includes team representatives from Autism Diagnostic Services, Council Social Work, Housing and much more. If you are interested in attending an open surgery and would like to speak with a particular team or service please email Autism.Commissioning@newham.gov.uk and we will try our best to identify a representative from the relevant team. More details will be provided in the June Newsletter.</p> <p style="text-align: right;">Back to contents page</p>
<p>3</p>	<p>Paid roles: Newham Autistic Resident Roles</p>
<p>a</p>	<p>Autism Co-Chair Roles & Priority Leads</p> <p>We are looking for 9 autistic residents who would like to be involved in delivery of the Newham Autism Action Plan: Lets's Talk Autism. This role will be paid as per the Newham Reward and Recognition Policy; the hourly rate is currently £13.85/hour. Hours relating to each role vary depending on the role and as agreed with the Lead Autism Commissioner.</p> <p>Nominations will be open over the summer 2025. The updated application process will be shared in June and will be posted here: Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council Results of this process will be presented at the October ARAG. If more than one person has applied for a role a vote will take place at the October ARAG.</p> <p>There are currently 9 post holders in these role. All existing post holders can reapply for their current roles or different roles on offer.</p> <p>The 9 roles available include:</p> <ol style="list-style-type: none"> 1. Autism Strategic Delivery Board Co-Chair (ASDB) 2. Autism Strategic Delivery Board Carers Rep (must represent a carers of autism group) 3. Autism Residents Advisory Board Co-Chair (ARAG) 4. Priority 1 Expert Lead: Improving understanding and acceptance of autism within society 5. Priority 2 Expert Lead: Improving autistic children and young people's access to education, and supporting positive transitions into adulthood 6. Priority 3 Expert Lead: Supporting more autistic people into employment 7. Priority 4 Expert Lead: Tackling health and care inequalities for autistic people

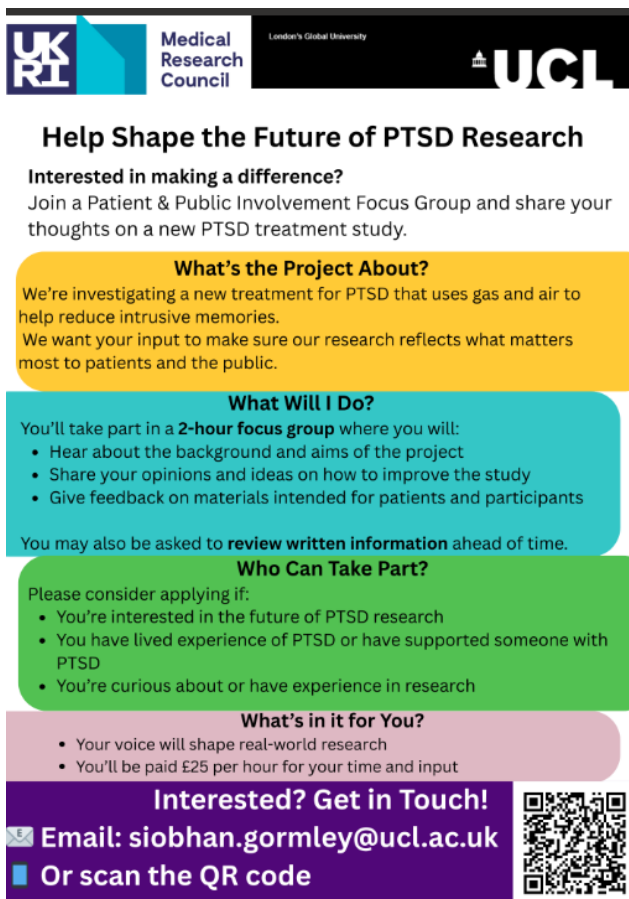
	<p>8. Priority 5 Expert Lead: Building the right support in the community and supporting people in inpatient care</p> <p>9. Priority 6 Expert Lead: Improving support within the criminal and youth justice systems</p> <p>All post holders must be a member of and attend the ARAG in a voluntary capacity, aside from the ARAG Co-chair. Information about the ARAG can be found in the link above. The ARAG feeds into the ASDB; this Board has a central remit to oversee the successful delivery of the Autism Action Plan.</p> <p>If you would like to discuss any roles or need support with your nomination form please contact Autism.Commissioning@newham.gov.uk</p>
b	<p>Oliver McGowan Training - Autism Experts</p> <p>Would you like to be part of a team of people delivering the Oliver McGowan training? Local provider organisations are looking for local autistic residents in their role as experts by experience to support delivery of this training. If you are interested in this role please register with us and we can connect you with an NHSE trained local provider. They will provide you with more information and training to support you in being part of a team of trainers. To register your interest please email: Autism.Commissioning@newham.gov.uk</p> <p>We will then pass your details over to the provider/s.</p> <p>More information here: The Oliver McGowan Mandatory Training on Learning Disability and Autism NHS England Workforce, training and education</p> <p style="text-align: right;">Back to contents page</p>

4	Media
a	Film: Sensory

	<div data-bbox="304 210 794 595" data-label="Image"> </div> <p>Sensory is a film project about autistic people's experiences of hospitals. It is a fictional film, but it is grounded in the real stories and experiences of East London Foundation Trust (ELFT) staff, patients and service users. The film was co-produced with autistic people, staff, and carers, and it has a fully neurodivergent cast. It is a collaboration between the University of Bristol project 'Sensing Spaces of Healthcare', ELFT, and Inner Eye Productions. Overall, Sensory aims to harness the power of storytelling to represent autistic people's hospital encounters.</p> <p>To watch please click the link below:</p> <p>https://www.youtube.com/watch?v=etCCAREPCqE</p>
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<p>b</p>	<p>Nu Sound Radio</p> <div data-bbox="371 1079 1165 1874" data-label="Image"> </div> <p>Tune in on Friday 30th May from 12pm-1pm for an autism-focused session with guest speakers.</p> <p>Back to contents page</p>
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5	<u>Neurodiverse resources</u>
a	<p>ADHD resources</p> <p>The Newham NHS ADHD team have pulled together a list of resources that would be helpful to support people with ADHD. To view the resources please click the link here: https://www.newham.gov.uk/adhd-resources</p> <p style="text-align: right;"><u>Back to contents page</u></p>
6	<u>Focus Groups</u>
a	<p>Recruiting neuro-queers for a study on gender diversity and autism</p> <p>I am recruiting participants for my master's thesis which aims to understand the experiences of those who identify as both autistic (self-diagnosed or formally diagnosed) and gender diverse/trans (the entirety of the gender spectrum is welcome, other than those who identify as 'cis'). A central aim of this research is to ensure representation from a wide range of ethnic and racial backgrounds.</p> <p>The study will involve an interview (roughly one hour) taking place over Microsoft Teams with myself (Tessi, a fellow autistic, non-binary researcher). I will send the interview questions in advance and ask you about any accommodations you may need before participating. I offer a costa coffee voucher worth (£5) for participating.</p> <p>The deadline for the interviews is the 22nd May 2025</p> <p>If you would like to participate or have any questions, please get in touch here: u2062207@uel.ac.uk.</p>
b	<p>UCL PTSD research</p> <p><i>To participate in this research email siobhan.gormley@ucl.ac.uk</i></p> <p>More information in the poster below:</p>



The poster is for a PTSD research focus group. It features logos for UKRI, Medical Research Council, and UCL at the top. The title is 'Help Shape the Future of PTSD Research'. Below this, it asks if the reader is interested in making a difference and invites them to join a Patient & Public Involvement Focus Group. The poster is divided into several colored sections: yellow for 'What's the Project About?', light blue for 'What Will I Do?', green for 'Who Can Take Part?', and pink for 'What's in it for You?'. Each section contains specific details about the project, the participant's role, eligibility criteria, and incentives. At the bottom, there is a purple section titled 'Interested? Get in Touch!' with an email address and a QR code.

Help Shape the Future of PTSD Research

Interested in making a difference?
Join a Patient & Public Involvement Focus Group and share your thoughts on a new PTSD treatment study.

What's the Project About?
We're investigating a new treatment for PTSD that uses gas and air to help reduce intrusive memories.
We want your input to make sure our research reflects what matters most to patients and the public.

What Will I Do?
You'll take part in a **2-hour focus group** where you will:

- Hear about the background and aims of the project
- Share your opinions and ideas on how to improve the study
- Give feedback on materials intended for patients and participants

You may also be asked to **review written information** ahead of time.

Who Can Take Part?
Please consider applying if:

- You're interested in the future of PTSD research
- You have lived experience of PTSD or have supported someone with PTSD
- You're curious about or have experience in research

What's in it for You?

- Your voice will shape real-world research
- You'll be paid £25 per hour for your time and input

Interested? Get in Touch!

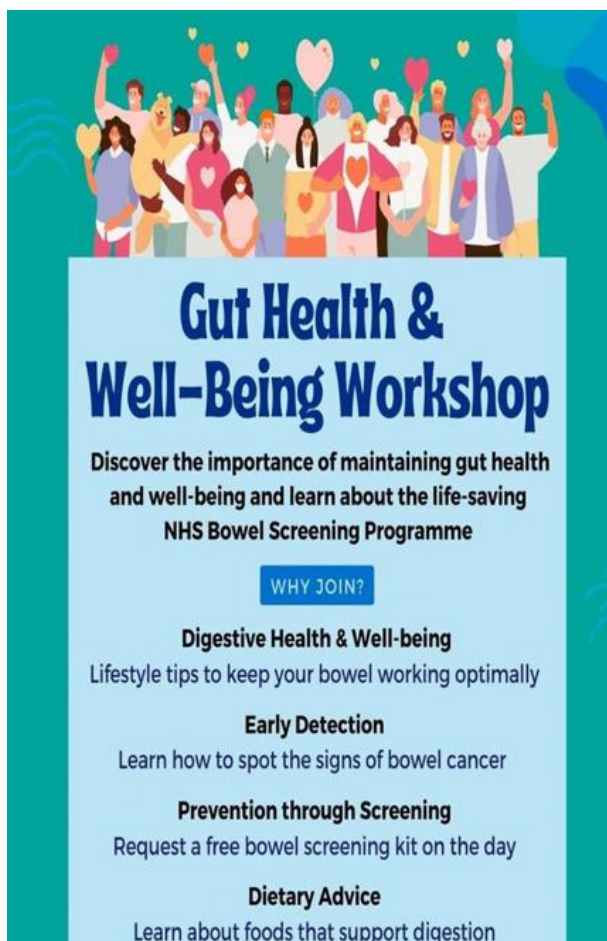
✉ Email: siobhan.gormley@ucl.ac.uk

■ Or scan the QR code

C 50+ Autism Bowel Cancer focus group

If you are 50+ and would like to participate in the workshop, please email Leena Khagram at leena.khagram@nhs.net

More information in the poster below:



d Together café: Creating an autism service Focus Group

If people are interested in shaping a service for autistic residents delivered by together café to please email us to register their interest and we will get back to you on details about the focus group using autism commissioning email: Autism.Commissioning@newham.gov.uk

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7 [Seminar](#)

Race and Health: Mental health Awareness

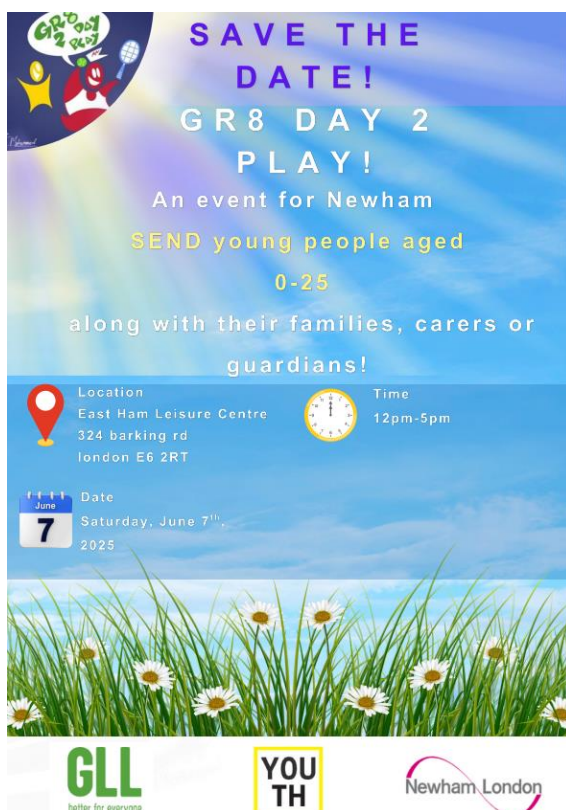
We are happy to invite you to join us for six important health seminars! These will happen on Zoom every other month. We are working together with Newham's Staff Race Equality Forum and the Public Health Team to share these valuable sessions with you.

Each seminar will cover different health topics that matter to our community. We will have experts who will explain these topics and help us understand how they affect us. They will also share where you can find support and help.

	<p>Our first seminar will be about mental health, and it will take place on Thursday, May 22, 2025, from 6 PM to 7:30 PM on Zoom (link provided upon registration).</p> <p>Register to attend https://forms.office.com/e/1RzJgNR6aG.</p> <p>For more information contact, communityhealthchampions@newham.gov.uk. Please invite your family and friends to join us! The information we share can really help make a difference in the lives of our loved ones.</p>
8	<u>Things to do</u>
a	<p>Assisted performances</p> <div data-bbox="312 734 616 1039" data-label="Image"> </div> <p>Get dance from every angle. At Sadler's Wells we believe in dance to move the world. On all our stages, channels and studios, let dance connect, reveal, astonish, and thrill you. Are you ready?</p> <p>Sensory Adapted Performances are suitable for those who may be on the autism spectrum, have sensory sensitivities, epilepsy, learning disabilities and/or difficulties, experience neurodiversity, and anyone that might benefit from a more supportive environment</p> <p>For more information, please click the link below: https://www.sadlerswells.com/your-visit/accessibility/assisted-performances/</p>
b	<p>Autism & ADHD Show London 2025</p> <div data-bbox="296 1352 769 1935" data-label="Image"> </div> <p>For more information, please click the link below: Autism Eye - Autism & ADHD Show London 2025 </p>

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Gr8 Day 2 Play



Gr8 Day 2 Play will next be held on June 7th 2025 at East Ham Leisure Centre from 12-5pm

If you would like have a stall on the day please fill out the form below:

https://docs.google.com/forms/d/e/1FAIpQLSeR8e87RP9TeVILVGbYac_RA_TU9rmeN_MQmyouEyOYLFaOyg/viewform

d

Mental Health Awareness week events at Newham Recovery College and Together Café 12pm - 5.30pm Wednesday 14th May 2025 – Stratford Advice Arcade

This year for Mental Health Awareness Week our two services are joining together to share what we do and some of our knowledge to support our community. No need to book just come along and find out about us!

We are open to see what we have to offer, speak to the teams, meet Compass Wellbeing and find out about their employability/IT support and come together and learn together.

The short tasters sessions will also run as follows,

12am **Yoga with Fiona**
Join Fiona for some gentle yoga, take at your pace

12:45am **Laughter and Breath work with Claudia**

	<p>Claudia will share a short taster to show how laughter and breathing can really help your wellbeing.</p> <p>13:30pm Drama taster with Will A fun short session to show how drama can build your confidence and your wellbeing.</p> <p>2pm Art and movement Join Katie, a dance movement therapist, for a creative session open to all. Discover a simple way to check in with yourself each day through movement and art.</p> <p>2:45pm Expressive writing Writing can be just for you express yourself and explore your creative side. Join Sabrina discover how you might bring this into your life.</p> <p>3.15pm Gentle movement and breathing with West Ham Foundation Join West Ham Foundation and explore how moving and breathing and help manage your wellbeing</p> <p>4pm Emotions with Together Café Explore how understanding your emotions can help you manage your wellbeing.</p> <p>Please come along and share</p> <p style="text-align: right;">Back to contents page</p>
9	Local Funding
a	<p>Local Newham Autism Grants £1K</p> <p>Do you have a good idea and want to deliver it? NHS & Newham Council will be offering residents up to £1K to bid towards any project which supports autistic people in the community. This could include setting up a local support group, group outings to visit places of interest, other interest groups – the sky's the limit. If you have a good idea we would love to hear it.</p> <p>Applications to access the grant will be available in June and shared on this page Newham Autism Action Plan: Lets Talk Autism – Autism – Newham</p>

	<p>Council. If you would like to discuss or develop your ideas further please email: Autism.Commissioning@newham.gov.uk</p>
b	<p>People Powered Places up to £20K</p>  <p>Join us for The Big Launch of People Powered Places on Tuesday 3 June, 5.30 to 8pm at East Ham Town Hall.</p> <p>People Powered Places is Newham Council's participatory budgeting programme. This means residents decide how local money is spent.</p> <p>At The Big Launch event, you will find out how you can get involved, apply for funding and meet others who have made a positive change in Newham.</p> <p>Find out more here: People Powered Places </p> <p>If you have an idea to put forward start working on them now!</p>

	<p>The next round of bidding will take place in autumn, individuals can bid for up to £5K and organisations £20K. More information can be found here:</p> <p>People Powered Places – People Powered Places – Newham Council</p> <p>Back to contents page</p>
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National

1 **Get involved: Autistica**

a) **New research opportunities: House of Lords Call for Evidence | Long term impact of COVID-19 | Hypermobility and fibromyalgia in neurodivergent people**

House of Lords Call for Evidence

Type of involvement: Survey

About the project

The House of Lords Committee on the Autism Act 2009 wants to understand how well autism legislation and guidelines are working so that it can make specific, practical recommendations about what the Government should do next.

Who they're looking for: The Committee wants to hear from autistic people, their carers and supporters, people who work with autistic people and people who work on research into how to support autistic people.

What they'll ask you to do: Respond to questions about topics you have experience in. The call is available in Easy Read and audio formats if you need. You can write your response in a form or document, or submit a voice recording. You must make your submission by 2nd June 2025.

You can find more information on the [House of Lords website](#).

Improving social prescribing for autistic people

Type of involvement: Online workshops

About the project

Social prescribing is when people are connected to local, non-medical support to help with wellbeing. UCL and Autistica are working together to develop best practice guidelines to make social prescribing more accessible for autistic people.

Who they're looking for:

- Autistic adults (diagnosed or self-identified or awaiting assessment), or
- Parents/carers of autistic people (adults or young people with or without a formal diagnosis)
- Who have accessed or tried to access social prescribing before, or
- Who don't have any previous experience of social prescribing but would be interested in accessing it

What they'll ask you to do: A small group of autistic adults and parents/carers will be invited to attend three online workshops between June-September 2025.

You'll discuss experiences, challenges, and solutions at each stage of the social prescribing journey - from referral, to meeting with a social prescriber, to engaging in community activities.

You will be asked to review the guidelines created between September 2025 – February 2025.

What you'll be offered for your time: All contributors will receive a £50 voucher per activity (maximum of 4 vouchers) and receive an acknowledgement of their contribution in the project's outputs.

If you would like more information, please contact Emeline

Han: emeline.han@ucl.ac.uk.

Autistic parents' experiences of psychological flexibility, self-compassion and wellbeing

Type of involvement: Survey

About the project

Parenthood can be a challenging time and the experiences of autistic parents are under-researched. Researchers at Canterbury Christ Church University aim to explore how psychological flexibility and self-compassion interact and affect the emotional wellbeing of autistic parents.

Who they're looking for: Autistic (either formally diagnosed or self identifying) parents (especially fathers) who are currently in active parental roles, and have access to a digital device.

You won't be able to take part if you have significant mental health difficulties or learning disabilities, substance use difficulties or safeguarding concerns within the family.

What they'll ask you to do: You will take an online survey lasting approximately 20 minutes, which will ask you a bit about yourself and your child/children, and questions about emotional wellbeing, self-compassion and flexibility.

What you'll be offered for your time: To thank you for your contribution, you will be able to enter a draw for one of five vouchers worth £20.

[Qualtrics Survey | Qualtrics Experience Management](#)

Autism and entrepreneurship: Disclosure in financing

Type of involvement: Interviews

About the project

Researchers at Warwick University are exploring the experiences, challenges, and opportunities faced by autistic individuals in entrepreneurship. If you have ever thought

about starting your own business, are currently running one, or want to contribute to this research, they would like to hear from you.

Who they're looking for: Adults aged over 18 with a formal autism diagnosis who are currently running a business or interested in doing so.

What they'll ask you to do: You'll take part in an interview lasting 45-60 minutes, which can be carried out online or by phone. You can let the researchers know you have any accessibility needs to participate comfortably in the research.

What you'll be offered for your time: You will receive £25 to thank you for your contribution to the research.

For more information, email: Ziyun.He@warwick.ac.uk.

Quality of life and co-occurring conditions in neurodivergent people with fibromyalgia and hypermobility

Type of involvement: Online survey

About the project

Researchers at the University of Warwick are interested in understanding the relationship between neurodiversity and chronic pain conditions with the goal to improve access and experiences in healthcare.

Who they're looking for: Adults with any neurodivergent condition (e.g. autism, ADHD, dyslexia) AND/OR hypermobility AND/OR fibromyalgia.

What they'll ask you to do: Complete an online survey, which should take approximately 30 minutes. You'll be asked to provide demographic information and answer questions about conditions you experience.

What you'll be offered for your time: To thank you for your contribution, you will be able to enter a draw for one of four vouchers worth £25.


Any questions please email lauren.wilkinson@warwick.ac.uk.

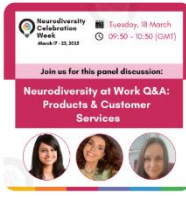



Long-term impact of the COVID-19 pandemic on the mental health of neurodivergent children and young people

Type of involvement: Online interview

About the project

Researchers at King's College London are studying the impact of the COVID-19 pandemic on the mental health of children and young people with pre-existing mental health and neurodevelopmental conditions.

	<p>Who they're looking for: Young people (optional: and their caregivers) who were:</p> <ul style="list-style-type: none"> aged 11-17 years old during 2020-2022 (16-22 years old now) already had difficulties with mental health or neurodevelopmental conditions before the pandemic live in the UK can complete an interview in English willing/able to provide consent/assent not experiencing high levels of distress/risk (intent/plan to hurt themselves) <p>What they'll ask you to do: You will be asked to complete some forms to check your eligibility and collect some details about yourself. You will then be invited for an online interview (30-60 mins) to chat about your experiences of the pandemic.</p> <p>What you'll be offered for your time: To thank you for your participation, you will be offered a £10 voucher.</p> <p>To take part contact Brian Ching: brian.ching@kcl.ac.uk.</p> <p style="text-align: right;">Back to contents page</p>
2	<p>Neurodiverse self-advocacy</p> <div>  </div> <p>We are a not-for-profit organisation run by autistic volunteers. We offer an online forum and community of neurodivergent people who support, problem-solve and advocate for ourselves as a group. Our motto is: 'Nothing about us without us'</p> <p>To visit their website please click the link below: Neuro Diverse Self Advocacy Neuro Diverse Self Advocacy Forum</p> <p style="text-align: right;">Back to contents page</p>
3	<p>Neurodiverse resource</p>
a	<p>Neurodiversity celebration week</p> <p>Did you miss the 24 discussions held during Neurodiversity Celebration Week? No problem, catch up on the recordings here: https://lexxic.com/ncw25-events</p>

	<p>Event 6: Neurodiversity at Work Q&A: Products & Customer Services</p> <p>Tuesday, 18 March 09:30 - 10:30 (GMT)</p> <p>Join us for this panel discussion: Neurodiversity at Work Q&A: Products & Customer Services</p> <p>Watch Recording</p>		<p>Event 7: Neurodivergence & LGBTQIA+: A Conversation on Identity, Intersectionality & Empowerment</p> <p>Tuesday, 18 March 11:30 - 15:00 (GMT)</p> <p>Join us for this panel discussion: Neurodivergence & LGBTQIA+: A Conversation on Identity, Intersectionality & Empowerment</p> <p>Watch Recording</p>
	<p>Event 8: Empowering Neurodiversity in the Workplace</p> <p>Tuesday, 18 March 15:30 - 16:00 (GMT)</p> <p>Join us for this panel discussion: Empowering Neurodiversity in the Workplace</p> <p>Watch Recording</p>		<p>Event 9: Neurodiversity & Mental Health - Acquired Neurodivergence</p> <p>Tuesday, 18 March 15:30 - 17:00 (GMT)</p> <p>Join us for this panel discussion: Neurodiversity & Mental Health - Acquired Neurodivergence</p> <p>Watch Recording</p>

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4 **Autistic adults meet up 50+ group**



AUTISTIC ADULTS MEET UP 50+ GROUP

A2ndvoice CIC

ONLINE

THURSDAY 11 - 12 NOON

May 15th

- Negative responses to late autism diagnosis

June 12th

- CPTSD and older autistic people

July 17th

- Sexuality and relationships

August 14th

- Autistic elders in non-autistic group

#AutisticElders

Facilitated by Cos Michael
Autistic Speaker, Trainer & Consultant

Informal sessions with a theme and discussion after.
Sessions are not recorded

ZOOM: 876 2511 0245
PASSCODE: 879548

Text for link: 07947 198 362

Thursdays 11am-12pm

- May 15th Negative responses to late autism diagnosis
- June 12th CPTSD and older autistic people
- July 17th Sexuality and relationships
- August 14th Autistic elders in non-autistic group

To register please click the link below:

https://us06web.zoom.us/meeting/register/tZMrdeyrrzsoHtH9VUVg37Ctp_fcioUMz4W#/registration

More sessions on this link here:

<https://www.autismeye.com/events/>

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5 King's trust courses

Get Started with Media w/ NBC Universal



Location: London
Taster day: 13 May 25
Main programme: 16 - 22 May 25
Ages: 18-25

This one-week programme with NBC Universal (the team behind, Jurassic Park, Minions, M3GAN and Keeping Up with the Kardashians) will give you the opportunity to immerse yourself into the creative world. Learn from industry professionals and get the opportunity to build your own media marketing project whilst developing new skills and networking with the NBCUniversal team.

Get Started in Radio w/ Gaydio



Location: Central London
Taster Day: 2nd Jul
Main Programme: 7 - 11 Jul 25
Ages: 18 – 30

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in radio.

On this course you'll:

- Learn about the world of radio & podcasting
- Have the opportunity to create your own content
- Work with industry professionals at Gaydio
- Find out how to take your next steps into a career of working in radio and podcasting

Development Awards



Date: Ongoing
Age: 16-30

Our Development Awards can cover the cost of course fees, tools or equipment to help young people achieve their goals. We offer grants of up to £500 to support young people into a positive outcome.

To be eligible for an Award, you must be:

- Aged 16-30 and living in the UK
- Studying less than 14 hours a week or not in compulsory education
- Unemployed or working less than 16 hours a week

To register, please call Customer Service on 0800 842 842

Get Started in Health & Social Care



Location: Southwark, London
Taster Day: 15 May 25
Main Programme: 19 - 23 May 25
Ages: 18-30

A 4-day employability programme, with guaranteed interviews with employers within the NHS or Social Care. Roles may include HCA, Activities Coordinator, Admin Assistant, Receptionist, Pharmacy, Catering, Support Worker and many more!

Get Into Hospitality w/ Hyatt Hotels



Location: Central London
Taster day: 22 May 25
Main Programme: 2 - 20 Jun 25
Application Deadline: 15 May 25
Ages: 18-24

Join us for three weeks of work experience and training. Gain skills and experience in hospitality roles with a global hotel brand.

Discover careers you never knew existed and gain access to guaranteed job interviews upon completion of the programme.

Get Started in News and Sports w/ Sky






Location: Osterley, London
Taster Day: 28 May 25
Main Programme: 2-6 Jun 25
Ages: 18-25


Join The King's Trust and Sky to access the world of news and sports broadcasting.

Learn from experts; explore different careers; learn how to create different types of content; gain access to work experience and mentoring exclusively available to participants.


<p>To sign up please click the link below:</p> <ul style="list-style-type: none"> • Get Started in Health & Social Care: https://sectors.kingstrust.org.uk/health-social-care/courses/london-gs-hsc-449410-15-may?dm_i=7LPB,NTJU,RI874,22B0I,1 • Get Into Hospitality w/Hyatt Hotels: https://forms.office.com/Pages/ResponsePage.aspx?id=aAtwVheHd02CavKNeA3_9R6ygNubrFKuDwvQDLCxRtUMVZJUTJIOVZEVIWMFZRT0IJREZYRzJFTS4u&dm_i=7LPB,NTJU,RI874,22B0G,1 • Get Started in News and Sports w/ Sky: https://forms.office.com/pages/responsepage.aspx?id=aAtwVheHd02CavKNeA3_3lyoK5tfdIBkbU0LSJXkrZUNTk4Q1ZSWVfone1JMIU4N09KMzRBUFY3NC4u&route=shorturl&dm_i=7LPB,NTJU,RI874,22B0G,1 <p>For information on more King's trust courses please click the link below: https://digital.kingstrust.org.uk/cr/AQif0xUQ2upDGIDqgxZKTaCqaKmoTganHSvnb9FecYD_6XKTRsA31S52URS-w</p> <p style="text-align: right;"><u>Back to contents page</u></p>
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6 <u>Research papers</u>	
<p>a Rapport in same and mixed neurotype groups of autistic and non-autistic adults</p> <p>Lay abstract Autistic adults sometimes get along better with other autistic people compared to non-autistic people, but so far this has only been studied in two-person interactions. This study examined how well autistic and non-autistic people develop rapport in a group setting and whether rapport differs when group members share or do not share a diagnosis.</p> <p>To read the full research paper please click the link below: <u>Rapport in same and mixed neurotype groups of autistic and non-autistic adults</u></p> <p>b Tracking the long-term outcomes of a supported employment internship programme for autistic adults without a learning disability</p> <p>Lay abstract Internships for autistic people can help them find and keep employment. Only a few internship programmes have scientific findings about how helpful they are for autistic people, and these mostly look at employment-related things like whether a group of autistic people gets a job or not. Having or not having a job can have a big effect on how happy and comfortable autistic people feel. We wanted to find out whether an internship programme affected both autistic people's work and comfort levels.</p> <p>To read the full research paper please click the link below:</p>	


<p>C</p>	<p>Tracking the long-term outcomes of a supported employment internship programme for autistic adults without a learning disability</p> <p>House of Commons Library research briefing</p> <div data-bbox="268 389 887 584">  <p>House of Commons Library</p> </div> <p>Autism policy and services: Health and social care</p> <p>Current government policy The government has said it will publish a 10 Year Health Plan in spring 2025. In November 2024, the government introduced the Mental Health Bill [HL] in the House of Lords. The bill is intended to reduce the detention of autistic people and people with a learning disability under the Mental Health Act 1983, and to strengthen safeguards for autistic people and people with a learning disability who are subject to the act. For more information see section 1.6 of this briefing and the House of Lords and House of Commons Library briefings on Mental Health Bill [HL]: HL Bill 47 of 2024–25 and Reforming the Mental Health Act.</p> <p>To read the full research briefing please click the link below: cbp-10232.pdf</p> <p style="text-align: right;">Back to contents page</p>
<p>7</p>	<p>Government welfare proposals</p> <div data-bbox="268 1317 592 1451">  <p>National Autistic Society</p> </div> <div data-bbox="842 1323 1238 1447">  <p>News</p> </div> <p>The Government recently announced its plan to implement over £5bn worth of cuts to disability benefits. These are benefits many autistic people rely on. They cover some of the additional costs of being disabled – regardless of your ability to work – and are also a vital source of income for those who cannot work.</p> <p>Below NAS has outlined details about what the Government is proposing, and what they think the impact on autistic people is likely to be.</p> <p>To read the full article please click the link below: https://www.autism.org.uk/what-we-do/news/welfareproposals-whatdotheymean</p>

	 <p>The Guardian is asking for people to complete their online form about Labour's proposed changes to social security. DPAC encourages people to complete this form in the link below and to copy and paste your response to mail@dpac.uk.net</p> <p><u>Tell us: how will Labour's planned disability welfare cuts affect you? Labour The Guardian</u></p> <p style="text-align: right;">Back to contents page</p>
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8	Autism Support & Resources
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	<p>Self-compassion in Autistic adults</p> <div style="display: flex; align-items: flex-start;">  <div> <p>The central idea of self-compassion is learning to <i>become your own best friend</i>. It involves being warm and understanding toward ourselves when we are suffering, fail at something or feel inadequate, rather than ignoring our pain or being too self-critical.</p> <p>For more information and to read the free version register by clicking the link below: Aspect Self-Compassion Program... – Autism Spectrum Australia (Aspect)</p> <p style="text-align: right;">Back to contents page</p> </div> </div>
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9	National Funding
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a	<p>Creative digital project £16K funding available</p> <div style="display: flex; align-items: flex-start;">  <div> <p>Arts and cultural organisations based in England, including museums, libraries, community organisations and local councils with a cultural project, are invited to apply for a digital commission. Support and funding of up to £16,000, inc VAT, is available, with a maximum of £8,000 available for audio-only projects.</p> </div> </div>
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Commissions are for you to **develop and deliver a creative digital project**.

This might be a video or audio project, or an interactive or immersive experience. It is an opportunity to develop and deliver a creative project for an online or in-person audience using digital elements that your organisation has perhaps not worked with before.

For more information please click link below:

[2025 Commissioning - apply today | The Space](#)

Deadline 29 May at 5pm

b Lottery funding

Arts Council National Lottery Project Grants

National Lottery Project Grants is our open access programme for arts, libraries and museums projects. The fund supports thousands of

individual practitioners, community and cultural organisations

We believe that everyone, no matter who they are or where they live, should be given the chance to let their creativity flourish. We should also all have access to a range of brilliant cultural experiences on our doorstep. We're looking for organisations, artists, events, initiatives and others to help us achieve our strategy, Let's Create.

For more information please click link below:

[Arts Council National Lottery Project Grants | Arts Council England](#)

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Social Media

1	<p>Apps</p> <p>Restful app</p>  <p>Restful helps neurodivergents feel calm without having to do a thing.</p> <p>https://www.restfulapp.co/</p>
2	<p>Article</p>  <p>The Last of Us: Bella Ramsey talks season 2, autism, and growing up on screen</p> <p>"Actually, no, that's a lie. I did, because I said that I was neurodiverse before, and then I was like, 'Why don't I just say what it actually is, which is, yeah, I'm autistic.'"</p> <p>To read the full article please click the link below: https://www.bbc.co.uk/news/articles/c486w40er1o</p>
3	<p>TV shows</p>  <p>To watch The Assembly on BBC iPlayer click on the link below: https://www.bbc.co.uk/iplayer/episode/m001xyj5/the-assembly</p> <p>Back to contents page</p>