

# Autism Monthly News Round-up

*June 2025*

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- a) BBC: Autism diagnoses are on the rise – but autism itself may not be

### **6. Research papers**

- a) Autistica: The autism assessment and diagnosis crisis
- b) Autistica: How to make public transport more accessible for neurodivergent people
- c) Resources for autism: Autism, race and culture
- d) NAS: Autistic people in mental health hospitals
- e) Healthwatch: ADHD waiting times need urgent action

### **7. Things to do or activities**

- a) **\*\*Reminder\*\***: Autism & ADHD London show 2025
- b) London Autism group charity- community café
- c) Natural history museum – relaxed viewing
- d) Resources for autism - Paid: Dungeons and Dragons sessions and discussions

## **Social Media**

- **App**
- **TV show**

- [Podcasts](#)
- [Instagram](#)



If you have something autism related you would like to share, please email [aisha.ahmed58@nhs.net](mailto:aisha.ahmed58@nhs.net)

### Sign up now!

If you would like to continue receiving an email alert to the monthly autism newsletter please email [Autism.Commissioning@newham.gov.uk](mailto:Autism.Commissioning@newham.gov.uk) with subject Autism News and indicate if you would like the alert by WhatsApp or Email. (If you are an existing member of the [ARAG](#) you do not need to take any action)

### 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	<a href="#"><u>Surveys</u></a>
a	<p><b><u>Share your views on the newsletter</u></b></p> <p>Do you find this Autism Newsletter helpful?</p> <p>We have been producing this newsletter monthly since November 2024, this is our eighth edition today. We would like to know if this newsletter has been useful for you or not. We want to know if we should continue producing this newsletter.</p> <p>Please complete this survey to give feedback on the newsletter.</p> <p><a href="https://forms.office.com/e/aT4X1YLBf1">https://forms.office.com/e/aT4X1YLBf1</a></p> <p>We would love to hear your views to help improve the way we communicate with you.</p> <p>Sign up to receive our newsletter alerts by emailing <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a></p>

**b Peer support group survey**

We would like to create a community for autistic residents to come together and by doing so improve their wellbeing. We understand the importance of this as autistic people may feel isolated and lonely and find it difficult to communicate and build social relationships.

We want to support autistic people to be seen and heard and have a sense of belonging. Therefore, we would love to hear from you about what type of friendship groups or informal peer support groups you want, or you feel would be most meaningful and impactful to you so we can connect you with local like-minded autistic people.

Take part in this survey so together we can help to create a better community for autistic residents in Newham.

<https://forms.office.com/e/Yu22fMheBA>

The deadline to complete this survey is **30 June 2025**

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**2 Newham Peer support groups**

**a Support Group for Autistic Men**



Online  
**First Monday of every month 5pm-6pm**

To join please email: [adam.webb@newham.gov.uk](mailto:adam.webb@newham.gov.uk)

**b Carers Peer Support Group**



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)

**c**

### **Open Adults Autism Peer Support Group**

This group meets quarterly on **Monday 12-1pm**. (can go on to 5pm)  
All welcome to drop in. see dates below:

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

If you have any questions please email  
[Autism.Commissioning@newham.gov.uk](mailto:Autism.Commissioning@newham.gov.uk)

**d**

### **Autism, Work and Anxiety Peer Support Group**

## Autism, work and anxiety peer support



**This group is for autistic people who are working and experience anxiety.**


**It is a safe place to share experiences and challenges autistic people may face.**

**To join please email:**  
[aisha.ahmed58@nhs.net](mailto:aisha.ahmed58@nhs.net)  
**Senior Peer Support worker**





Next session in July date TBC

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3	<b>Advocacy &amp; Support Surgeries</b>
a	<p><b><u>VoiceAbility Advocacy Support</u></b></p>  <p>Drop-in service second Monday of every month at 200 Chargeable Lane E18.</p> <p>1pm-2pm: All adults who have a learning disability</p> <p>2pm-3pm: All adults who are autistic or have a learning disability</p> <p>3pm-4pm: All adults who are autistic</p>
b	<p><b><u>**NEW** Monthly Surgeries for Autistic Residents</u></b></p> <p>We will be trailing monthly open surgeries for autistic residents to speak with various Council and NHS teams:</p> <p><b>Thursday June 26<sup>th</sup> 10am-1pm</b></p> <p>This includes team representatives from Autism Diagnostic and/or ADHD Services, Council Social Work, Speech and Language, 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 <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a> and we will try our best to identify a representative from the relevant team.</p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
4	<b>Paid roles: Newham Autistic Resident Roles</b>
a	<p><b><u>Autism Co-Chair Roles &amp; Priority Leads</u></b></p> <p>We are looking for 9 autistic residents who would like to be involved in delivery of the <b>Newham Autism Action Plan: Lets's Talk Autism</b>.</p> <p>This role will be paid as per the Newham Reward and Recognition Policy; the hourly rate is currently <b>£13.85/hour</b>. 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 <b>July</b> and will be posted here: <a href="#">Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council</a> Results of this</p>

	<p>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"> <li>1. Autism Strategic Delivery Board Co-Chair (ASDB)</li> <li>2. Autism Strategic Delivery Board Carers Rep (must represent a carers of autism group)</li> <li>3. Autism Residents Advisory Board Co-Chair (ARAG)</li> <li>4. Priority 1 Expert Lead: Improving understanding and acceptance of autism within society</li> <li>5. Priority 2 Expert Lead: Improving autistic children and young people's access to education, and supporting positive transitions into adulthood</li> <li>6. Priority 3 Expert Lead: Supporting more autistic people into employment</li> <li>7. Priority 4 Expert Lead: Tackling health and care inequalities for autistic people</li> <li>8. Priority 5 Expert Lead: Building the right support in the community and supporting people in inpatient care</li> <li>9. Priority 6 Expert Lead: Improving support within the criminal and youth justice systems</li> </ol> <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 <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>b</b>	<p><b><u>Oliver McGowan Training - Autism Experts</u></b></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: <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a> We will then pass your details over to the provider/s.</p> <p>More information here: <a href="#">The Oliver McGowan Mandatory Training on Learning Disability and Autism   NHS England   Workforce, training and education</a></p>



5	<b>Media</b>
a	<p><b><u>Radio Show – Update</u></b></p> <div data-bbox="260 331 754 696">  </div> <p>Tune in to a recording from NuSound Radio from Friday 30 May 2025; a discussion to raise awareness of Autism in the community.</p> <p>Guest speakers Christina Pillai, Autism Strategic Delivery Board Resident Co-chair (a local autistic resident) and Grainne Fennell, Newham Specialist Speech and Language Therapist.</p> <p><a href="#">Radio interview</a></p> <p><a href="#">Back to contents page</a></p>
6	<b>Share Your Views</b>
a	<p><b><u>Have you had Experience with the London Ambulance Service?</u></b></p> <div data-bbox="256 1052 571 1276">  </div> <p>Do you have a question or scenario to share with the London Ambulance service?</p> <p>We are meeting with Jess Howe the Learning Disabilities and Vulnerabilities Specialist from London Ambulance Service and can share any specific questions or scenarios on your behalf.</p> <p>If you would like us to raise any questions/scenarios on your behalf please email <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a> clearly outlining</p> <ol style="list-style-type: none"> <li>1. Your question or scenario</li> <li>2. What outcome do you want from raising this.</li> </ol> <p>We will NOT be able to address any complaints or follow up anything for you. The response will be shared back in the July Newsletter where appropriate.</p> <p>The LAS have an autism strategy and a 'what to expect' section to support autistic residents on their webpages here: <a href="#">Learning disabilities and Autism zone - London Ambulance Service NHS Trust</a></p>



**b** **Together Café: Focus Group**

Would you like to shape mental health services in Newham?

Together Café is a MH commissioned service operated by MIND.in Newham. They are looking for local autistic residents to join a focus group in June to talk about the support that you would like to receive from this service. Email [Autism.Commissioning@newham.gov.uk](mailto:Autism.Commissioning@newham.gov.uk) to join the discussions and shape the service.

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

**c**

**Newham's Community Safety Strategy**



Share your views to shape the borough's Community Safety Strategy for 2025–2028.

The Newham Safety Partnership - made up of the Council, Police, Fire Brigade, Health, Probation and local organisations - is developing a new plan to help tackle crime, anti-social behaviour and safety concerns.

Your experiences and what you see as important will help guide action on key issues like serious violence, hate crime, exploitation, and violence against women and girls.

[To learn more and take the survey >](#)

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**d** **NHS: The People's Panel**



**Have your say: Out of hours mental health crisis offer**

Residents, service users and carers from across Newham are being invited to give their views on mental health crisis support available outside of standard working hours.

To gain views from those living in Newham, focus groups will be held on Microsoft Teams. To RSVP, please email [elft.communications@nhs.net](mailto:elft.communications@nhs.net) and you will be sent the joining link to attend.

- Monday, 2 June, 10-11am
- Wednesday, 4 June, 4-5pm

Alternatively there is also a survey you can complete to share your views.

Focus group email: [elft.communications@nhs.net](mailto:elft.communications@nhs.net)

You can also [complete the survey](#) to share your views.



## Be a health champion ★

Community health champions are volunteers who live in Newham and want to make a positive difference to the health and wellbeing of Newham residents.

Becoming a Community Health Champion offers the chance to positively impact your community, grow personally, gain knowledge, feel empowered, and receive recognition for your contributions.

Come and join up and be a health champion

[Find out more](#)

## NHS: The People's Panel – Sign Up

North East London  
Health & Care  
Partnership

**NHS**  
North East London



Join more than 2,000 people sharing their views on local health and care services. You can expect monthly emails with opportunities to:

- ✓ participate in improving health and care locally
- ✓ meet other local people who want to make a difference
- ✓ get involved flexibly to suit you
- ✓ help co-design new health and care projects
- ✓ receive incentives for having your say

Have  
your say

Use a smartphone to scan  
here to find out more



Or you can visit -  
<https://northeastlondon.icb.nhs.uk/get-involved/the-peoples-panel/>

By joining the panel you will be kept up to date with opportunities to share your views on health and care, both in your borough and across north east London.

Being a member of the People's Panel is a fantastic way to support your health and care services locally. It helps to make sure services work for you, your loved ones and others in your local area by making sure your voice is heard. All members of the People's Panel receive a newsletter each month filled with different ways to have a say and share experiences to health and care.

[For more information and to sign up](#)

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## 7 Training

a

### **NEW: Online IT Workshop (Pilot)**

Monday 16<sup>th</sup> June  
5:30pm-6:30pm

Link to sign up: [AI & Digital Confidence Workshop Tickets, Mon 16 Jun 2025 at 17:30 | Eventbrite](#)

### AI & Digital Skills for Life + Work

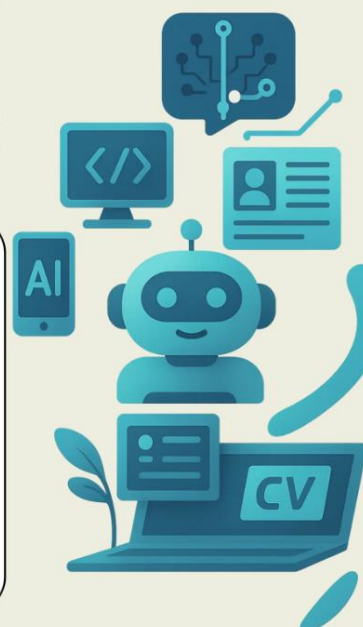
A Free, Inclusive Workshop for Neurodivergent Adults

Want to build digital confidence in a calm, supportive space?

Join us for a hands-on session designed to help you learn practical tools and discover creative ways to use AI in everyday life and work.

#### What you'll learn:

- How to use ChatGPT & AI image tools
- Creating a digital CV and using online tools like Canva & Google Docs
- Safer browsing, digital communication & online confidence
- Fun creative projects (like posters, websites, or AI art)



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## 8 Local funding

a

### **Local Newham Autism Grants £1K**

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.

Applications to access the grant will be available in June and shared on this page [Newham Autism Action Plan: Lets Talk Autism – Autism – Newham Council](#). If you would like to discuss or develop your ideas further please email: [Autism.Commissioning@newham.gov.uk](mailto:Autism.Commissioning@newham.gov.uk)

b

## People Powered Places up to £20K

# People Powered Places

People Powered Places is Newham Council's participatory budgeting programme. Find out more here: [People Powered Places |](#)

If you have an idea to put forward start working on them now! 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: [People Powered Places – People Powered Places – Newham Council](#)

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## 9 Things to do or Activities

a



### Picnic in the park – LD week



**Monday 16<sup>th</sup> June 2025 12pm-3pm Olympic Park**

Hopeful Futures CIC – Picnic in the park. In celebration of learning disability week



b	<p><b><u>Friendship club</u></b></p> <div data-bbox="280 286 600 607">  </div> <p>Social disability group</p> <p>Beckton Globe Library 1 Kingsford Way, London E6 5JQ</p> <p>Second Saturday of the month. Next session: Saturday 14<sup>th</sup> June 2pm-3:30pm</p>
c	<p><b><u>Togetherness Cafe</u></b></p> <p>Togetherness Café is run by <a href="#">Blossom Place</a> a local community group that holds regular community forums.</p> <p>Join us on <b>Monday 23rd of June at Stratford library 12:30pm – 2:30pm</b>. The Autism Senior peer support worker and Manager of the Specialist Education Support Service will be discussing support available to autistic residents in Newham.</p> <p>No need to register, drop in to Stratford Library, ground floor.</p>
d	<p><b><u>Windrush Day</u></b></p> <div data-bbox="272 1330 555 1570">  </div> <p>Join us as we celebrate Windrush Day 2025 with free events showcasing Caribbean heritage, culture, and community in Newham.</p> <p>Highlights include:</p> <p><b>TURNING POINT Film Screenings and Q+A:</b> June 19 - 21 at The Forest Gate, East Ham, and Stratford Libraries</p> <p><b>Windrush Day Celebration:</b> June 21 at Stratford Library</p> <p><b>Windrush Caribbean Film Festival:</b> June 28 at Stratford Library</p> <p><a href="#">Find the full Windrush programme and book tickets &gt;</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>

e Garden Party



The poster is for a garden party celebrating 60 years of Newham. It features a bright yellow background. In the top left corner is the '60 YEARS OF NEWHAM' logo. In the top right corner is the 'Newham London' logo. The main title 'Come along to your local garden party' is written in large, bold, black text. Below the title is a photograph of colorful bunting flags hanging from a tree. To the right of the photo, the event details are listed: 'Tuesday 8 July, 12-3pm at Plashet Park, Plashet Grove, E7 8QR'. Below this, a paragraph invites people to join for live performances and free activities. At the bottom left is the website 'newham.gov.uk' and at the bottom right is the slogan 'WE ARE NEWHAM.'

**60**  
YEARS OF NEWHAM

Newham London

## Come along to your local garden party

Tuesday 8 July, 12-3pm at  
Plashet Park, Plashet  
Grove, E7 8QR

Join us for live performances and free activities that promise an unforgettable afternoon of joy and laughter.

newham.gov.uk

**WE ARE NEWHAM.**

Further locations the garden party are taking place:

- Sunday 15<sup>th</sup> June 1pm-4pm at Up Garden Eric Close, Forest Gate, E7 0AY
- Friday 27<sup>th</sup> June 2pm-5pm at May Green Watson St London E13 0SA
- Sunday 13<sup>th</sup> July 2pm-5pm at Keir Hardie Park Tarling Road E16 1LQ

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## f Carers Week

Newham Carers Community - Carers Week Schedule  
See information below:

NCC Carers Week Schedule 9th - 13th June 2025				
MON 9TH	TUE 10TH	WED 11TH	THU 12TH	FRI 13TH
<b>Hand Massage</b> 11:00 am - 12:30 pm  <b>Venue: NCC</b> (See overleaf for address details) <b>BOOKING REQUIRED</b>	<b>Pamper Day Massage</b> 10:00 am - 5:00 pm  <b>Venue: NCC</b> (See overleaf for address details) <b>BOOKING REQUIRED</b>	<b>Information Fair</b> 11:00 am - 1:30 pm  <b>Venue: St Marks Community Centre</b> (See overleaf for address details)	<b>Therapeutic Gardening</b> 11:00 am - 12:30 pm  <b>Venue: Forest Gate Garden</b> (See overleaf for address details)	<b>Coffee Morning</b> 11:30 - 1:00 pm  <b>Venue: NCC</b> (See overleaf for address details)
<b>Keyring &amp; Brooch Making Workshop</b> 12:30 - 2:30 pm <b>Venue: NCC</b> (See overleaf for address details) <b>BOOKING REQUIRED</b>  <b>Young Carers - Caring About Equality Session</b> 4:00 - 6:30 pm <b>Venue: East Ham Library</b>	<b>Online Quiz</b> Test your knowledge and have fun, covering a range of topics <b>2:00 pm - 3:00 pm Zoom</b> (See overleaf for Zoom details)	<b>Online Playlist for Life</b> Choose tunes you love to hear <b>10:00 am - 11:00 am Zoom</b> (See overleaf for Zoom details)  <b>Young Carers - Carers Celebration Session</b> 4:00 - 6:30 pm <b>Venue: East Ham Library</b>	<b>Live Violin Session</b> with international violinist Callum Smart  <b>Venue: NCC &amp; Zoom</b> <b>2:00 pm - 3:00 pm</b> (See overleaf for address/Zoom details)	



VENUE ADDRESS LIST		
01	NEWHAM CARERS COMMUNITY (NCC)	655 Barking Rd, London, E13 9EX
02	FOREST GATE GARDEN	136 Earham Grove London, E7 9AD
03	St MARK'S COMMUNITY CENTRE	218 Tollgate Rd, London E6 5YA
04	EAST HAM LIBRARY	328 Barking Rd, London E6 2RT
05	ONLINE QUIZ ZOOM DETAILS	Meeting ID: 815 1830 5139 <a href="https://us06web.zoom.us/j/81518305139">https://us06web.zoom.us/j/81518305139</a>
06	PLAYLIST FOR LIFE ZOOM DETAILS	Meeting ID: 889 5547 0742 <a href="https://us06web.zoom.us/j/88955470742">https://us06web.zoom.us/j/88955470742</a>
07	LIVE VIOLIN SESSION ZOOM DETAILS	Meeting ID: 814 1456 6636 <a href="https://us06web.zoom.us/j/81414566636">https://us06web.zoom.us/j/81414566636</a>

For bookings and further information  
Email: [info@newhamcarerscommunity.org.uk](mailto:info@newhamcarerscommunity.org.uk)  
Or Telephone: 02039 543 143

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## National

1	<b>Free courses</b>
a	<p><b><u>Autism Central: Free Autism Training for Personal Assistants</u></b></p> <div data-bbox="284 414 582 739"> <p><b>New</b></p> <p><b>Understanding Autism</b></p> <p>online training for personal assistants</p> </div> <div data-bbox="609 524 841 680">  </div> <p>For more information and to register for the course:  <a href="#">Personal assistants course   Autism Central</a></p>
b	<p><b><u>Beyond Autism: FREE Introduction to autism – a course for parents, families and carers</u></b></p> <div data-bbox="418 996 1040 1373">  </div> <p><b>Why this course?</b>  Receiving a diagnosis of autism for a child, sibling or family member can be a confusing time. You may be seeking more information about what this means for the individual and their future. Or you may simply want to know how you can help.  This free course is designed to introduce what autism is and provide information on key topics.</p> <p><a href="#">For more information and to enrol</a></p> <p><a href="#">Back to contents page</a></p>

**C**

## **King's trust**

We have so many great courses for young people aged 16-30 to get involved in. **Courses are free** and give people the tools to build their confidence, find a job or start their own business.

### **Get Hired w/ Selfridges**



**Apply by:** 23 Jun 25  
**Taster Day:** 30 Jun 25  
**Main Programme Dates:** 15 - 17 Jul 25  
**Location:** London  
**Ages:** 18-30

This programme is for young people aged 18 to 30 who are ready to take their next step into employment.

Participants will get a behind-the-scenes look at working at Selfridges, meet the team in-store, and take part in a recruitment day with real interviews for a wide range of opportunities, ranging from head office to retail roles.

### **Get into Retail w/ TK Maxx**



**Location:** London  
**Taster Day:** 7 Jul 25  
**Main Programme:** 14 Jul - 8 Aug 25  
**Ages:** 16-30

This **FREE** four-week programme for young people who includes a work experience placement available in various locations across Central, South & North London.

Includes:

- The opportunity to interview for paid work on completion of the programme.
- Onsite training and classroom days to improve your skills further.
- Opportunities to progress within the company.

### **Get into Retail w/ M&S**



**Location:** London  
**Taster Day:** Week commencing 7 Jul 25  
**Induction day:** Week Commencing 14 Jul 25  
**Main Programme:** 12 Jul- 15 Aug

Get Into Retail with Marks and Spencers is your chance to gain valuable work experience and on-the-job training in an M&S store! Exciting opportunity to boost your confidence, meet new people, level-up your employability skills and a chance to land yourself a paid job! You'll be supported by a friendly team from The King's Trust and M&S, to ensure you have a great experience on the programme. Don't miss out on this amazing opportunity.

To see other courses available and to sign up to them:

[https://digital.kingstrust.org.uk/cr/AQif0xUQoPJVGIDqgxa508-FUiJcaXrubqTQ\\_YO-eXKaNPxA-Vy47uz\\_0ErFxQ](https://digital.kingstrust.org.uk/cr/AQif0xUQoPJVGIDqgxa508-FUiJcaXrubqTQ_YO-eXKaNPxA-Vy47uz_0ErFxQ)

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## 2 Share your views

### a **NHS: The People's Panel**

#### **Do you take a specialist medication?**

Specialist medication is a medication started by a hospital specialist that may require additional monitoring arrangements not normally done by the GP practice.

We want to understand your experience of accessing your specialist medication and support with managing your condition, this helps us review the effectiveness of the current system.

If you are unsure if you take a specialist medication, please click through to the survey to look at the full list.

If you take any of the listed medications, please complete this survey by 30 June.

[Share your views](#)

#### **Do you take warfarin? ★**

We are seeking the views of patients on warfarin in North East London, who are NOT seen in hospital for their warfarin monitoring or dosing.

We want to understand what is working well and what could be improved. This information will inform any service improvements we make.

The survey should take no more than 10 minutes to complete, it is completely confidential, and you can be in with a chance to win a £30 Love2Shop voucher. The survey is open until Monday 23 June. After this date, we will compile the feedback to inform any improvement plans and will share the outcome with you if you provide an email address at the end of this survey. If you would like to be more involved in the planning work, and be rewarded for your time, [get in touch via email](#).

[Take the survey](#)

#### **Shape a national men's health strategy**

The department of Health and Social Care (DHSC) is calling for evidence which will inform the development of a Men's Health Strategy for England.

All respondents must be aged 16 and over, live in England and refer to experiences of healthcare in England when taking part in the survey.

The Men's Health Strategy applies to England only. Please review the full [call for evidence page](#) before completing this survey.

The survey is open until 17 July 2025.



Please review the full [call for evidence page](#) before completing this survey. To complete the survey: [Men's health strategy survey](#)

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## Opportunities to share your experience of hospital discharge with Care City

### Join an advisory group ★

Carers play an essential role in ensuring safe and continuous care when loved ones are discharged from hospital. Evidence shows well-supported carers are instrumental in reducing hospital readmissions, improving patient outcomes, and ensuring continuity of care.

Care City are looking for a representative from each of the eight local authorities in north east London to join a carers advisory group. The individuals should have lived experience to feed into an ongoing project aiming to better support carers throughout hospital discharge of those they care for.

There will be approximately four meetings between now and March 2026 and there will be compensation for time and travel to thank you. If you are interested, please contact [hannah.weir@carecity.org](mailto:hannah.weir@carecity.org).

### Take a survey

If you have supported a loved one who has been hospitalised and discharged in the past year, we would love to hear from you.

Care City are interested in learning about the experience of hospital discharge of a loved one, from the perspective of those who support their care

This quick (3-5 minute) survey, is helping us to gather key insights, and will make a big difference in helping to shape and inform the support being offered for those providing care.

[Take the survey](#)

To join the advisory group please contact [hannah.weir@carecity.org](mailto:hannah.weir@carecity.org)

[To take the survey](#)

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## 3 Autism support services Post-19




a



Beyond Autism: Post-19 is an educational service for autistic adults aged 19-25. The service focuses on developing functional communication and language acquisition as well as preparing students for adulthood.

For more information and to fill out an enquiry form:  
<https://www.beyondautism.org.uk/our-services/post19/>

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4	<b><u>Neurodiverse resources</u></b>
a	<p><b><u>Pathological Demand Avoidance</u></b></p> <div data-bbox="333 512 619 745">  </div> <div data-bbox="810 495 1257 801"> <p><b>What is PDA?</b></p> <p>The term PDA stands for Pathological Demand Avoidance. This is widely understood to be a profile found within some autistic people. The most obvious characteristic of PDA is a determined avoidance of so-called 'common' demands of life, including expectations and things the person enjoys doing. It is important to be aware that PDA is not just about demand avoidance.</p> </div> <p>For more information: <a href="https://www.pdasociety.org.uk/what-is-pda/">https://www.pdasociety.org.uk/what-is-pda/</a></p>
b	<p><b><u>Suicide Prevention for People with Autism</u></b></p> <div data-bbox="252 1211 1355 1456">   </div> <p>Here to Help is a new service raising awareness of the risk of suicide for people with autism. By engaging with people with lived experience, the project has been co-designed to produce a range of accessible resources through an interactive website. Supporting people, families and professionals across the Tees Valley area, we are Here to Help.</p> <p><b><u>For more information and for resources</u></b></p> <p><a href="#"><u>Back to contents page</u></a></p>



**c**

### **NAS: It's how you show up**



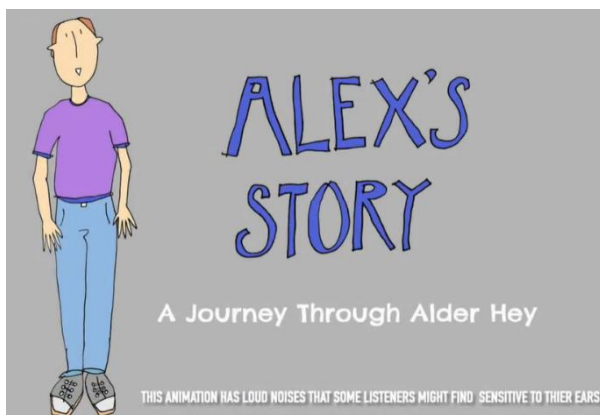
Our surveys show there is a significant gap in understanding of autism and the ways in which people can support autistic people and their families at work, at school and in public places. Showing up for autistic people can be easier than you might think. We have launched a public awareness campaign to educate people on simple changes they can make.

To watch the video:

<https://www.youtube.com/watch?v=T4ADHUMH6IA&t=90s>

**d**

### **A Sensory Journey Through Alder Hey - Alex's Story**



To watch the video: [A Sensory Journey Through Alder Hey - Alex's Story - YouTube](#)

**Do you have a sensory story you would like to want to share with us? To share please email [aisha.ahmed58@nhs.net](mailto:aisha.ahmed58@nhs.net)**

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## **5 Article**



BBC: Autism diagnoses are on the rise – but autism itself may not be

Autism is better known and diagnosed than ever before, leading to misconceptions that cases are skyrocketing.

To read the full article: <https://www.bbc.co.uk/future/article/20250509-why-autism-diagnoses-are-on-the-rise>

6	<b>Research papers</b>
a	<div data-bbox="284 277 437 389"></div> <div data-bbox="284 443 466 492">212,964</div> <div data-bbox="284 499 582 582">As of December 2024, there are 212,964 people waiting for an autism assesment in the UK<sup>1</sup></div> <div data-bbox="651 277 804 389"></div> <div data-bbox="651 443 959 600">435,700 - 1.2 million undiagnosed</div> <div data-bbox="651 604 968 716">A 2023 study estimates that between 435,700 and 1,197,300 people in England may be autistic and undiagnosed <sup>2</sup></div> <div data-bbox="1002 277 1329 389"><b><u>Autistica: The autism assessment and diagnosis crisis</u></b></div> <div data-bbox="1002 432 1329 544"><b><u>For more information and to read the full report</u></b></div>
b	<div data-bbox="256 786 1179 860"><b><u>Autistica: How to make public transport more accessible for neurodivergent people</u></b></div> <div data-bbox="261 884 1134 1102"></div> <div data-bbox="256 1120 1378 1337"> <p>Our new report reveals the obstacles and barriers that neurodivergent people face when using public transport.</p> <p>When people experience barriers to travel, it means barriers to living life at its fullest. That's why we've launched Neurodivergence and Public Transport: how to make public transport more accessible for a neurodivergent community, kindly funded by the Motability Foundation.</p> </div> <div data-bbox="256 1375 564 1411"><u>To read the full report</u></div>
c	<div data-bbox="256 1494 984 1529"><b><u>Resources for autism: Autism, race and culture</u></b></div> <div data-bbox="308 1554 646 1787"></div> <div data-bbox="719 1559 1287 1756"> <p>Research looking into the Intersectionality of Autism and Race in the London Borough of Newham</p> </div> <div data-bbox="256 1830 564 1865"><u>To read the full report</u></div> <div data-bbox="981 1951 1388 1991"><b><u><a href="#">Back to contents page</a></u></b></div>



d

**NAS: Autistic people in mental health hospitals**[To read the full article](#)

The latest monthly Assuring Transformation NHS Digital data shows that in April 2025:

- 2,025 autistic people and people with a learning disability are in mental health hospitals in England. Of these, 1,455 (72%) are autistic.
- There are 240 under 18s in inpatient units that are autistic or have a learning disability. Of these, 230 (96%) are autistic.
- The number of autistic people without a learning disability detained in mental health hospitals has increased by 141% since 2015.

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e

**Healthwatch: ADHD waiting times need urgent action**

Today we have published our new reporting looking at the impact ADHD has on people's lives.

84% of people who had already had a diagnosis for ADHD told us that it helped them to understand their own behaviour and how their brain works.

Whilst a diagnosis can be life-changing, 70% told us the time taken from referral to diagnosis had been difficult due to the long wait.

We are calling for data to be collected on these waiting times so we can better understand demand, and for ADHD care to be shifted to community care to help reduce these waits.

[Read our report](#)

## 7 Things to do or activities

a

### Reminder: Autism & ADHD Show London 2025

See below:



20 - 21 June 2025  
Business Design Centre  
London

### Autism & ADHD Show London 2025

June 20 - June 21

Due to growing demand for ADHD information and a dramatic rise in ADHD diagnoses, The Autism Show has evolved into the Autism & ADHD Show.

For more information, please click the link below:

[Autism Eye - Autism & ADHD Show London 2025](#)



b

### London Autism Group Charity- Community Café

#### Old Street Community Cafe

Our Old Street Community Cafe takes place at the Vibast Community Centre, 167 Old Street, London EC1V 9NH.

It is held on the third Sunday of every month at 11am-1pm.

The entire Autistic community are welcome: Autistic people and Carers.

No official diagnosis is necessary. Just come on in, relax and meet everyone.

Feel free to stop by for a chat and a hot drink with our lovely volunteers.

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## Woodford Community Cafe

We run a drop-in Autism community cafe scheme for the South Woodford community of London.

The community café is held at  
St Mary's Parish Church Woodford  
207 High Road  
South Woodford  
E18 2PA

It takes place every last Sunday of the month, at 1pm-3pm.

The scheme is aimed at anyone with an interest or connection with Autism and neurodiversity, including Autistics (of any age), parents, carers and allies. It is entirely free, with biscuits, cakes, drinks and sensory toys available, and no pre-registration required.



Visit their website:

<https://www.londonautismgroupcharity.org/>

**C**

## Natural history museum - relaxed viewing



Get ready to immerse yourself in the epic tale of people and planet in this new 360° experience, presented by Sir David Attenborough.

Our Story with David Attenborough Relaxed Viewing

Our relaxed viewings are run at reduced capacity and designed specifically for disabled and neurodiverse visitors.

For more information and to book:

<https://www.nhm.ac.uk/events/our-story-with-david-attenborough-relaxed-viewing.html>

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## d Resource for autism - Dungeons and Dragons sessions and discussions

The fee to participate on zoom aged 18+ £10

For more information or if interested in joining contact:

[jayne@resourcesforautism.org.uk](mailto:jayne@resourcesforautism.org.uk)



### RfA Virtual D n D Group

#### Key Information

**For:** Independent adults aged 18 years plus

**Where:** Zoom.

**Time:** Fridays 5-7.30pm

**Group Specifics:** Dungeons and Dragons sessions and discussions.

**Cost:** £10 (£7 Subsidised for those on low income)

This D&D group is for anyone with a passion for adventure and role-playing. The game will take you epic journeys as you become characters you create, battle deadly foes, uncover secrets, find treasure and make friends.

If you have no previous experience it's not a problem as we can provide you with a one to one to understand the game.

For more information or if interested in joining contact  
[jayne@resourcesforautism.org.uk](mailto:jayne@resourcesforautism.org.uk)

*"From the first session at RfA I was amazed [they] knew exactly how to work with me without any issues. This made me realise it wasn't me that was too much for staff, it just depended on the staff having the right training!" "The feeling of "being accepted" is priceless."*

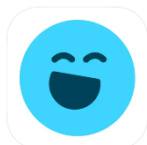
resources for  
autism

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## Social Media

### 1 Apps

#### Tappy



Welcome to Tappy, where wellness meets fun!

Tappy is a feature-packed self-care fidgeting app designed to help you reduce stress and anxiety in a fun and satisfying way! As you tap or slide, you will enjoy incredible haptic responses and sound effects. And there is also so much more to Tappy! Check out the entire app to discover ways to be mindful, improve mental health, reduce stress, and ease anxiety.

<https://apps.apple.com/us/app/tappy-self-care-fidgeter/id1492017640>

Shared by a local  
autistic resident

## Grid



Grid for iPad is the all-in-one AAC tool with content for everyone – with more resources and communication tools than any other Augmentative and Alternative Communication (AAC) app, and innovated for all ages and levels of literacy, this is the only AAC app you'll ever need.

Grid for iPad is designed for people with conditions such as:

- ▶ Autism
- ▶ Cerebral palsy
- ▶ Down's syndrome
- ▶ Learning difficulties
- ▶ ALS / MND
- ▶ Stroke / aphasia



<https://apps.apple.com/us/app/grid-for-ipad-aac/id1064332378>

## Tiny decisions



Tiny Decisions is an app that makes decisions fun & easy! Just input your question, add/import options, and spin the wheel to get a random answer. Make quick decisions!

It's always so hard to decide. Should I get a pizza or a burger? Should I get it in grey or black? Should I do this or should I do something else? The Tiny Decisions app is created just for you!



[https://play.google.com/store/apps/details?id=com.nixwang.tinydecisions&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.nixwang.tinydecisions&hl=en_GB)

## 2 TV show



### Love on the Spectrum U.S.



Watch on Netflix:

<https://www.youtube.com/watch?v=eXSiyvI8cFU>

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3	<h2>Podcasts</h2>
	<p><b><u>London Autism Group Charity: Autism podcast</u></b></p> <div data-bbox="300 495 560 600">  <p>THE <b>AUTISM</b> PODCAST</p> </div> <p>Interview with Brendan Tighe (on the topics of fighting for autistic educational rights, autism advocacy and more!)</p> <p>To listen: <a href="https://theautismpodcast.podbean.com/">https://theautismpodcast.podbean.com/</a></p>
	<p><b><u>BBC</u></b></p> <p>Sounds podcast <i>The Autism Curve</i> <a href="#">BBC Sounds - The Autism Curve - Available Episodes</a> exploring the seemingly exponential increase in autism diagnoses</p> <div data-bbox="258 994 481 1211">  </div>
4	<h2>Instagram</h2>
	<div data-bbox="290 1339 839 1892"> <p>As an Autistic Person, I am Constantly Wondering am I Experiencing Autistic Burnout or am I Physically Ill?</p> <p>@neurodivergent_lou</p> </div> <div data-bbox="863 1346 1350 1514"> <p><b>@neurodivergent_lou</b></p> <p>Writes about autistic burnout. Check out their Instagram</p> </div> <div data-bbox="986 1906 1385 1944"> <p><a href="#">Back to contents page</a></p> </div>