

Autism Monthly News Round-up

July 2025

9th edition

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- a) Neurodiverse Cooking Class - Multiple Dates
- b) Seed talks

Social Media

- **Apps**
- **TV show**
- **Podcast**
- **Instagram**

Shared by a local
autistic resident



If you have something autism related
you would like to share, please email
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 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)



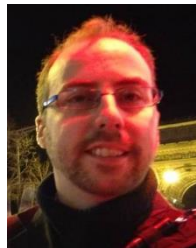


Disclaimer:





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

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| 1 | <u>Newham Autism Action Plan: Lets Talk Autism</u> |
| | <p><u>You Said - Together We Did - Year 1 Report</u></p> <p>The Newham Autism Action Plan: Let's Talk Autism was launched in April 2024. One year on, we are pleased to share the <i>You Said – Together We Did</i> report, which outlines the progress made during the first year of the Action Plan against our 2024/25 priorities.</p> <p>We have also set out our priorities for 2025/26. Both documents are available on the right-hand side of the webpage here: Newham Autism Action Plan: Lets Talk Autism – Autism – Newham Council</p> <p>We welcome your feedback. Please feel free to contact us directly at Autism.Commissioning@newham.gov.uk.</p> <p style="text-align: right;">Back to contents page</p> |
| 2 | <u>Advocacy & Support Surgeries</u> |
| a | <p><u>**NEW** Monthly Surgeries for Autistic Residents</u></p> <p>We are trialling monthly open surgeries for autistic residents to book in 30min slots to speak with various Council and NHS professionals. The first surgery in June was a success, we booked in 12 autistic residents to speak with our Social Work Team Manager and the Autism Diagnostic Service clinician.</p> <p>The next surgery is:</p> <p>Thursday July 24th</p> |











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| | <p>The professionals available for this day includes:</p> <ul style="list-style-type: none"> • ADHD NHS Services • Council Social Work Team Manager <p>To access a booking sheet please email: Autism.Commissioning@newham.gov.uk</p> <p>If you would like to speak with a particular team or service at a future open surgery, please email Autism.Commissioning@newham.gov.uk and we will try our best to identify a representative from the relevant team.</p> <p style="text-align: right;">Back to contents page</p> |
| b | <p><u>VoiceAbility Advocacy Support</u></p> <p>Drop-in service with Trish, second Monday of every month at The Resource Centre, 200 Chargeable Lane E18 8DW.</p> <p>2pm-3pm: All adults who are autistic or have a learning disability</p> <p>3pm-4pm: All adults who are autistic</p>  |
| 3 | <p><u>Newham Peer support groups</u></p> |
| a | <p><u>**NEW**FREE Social Peer Support Groups for Autistic Community</u></p> <p>ANKH place CIC are offering to trial some FREE Peer Support Social Groups over July and August specifically for autistic residents in Newham. These include walking, cycling and gardening groups.</p> <p>These peer social groups will be an opportunity to meet other local autistic people and to have a safe non-judgemental space to share personal stories with likeminded people and gain peer support, advice and guidance from the local autistic community whilst doing an activity you enjoy.</p> <p>It is a great opportunity to be outdoors, meet new people and try something new. These sessions are planned to start from week commencing 14 July 2025, subject to numbers.</p> <p>If you are interested in joining one of these groups, please email: autism.commissioning@newham.gov.uk and include ANKH social walking, cycling or gardening group in the email, we will then send you a preference form.</p> |


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| | <p>ANKH Place CIC was established in May 2022 to respond to local community ideas and aspirations. We focus on community health creation, community asset wealth building, general individual and community wellbeing and peacefulness, emphasising trauma-informed kindness, self-care, empowerment and community-driven leadership, at the heart of everything that we think, do and are. We aim to increase community-based opportunities; to promote wellness; to encourage connectivity; to build inter-generationally and by targeting identified need; to influence the shaping of commissions and services and to upscale pathways and service delivery as mainstream.</p> <div data-bbox="284 584 748 1041">  </div> <div data-bbox="884 591 1362 1039">  </div> |
| b | <p><u>Support Group for Autistic Men</u></p> <div data-bbox="317 1207 557 1547">  </div> <div data-bbox="577 1290 1107 1397"> <p>Online First Monday of every month 5pm-6pm</p> </div> <div data-bbox="577 1435 1005 1507"> <p>To join please email: adam.webb@newham.gov.uk</p> </div> <div data-bbox="1190 1229 1386 1476">  </div> |
| c | <p><u>Carers Peer Support Group</u></p> <div data-bbox="298 1682 507 1888">  </div> <div data-bbox="537 1659 1160 1917"> <p>To join the group, please complete this form https://form.jotform.com/241775426752362</p> <p>For information on the next group meeting, please contact Sue on: carersautisticresidentsnewham@gmail.com</p> </div> <div data-bbox="1190 1619 1399 1872">  </div> <p style="text-align: right;"><u>Back to contents page</u></p> |


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| d | <p><u>Open Adults Autism Peer Support Group</u></p> <p>This group meets quarterly on Monday 12-1pm. (can go on to 5pm) All welcome to drop in. see dates below:</p> <table border="1"> <tr> <td>7th July 2025</td><td>Stratford Library, John Hopkins Room</td></tr> <tr> <td>6th October 2025</td><td>Stratford Advice Arcade</td></tr> <tr> <td>26th January 2026</td><td>Stratford Library, John Hopkins Room</td></tr> </table> <p>If you have any questions please email Christina on: AutismOutreachNewham@gmail.com</p> <p style="text-align: right;">Back to contents page</p>  | 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 |
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| 6 th October 2025 | Stratford Advice Arcade | | | | | | |
| 26 th January 2026 | Stratford Library, John Hopkins Room | | | | | | |
| e | <p><u>Autism, Work and Anxiety Peer Support Group</u></p> <div style="display: flex; align-items: center;"> <div style="flex: 1;">  </div> <div style="flex: 1; padding-left: 20px;"> <p>Autism, work and anxiety peer support group</p> <p>This group is for autistic people who are working and experience anxiety.</p> <p>It is a safe place to share experiences and challenges autistic people may face.</p> <p>To join please email: aisha.ahmed58@nhs.net</p> <p>Senior Peer Support worker</p>  </div> </div> <p>Next session: Tuesday 15th July online 5pm-6pm</p> | | | | | | |
| 4 | <p><u>Surveys</u></p> | | | | | | |
| | <p><u>Do you find this Autism Newsletter helpful?</u></p> <p>This newsletter goes out to 400+ autistic residents. Only fourteen (14) people have so far completed this survey; please help us to shape the content of this newsletter as a resource that is useful for you. We need your guidance!</p> <p>Please complete this survey by 31 July 2025 https://forms.office.com/e/aT4X1YLBf1</p>  | | | | | | |

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| | <p>If you would like to continue to receive our newsletter alerts please register by emailing Autism.Commissioning@newham.gov.uk The current notification via elft.newhamautismdiagnosticservice@nhs.net may end shortly.</p> <p>Alternatively you can go to the Council webpages to pick up the latest publication and back copies: https://www.newham.gov.uk/health-adult-social-care/autism/4</p> | |
| | <p><u>Peer support group survey</u></p> <p>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 in their community.</p> <p>What type of friendship groups or informal peer support groups do you want, or you feel would be most meaningful and impactful to you?</p> <p>Of the 400+ autistic residents receiving this newsletter, we have only had seventeen (17) people respond. We would really like to hear from more of you.</p> <p>Please 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</p> <p>The deadline to complete this survey is 31 July 2025</p> <p style="text-align: right;">Back to contents page</p> | |
| 5 | Autism Resident Advisory Group Meeting | |
| | <p>Join us at the next ARAG meeting.</p> <p>We have guest speakers</p> <ul style="list-style-type: none"> • Anna from People Powered Places to speak about the grant • Mavis from ANKH Place to co-design new peer support services <p>And we will be looking back on what we achieved in Y1 and priorities for Y2 To become an ARAG member, register here: Autism Residents Advisory Group Signup</p> | |
| | Monday 7 th July 2025 | <p>10am-12pm</p> <p>John Hopkins Room</p> <p>Stratford Library</p> <p>(in-person and online)</p> |

| 6 | Paid roles: Newham Autistic Resident Roles |
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| a | <p><u>Autism Co-Chair Roles & Priority Leads</u></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.</p> <p>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 July and will be posted here: Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council (Please check back regularly to see the updated form. If you would like an alert please email Autism.Commissioning@newham.gov.uk.)</p> <p>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 8. Priority 5 Expert Lead: Building the right support in the community and supporting people in inpatient care 9. Priority 6 Expert Lead: Improving support within the criminal and youth justice systems <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. If you would like to discuss any roles or need support with your nomination form please contact Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p> |

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| 7 | <h2>Summer wellness</h2> |
| a | <p><u>Well Newham</u></p> <p>London is currently experiencing a heatwave, with temperatures expected to top 30 degrees in the coming days. Hot weather can be dangerous and make health problems worse, if we don't take the necessary precautions. We've put together a short leaflet with tips on how to stay safe in the heat. It's easy to read and share, and it could make a real difference. Please take care of yourselves, your loved ones and your neighbours – enjoy the summer and stay safe!</p> <p>Visit the Well Newham website for more tips and resources.</p> <div data-bbox="285 669 1366 1263">  <p>Hot weather can seriously harm your health Stay safe by taking these small steps:</p> <ul style="list-style-type: none">  Keep out of the sun between 11am and 3pm  If you exercise, do it in the morning or evening when it is cooler  Keep your home cool by closing windows, blinds and curtains  If you go outside, stay in the shade and wear a hat, sunglasses and sunscreen  Drink plenty of water and avoid too much alcohol  Check on family, friends and neighbours and ask them to check on you  Get help if you or someone else becomes unwell. Call NHS 111 or in an emergency call 999 <p>newham.gov.uk WE ARE NEWHAM.</p> </div> <p>Back to contents page</p> |
| b | <p><u>Mayor of London - Cool spaces</u></p> <div data-bbox="279 1458 927 1738">  <p>Cool spaces</p> </div> <p>https://www.london.gov.uk/programmes-strategies/environment-and-climate-change/climate-change/climate-adaptation/cool-spaces</p> <p>Cool spaces are indoor spaces for Londoners to shelter from the sun, cool down, rest and take respite on hot days.</p> <div data-bbox="1145 1574 1362 1727">  <p>Shared by a local autistic resident</p> </div> |

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| | <p>They may help reduce health risks from hot weather. However, they are not designed to support vulnerable individuals on hot days, or a medical care substitute if someone is unwell from overheating.</p> <p>All spaces appear on our Cool spaces map, which is live 1 June - 30 September. This aligns with heat-health alerting season, as per the UK Health Security Agency (UKHSA)'s Adverse Weather and Health Plan.</p> <p>Outdoor spaces with shade, shaded seating, drinking water and toilets are also signposted on this map, but may still be very hot during hot weather.</p> <p>Read the Mayor's guidance on keeping cool on hot days.</p> |
| c | <p><u>NHS - Heatwave: how to cope in hot weather</u></p> <p>Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know.</p> <p>Why is a heatwave a problem?</p> <p>The main risks posed by a heatwave are:</p> <ul style="list-style-type: none"> • not drinking enough water (dehydration) • overheating, which can make symptoms worse for people who already have problems with their heart or breathing • heat exhaustion and heatstroke <p>For more information: https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/</p> <p><u>Staying safe in hot weather</u></p> <div data-bbox="288 1393 1331 1780" data-label="Complex-Block">  <p>Stay safe in the heat</p> <p>As temperatures rise, it's more important than ever to look after yourself and those around you. Our local NHS guide is packed with practical tips to help you keep cool and well this summer. Please take a moment to read it - and share it with your friends, family, and neighbours. A quick read could make a big difference!</p> </div> <p>https://northeastlondon.icb.nhs.uk/staying-safe-in-hot-weather/?dm_i=7OIO,ZGE1,1ZHFJM,2OQKB,1</p> <p style="text-align: right;">Back to contents page</p> |

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| 8 | <h2>Disability pride month</h2> |
| | <p>In celebration of disability pride month check out these books below at Newham libraries https://libraries.newham.gov.uk/home</p> <p>Uncomfortable labels : my life as a gay autistic trans woman By: Dale, Laura Kate, author</p> <p>The autistic trans guide to life By: Purkis, Yenn, 1974- author</p> <p>Gender queer By: Kobabe, Maia, author, artist.</p> <p>Spectrums : autistic transgender people in their own words By: Sparrow, Maxfield, editor</p> <p>For more information about disability pride month https://www.scope.org.uk/disability-pride-month</p> <p style="text-align: right;">Back to contents page</p> |
| 9 | <h2>Sexual Health</h2> |
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ANKH Place CIC presents...

AS PART OF THE NEWHAM BLACK MEN'S LEADERSHIP & ENGAGEMENT PROGRAMME

POSITIVE EAST SEX, SEXUALITY & TESTING AWARENESS SESSION

FACILITATORS:
Badru Male & Ricky Krokos

Positive East

5TH JULY 2025

LIST OF EVENTS

SESSION 1

SEX, SEXUALITY & RELATIONSHIPS

Awareness training session talking about relationships & sexual health.

5:00 PM
(Starts w/ a meal at 4:30PM)

The Mix, 1 Cumberland Road, E13

SESSION 2

FREE TESTING AND GIVEAWAY

Free & confidential services to any Newham residents willing to participate.

6:00 PM

- Free CONDOMS
- Free Delivery TESTING RESULT for Chlamydia, Gonorrhoea, Syphilis, Hepatitis B, Hepatitis C and HIV

PositiveEast
better futures for positive people

re:in **The Inspired Her** **Newham London**





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10 Share Your Views


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Have your say on the proposed Beckton DLR extension



Transport for London (TfL) have opened their consultation on the proposed of the Beckton Riverside to Thamesmead extension.

They are looking for feedback on new stations and the suggested route for the Docklands Light Railway (DLR).

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| | <p>Consultation ends Sunday, 17 August 2025.</p> <p>You can share your views by calling 020 3054 6037 (call back service) or writing to: Freepost TfL Have Your Say (DLR).</p> <p>Find out more about the proposed Beckton DLR extension ></p> <p>Shared by a local autistic resident</p> <p>Back to contents page</p> |
| 11 | <u>Seminar</u> |
| a | <p><u>Race and health</u></p> <p>We are pleased to invite you to our second health seminar, which will explore the intersection of health and race. Expert speakers will guide us through the topic, helping us understand how it affects our communities, and where to find support and resources.</p> <ul style="list-style-type: none"> • Topic: Eating Healthy • Date: Thursday, 17 July 2025 • Time: 6:00pm – 7:30pm • Location: Zoom (link provided upon registration) • In-person stream: Forest Gate Library (limited spaces – registration required) <p>Register here: https://forms.office.com/e/1RzJgNR6aG For more information, contact: communityhealthchampions@newham.gov.uk or visit https://www.newham.gov.uk/health-adult-social-care/newham-centre-equity-health-care/4</p> <p>These sessions are hosted by Newham’s Staff Race Equality Forum and the Public Health Team, and take place every other month, covering a range of health topics that matter to our residents.</p> <p>Everyone is welcome. Please invite your family and friends - the information we share can truly make a difference in the lives of our loved ones.</p> <p>Raise the profile of autistic residents in the community, go along and participate in these discussions! What does being healthy mean to you? How easy is it for you to be healthy? What are the barriers?</p>  <p>Shared by a local autistic resident</p> |

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| 12 | <u>Our Newham support</u> |
| | <p><u>Our Newham: Empowering residents and businesses with confidential advice and support</u></p> <div data-bbox="284 376 807 645">  </div> <p>Our Newham is the council's service exclusively for Newham residents supporting you across five programmes: Money, Work, Business & Enterprise, Learning & Skills and Youth.</p> <p>From helping residents maximise their income and kick-starting career journeys to supporting local businesses and start-ups, find out how Our Newham can help give you the boost you need at: www.newham.gov.uk/ournewham or come and visit us at 112-118 The Grove, E15 1NS</p> <p>We work closely with Our Newham to raise the profile of autistic residents support needs, they lead on Priority 3 of the Autism Action Plan. They can support you, let them know you are autistic and any support needed to access services.</p> <div data-bbox="300 1010 480 1137">  <p>Shared by a local autistic resident</p> </div> <p style="text-align: right;">Back to contents page</p> |
| 13 | <u>Free School Meals for Families with No Recourse to Public Funds (NRPF)</u> |
| | <p><u>Free School Meals for Families with No Recourse to Public Funds (NRPF)</u></p> <p>Since 2022, free school meals (FSM) have been permanently extended to pupils from families with NRPF.</p> <p><u>New Online Application Form</u></p> <p>To make applications easier for families with NRPF, and services supporting them, we have developed a new online free school meal application form. You can access the form here.</p> <p><u>Resources</u></p> <p>To promote applications for free school meals, we have also developed:</p> <ul style="list-style-type: none"> · A new infographic, which includes more information and the benefits of applying for free school meals · A simple one pager on eligible immigration categories <p>You can also find more information about free school meals for families with NRPF on the council webpage here.</p> <p>The free school meals webpage for families with recourse to public funds can be found here.</p> |

Free School Meals for Families with No Recourse to Public Funds

Benefits of registering

Since 2022, free school meals (FSM) have been permanently extended to pupils from families with NRPF. Although all primary school aged children in Newham 'Eat for Free' regardless of their families' income or status, there are still many benefits to registering children who are eligible for this benefit. For example:



- A free school meal for pupils in secondary school.
- Access to Holiday Activity and Food provision (HAF) where children and young people can attend a holiday club and access a nutritious meal each day.
- Access to weekly food vouchers during school holidays.
- School receive Pupil Premium funding, this is to provide additional support to children who may be disadvantaged in relation to their peers.
- May be able to receive discounts or free access to school clubs, trips and support with school uniform costs.

Who is eligible?

- Children from families with NRPF with a right to remain in the UK on the grounds of private and family life under Article 8 of the European Convention on Human Rights.
- Children from families receiving support under Section 17 of the Children's Act 1989 who are also subject to a NRPF restriction.
- Children of a subset of failed asylum seekers supported under Section 4 of the Immigration and Asylum Act 1999.
- Families holding a BN(O) passport.
- Spousal visa holders, work visa holders, student visa holders.
- Children of Zambrano and Chen carers.
- Those with no immigration status or those who are undocumented.



Please find more information about the above categories [here](#).

newham.gov.uk

If you are legally able to work, your maximum annual household income cannot exceed:

- £31,200 for families within London with 1 child;
- £34,800 for families within London with 2 or more children.

How to claim?

Click [here](#) to access the online application form.



If possible, please give proof of immigration status and income.

Families who do not have the legal right to work in the UK are not required to provide evidence of income.

How will the information be used?

It is not in the Department for Education's process to share information with the Home Office. Schools return information to the Department for Education including overall numbers of pupils eligible for FSM with no indication of pupils' immigration status.



Need more information?

[NRPF Network](#)
[Department for Education](#)



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Immigration Categories


| Type | Description |
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| Zambrano Carers | People from a non-EU state whose residence is needed in order to enable a child or dependant adult, who is British, to live in the UK. It is a right from EU law, so it only applies to people who entered the UK on or before 31 December 2020. |
| Families who have no recourse to public funds with a right to remain in the UK on grounds of private and family life under Article 8 of the European Convention on Human Rights | Families, often granted limited leave, who cannot access most state benefits, tax credits, or housing assistance due to their immigration status, despite having the right to stay in the UK. |
| Families receiving support under Section 17 of the Children Act 1989 who are also subject to a no recourse to public funds restriction | Families who are provided with welfare assistance from councils due to a child's welfare needs, despite being ineligible for most public benefits due to their immigration status. |
| Failed asylum seekers supported under Section 4 of the Immigration and Asylum Act 1999 | People who have been refused asylum but are provided with basic living support, accommodation, and access to services while they await removal or a resolution of their case. |
| Chen carers | People who provide primary care to a child who is an EU citizen in the UK, allowing them to stay in the country. |
| Spousal visa | People who have been given permission to live and work in the UK based on their marriage or civil partnership to a British citizen or settled person, allowing them to join their spouse or partner in the country. |
| Work visa | People who have been given permission to live and work in the UK based on a job offer, typically under a specific work visa category such as the Skilled Worker visa, which allows them to work in the country for a set amount of time. |
| Student visa holder | People who have been granted permission to live in the UK for the purpose of studying at a recognised education institution. |
| No immigration status | People who are living in the country having either overstayed a visa or failed to secure or maintain valid immigration status. |

[newham.gov.uk](https://www.newham.gov.uk)

WE ARE NEWHAM.

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| 14 | Get involved |
| a | <p><u>Health champions</u></p> <div data-bbox="288 353 1153 808">  <p>Be a health champion ★</p> <p>Community health champions are volunteers who live in Newham and want to make a positive difference to the health and wellbeing of Newham residents.</p> <p>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.</p> </div> <p>Come and join up and be a health champion Join Newham's Community Health Champions</p> <p>Find out more</p> <p>Back to contents page</p> |
| | <p><u>Autism champions</u></p> <p>Do you want to help us build an autism friendly community? We are wanting to build a community of autism champions in Newham, to spread the word and get Newham talking autism. Would you like to get involved in volunteering your time in helping us in your spare time and when you are out and about in the community? This may involve sharing flyers or posters at your local store, letting friends, family, neighbours or local people know about events happening in your area. January 2025 If you are interested in being an autism champ we would like to hear from you. Please email Autism.Commissioning@newham.gov.uk to register your interest in becoming an autism champion.</p> |
| 15 | Local funding |
| a | <p><u>Local Newham Autism Grants £1K</u></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> |

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| | <p>At the next ARAG we will have guest speakers Anna from People Powered Places to speak about the funding and Mavis from ANKH Place CIC to talk about some projects, join us to find out more and get some ideas going for your own bid for this funding.</p> <p>Applications to access the grant will be available in July, please check back regularly, on this page Newham Autism Action Plan: Let's Talk Autism – Autism – Newham Council.</p> <p>If you would like to discuss or develop your ideas further please email: Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p> |
| b | <p><u>People Powered Places up to £20K</u></p>  <p>People Powered Places is Newham Council's participatory budgeting programme. Find out more here: People Powered Places</p> <p>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</p> <p>At the next ARAG we will have guest speakers Anna from People Powered Places to speak about this funding and Mavis from ANKH Place CIC to talk about some projects, join us to find out more and get some ideas going for your own bid for this funding.</p> |

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| | <p><u>People Powered Places- Attend an ‘Our Ideas’ event</u></p> <p>Join us at a local Our Ideas event to help turn your neighbourhood’s priorities into real projects that could be funded through People Powered Places, Newham Council’s participatory budgeting programme.</p> <p>This is your opportunity to:</p> <ul style="list-style-type: none"> 🏠 Choose local priorities ✅ Share your ideas for your neighbourhood 👥 Work with residents, experts and local groups 💡 Help shape proposals that could be brought to life later this year <p>You don’t need to have an idea to join – just bring your local knowledge and a willingness to get involved.</p> <p>Find a hybrid 'Our Ideas' event near you ></p> |
| 16 | <p>Local things to do or Activities</p> |
| a | <p><u>Dialogue hub</u></p> <p>Garden Party at the <i>Dialogue Express Café</i> Come and celebrate the summer with good vibes, great coffee, and even better company in our beautiful garden space. Whether you’re a regular at Dialogue Cafe or a first-time visitor, this is a perfect opportunity to meet our wonderful deaf and hard-of-hearing baristas, enjoy light refreshments, and connect with the community in a relaxed and inclusive setting. All are welcome — bring your friends, family, and curiosity</p> <div data-bbox="1011 927 1342 1393" data-label="Image"> </div> <p>📍 Location: Carpenters Dialogue Express Cafe 96 Gibbins Road, London E15 2HU</p> <p>📅 Date: Saturday, July 5th</p> <p>🕒 Time: 11:00 AM–3:00 PM</p> <p style="text-align: right;">Back to contents page</p> |

b

Friendship club



Social disability group

Beckton Globe Library
1 Kingsford Way, London E6 5JQ

Second Saturday of the month.

Next session:

Saturday 12th June 2pm-3:30pm

c

Forest Gate Festival



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d

Garden Party



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.

Also taking place:

- Sunday 13th July 2pm-5pm at Keir Hardie Park Tarling Road E16 1LQ

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e

Newham libraries events



Newham London

Newham Libraries

WE ARE NEWHAM.

Libraries are a great place to connect with other people through mutual enjoyment of activities or hobbies.

So, whether its chess you are interested, knitting or poetry there's a group for you.

Please check the link below and see what group may interest you.

<https://newham.events.mylibrary.digital/>

Shared by a local
autistic resident



f Saturday, July 12th Free Walk in Newham



Date and time: Saturday, July 12th 10am - 11:30am

Location: Bread Street Kitchen, Bar & Rooftop - Stratford

9 Endeavour Square London E20 1JN

FREE Get tickets: [Book a space](#)

g PCCN Coffee Morning

FREE

PCCN COFFEE MORNING

ALL PARENTS AND CARERS ARE WELCOME FOR A COFFEE, TEA, CAKE AND CHAT!

BE A PART OF COMMUNITY CONVERSATION TO RECEIVE INFORMATION, ADVICE, AND GUIDANCE IN A RELAXED AND SUPPORTIVE ENVIRONMENT.

MAIN FOCUS:
INCLUSIVE EDUCATION & TRANSITIONS
Discussing aspects of educational concerns (e.g. exclusions) and how to support children & young people's educational, social and emotional development.

WEDNESDAY 16TH JULY 2025
10AM - 11:30AM

THE MIX CENTRE,
1A CUMBERLAND RD, E13 8LH

FOR ENQUIRIES, CONTACT:
EMAIL: PRITY@REIN.UK.COM
ADMIN@REIN.UK.COM
CALL: 02074735349 OR 07871812751

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National

1 FREE Courses

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 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 Starts if 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.

GET STARTED WITH GAMES DESIGN

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it is like to work in a field that gives you the chance to learn how games are made.

ON THIS COURSE YOU'LL:

- Collaborate with a team to come up with an original game concept
- Build a playable prototype of your game idea
- Gain confidence and connect with new people
- Learn the fundamentals of game design principles



DATES FOR YOUR DIARY:
Taster day: 16th July 2025
Course dates: 21st-25th July 2025
Express interest by: 11th July 2025
Location: Southwark, London
Eligibility criteria: 16-30, living in London Borough & not currently in work or education

Find out more via webchat at: kingstrust.org.uk

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

<https://digital.kingstrust.org.uk/cr/AQif0xUQy85cGIDqgxbD4KxSiJiXq-xNiEJ5A-pmFyJ47JiWwSbqgwKj9yVbWg>


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| 2 | Share your views |
| a | <p><u>NHS People's Panel</u></p> <div data-bbox="272 327 1200 954"> <div data-bbox="272 327 746 954"> <p>Shape a national men's health strategy</p> <p>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.</p> <p>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.</p> <p>The Men's Health Strategy applies to England only. Please review the full call for evidence page before completing this survey.</p> <p>The survey is open until 17 July 2025.</p> </div> <div data-bbox="746 327 1200 954">  </div> </div> <p>Please review the full call for evidence page before completing this survey. To complete the survey: Men's health strategy survey</p> <p>Back to contents page</p> |
| | <p><u>Community vaccine workshops ★</u></p> <div data-bbox="272 1296 632 1576">  </div> <p>Members of the People's Panel are invited to take part in IMPPROVE Community Workshops led by the University of Oxford, exploring how people make decisions about vaccines for respiratory illnesses like flu, COVID-19, and TB.</p> <p>Sessions will be held in South and East London or online, with interpretation available. Participants will receive £35 for a 2-hour group session or £25 for a one-to-one interview.</p> <p>To get involved email: sam.martin@paediatrics.ox.ac.uk</p> |
| b | <u>MET Newham Race Action Plan Survey</u> |

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| | <div data-bbox="264 210 734 349" data-label="Image"> </div> <p>Since the NRAP event we have disseminated several surveys regarding Domestic Abuse and our black communities. However, we have had very limited feedback, thank you for those who have completed this. We are always keen to adapt to change and work with our communities to make meaningful progress to benefit our communities we serve. We have had very limited engagement from key leaders like yourselves who play a very crucial role in the community. This is your opportunity to voice and have an impact in how Newham Police deal with domestic abuse victims and work collectively to support change.</p> <p>Attached is Link to the survey PASSWORD for the survey will be NRAP</p> <p>https://www.smartsurvey.co.uk/s/QVQ0K7/</p> |
| 3 | <div data-bbox="264 891 1401 936" data-label="Section-Header"> <h3>Webinar</h3> </div> |
| a | <div data-bbox="264 972 639 1008" data-label="Section-Header"> <h4><u>Ambitious About Autism</u></h4> </div> <div data-bbox="284 1048 762 1223" data-label="Image"> </div> <p>Join our Professional connections webinar series, the Employ Autism team interview autistic professionals to find out more about the successes and challenges they have experienced in their careers, as well as any guidance they have for autistic young people who want to pursue a career in their sector. Pierre Novellie is a stand-up comedian, writer, radio host, and podcaster. He co-hosts The Frank Skinner Show on Absolute Radio and the Budpod podcast with Phil Wang. To mark ERSA Employability Day 2025, Employ Autism interviewed Pierre about his career.</p> <p>Professional connections webinar</p> <p>To mark ERSA Employability Day 2025, the Employ Autism team welcomed Jenny Bicknell, Director of Impact at Talent People, to share her expert knowledge of AI and its impact on jobs and careers.</p> <p>This webinar explained what AI is, examined its benefits and responsible use, explored how employers are incorporating AI into their recruitment processes, and showcased the resources developed by GetMyFirstJob in partnership with Microsoft to support the development of essential AI skills.</p> <p>AI basics: how to use AI when applying for jobs</p> <p>Back to contents page</p> |

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| 4 | Neurodiverse resources |
| a | <div data-bbox="288 264 671 613" data-label="Image"> </div> <div data-bbox="691 271 1158 344" data-label="Section-Header"> <p><u>Support Pack Made for and by Neurodivergent teens</u></p> </div> <div data-bbox="687 378 1361 602" data-label="Text"> <p>We are Southend City Youth Council; we are improving our local area and making young people's futures brighter! We created this pack to get people talking about Neurodivergence and helping them to understand the needs of Neurodivergent community.</p> </div> <div data-bbox="256 707 1374 860" data-label="Text"> <p>In this pack you will find: Information about our neurological conditions, personal experiences, some helpful strategies for self-regulation and resources to help you manage school stress and have important conversations</p> </div> <div data-bbox="256 891 901 931" data-label="Text"> <p>To read Neurodivergent Support Pack Digital</p> </div> |
| b | <div data-bbox="256 1003 579 1043" data-label="Section-Header"> <p><u>Porn is not the norm</u></p> </div> <div data-bbox="288 1066 585 1346" data-label="Image"> </div> <div data-bbox="606 1075 1267 1184" data-label="Text"> <p>Supporting autistic young people and their communities to safely navigate pornography's influence</p> </div> <div data-bbox="256 1223 1385 1447" data-label="Text"> <p>Porn Is Not the Norm aims to prevent pornography's harms to autistic young people by equipping them and their parents, carers, teachers and workers to understand pornography's prevalence, nature and impacts, and how they can safely navigate healthy and respectful relationships and sexuality in this context.</p> </div> <div data-bbox="256 1480 885 1520" data-label="Text"> <p>For more information Porn Is Not The Norm</p> </div> <div data-bbox="976 1554 1388 1599" data-label="Text"> <p>Back to contents page</p> </div> |
| c | <div data-bbox="256 1671 933 1713" data-label="Section-Header"> <p><u>Do you think you may be Autistic or ADHD?</u></p> </div> <div data-bbox="264 1742 710 1942" data-label="Image"> </div> <div data-bbox="729 1742 981 1785" data-label="Text"> <p>Jade Farrington</p> </div> <div data-bbox="729 1783 1133 1821" data-label="Text"> <p>Welcome to my community!</p> </div> <div data-bbox="729 1818 1388 1930" data-label="Text"> <p>I'm a disabled, neurodivergent counsellor and rewind trauma therapist working online and in Launceston, Cornwall, UK.</p> </div> |

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| | <p>You can subscribe to receive my free monthly Neurodiversity Neurodiversity which is packed with information, resources and webinar listings for the month ahead.</p> <p>A NEURO AFFIRMING GUIDE TO EXPLORING YOUR NEUROTYPED If you're wondering if you could be Autistic or ADHD, you're in the right place!</p> <p>Free ebook: Do You Think You May Be Autistic or ADHD?</p> <p>To read Jade's Farrington newsletters https://jadefarrington.substack.com/t/neurodiversitynewsletter</p> |
| d | <p><u>Meltdowns and shutdowns resources</u></p> <p>A meltdown is a situation where an event – or more likely a series of events – have happened that overwhelms that person and the result is an explosion of emotion. Meltdowns can look different depending on the person: they can involve furniture getting smashed, screaming, someone hurting themselves - hating themselves even more - or shutting down so it can look like they are asleep. When an autistic person is having a meltdown they often have increased levels of anxiety and distress which can be wrongly interpreted as frustration, a 'tantrum' or an aggressive panic attack. https://www.ambitiousaboutautism.org.uk/information-about-autism/behaviour/meltdowns-and-shutdowns</p> <p>To read more resources:</p> <p>https://mysoulbalm.blog/2022/01/11/autistic-shutdowns-guide-for-neurodivergent-adults/#comments</p> <p>https://www.thriveautismcoaching.com/post/understanding-autistic-shutdowns</p> <p style="text-align: right;">Back to contents page</p> |
| e | <p><u>Autistic burnout</u></p> <p>Autistic burnout is sadly an experience that autistic adults, children and young people can go through, throughout their lives which can be devastating. It is thought that as much as 80% of autistic people may go through this. It affects every aspect of the individual's psychological, physical and emotional state and can lead to an extreme state of crisis. The main symptoms of autistic burnout are: fatigue, sensory overload and losing skills</p> <p>To read the full resource https://committees.parliament.uk/writtenevidence/117253/pdf/</p> |

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| f | <p><u>National Autistic Society – Autism diagnosis journey and support</u></p> <div data-bbox="300 271 813 483">  </div> <p>Receiving an autism diagnosis can be an intense emotional experience and people report a wide range of reactions, which often change over time. Learning about autism, about your strengths and needs, and accessing emotional support (alongside relevant professional support) can help you navigate this time.</p> <p><u>How will I feel after receiving an autism diagnosis?</u></p> <p>An autism diagnosis can be an intense experience for the person receiving it and for their parents, partner, siblings and other family members or carers supporting them. People report a wide range of emotions, which often change over time. Learning about autism and accessing peer and emotional support can help you navigate this time.</p> <p><u>Emotional support for family members after a diagnosis</u></p> <p>Our Young Ambassador Finty describes her experience of being referred for an autism assessment and receiving her diagnosis at the age of 15. Finty describes how the diagnosis helped her to understand herself and had a positive impact on her treatment for an eating disorder.</p> <p><u>https://www.autism.org.uk/advice-and-guidance/stories/diagnosis-finty</u></p> <p>The formal support you or your child will be entitled to after a diagnosis will depend on your specific needs. Support from professionals may be available in education, at work, through social care and access to welfare benefits. This page explains the types of support you may be able to access and steps you can take if you or your child aren't getting the support you need.</p> <p><u>https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/after-diagnosis/formal-support-following-an-autism-diagnosis</u></p> <p style="text-align: right;"><u>Back to contents page</u></p> |
| 5 | <p>Autism and employment</p> <p>Workplace reasonable adjustments passport (W.R.A.P.) <u>workplace reasonable adjustments passport wrap</u></p> <p>Reasonable adjustments at work <u>Adjustments for neurodiversity</u></p> <p>Reasonable adjustments at work for autistic people <u>https://www.leicspart.nhs.uk/autism-space/employment/reasonable-adjustments-at-work-autistic-people/</u></p> <p>What are reasonable adjustments and when can they be requested? <u>National Autistic Society</u></p> |

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| | <p>Autistic people still face highest rates of unemployment of all disabled groups Outcomes for disabled people in the UK: 2020</p> <p>Lexxic – creating neurodiversity Smart workplaces Lexxic partners with organisations and members of the public to make a positive difference; creating Neurodiversity Smart® workplace cultures, high impact programmes and delivering psychological support services to neurodivergent talent.</p> <p>Scan the QR code to learn more:</p>  |
| 6 | Things to do or activities |
| a | <p><u>Neurodiverse Cooking Class - Multiple Dates</u></p> <div>  <p>Sunday, August 3 · 11am - 1pm Location: Liberty Hall 128 Clapton Common, London, E5 9AA</p> </div> <p>https://www.eventbrite.co.uk/e/neurodiverse-cooking-class-multiple-dates-tickets-1369708528079?aff=ebdsshsms&utm_source=listing_android&sg=50e5e30018152e552a559be0d9361518c09f090b611f6d4eed809eb93d02412d2b8e9af5c685c6bd6f20577a839fc1abd959cf1fc126fbd9a65fee9dc845233a6e9ca902fb586ed93cd80b87c37</p> <p>Pay what you feel tickets</p> <div>  <p>Shared by a local autistic resident</p> </div> <p>Back to contents page</p> |

b Seed talks

Paid online events happening in **July**

| | | | |
|------------|---|---------------|---|
| 6TH | THE PSYCHOLOGY OF WORKAHOLISM, BURNOUT & EXHAUSTION with Dr Lalitaa Suglani | ONLINE |  |
| 6TH | ADHD & REJECTION SENSITIVE DYSPHORIA WORKSHOP with Dr Alex Conner | ONLINE |  |

For more talk events <https://www.seedtalks.co.uk/tickets>

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Social Media

1 Apps

MultiTimer: Multiple Timers



Whether it's daily tasks, cooking, studying, or workouts, MultiTimer offers customizable timers for any situation. With options like task timers, kitchen timers, Pomodoro timers, and many other features, you'll always be organized and efficient.

Shared by a local
autistic resident

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

Routine Planner, Habit Tracker

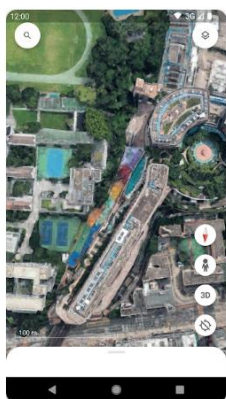


ROUTINERY: YOUR ULTIMATE SELF-CARE, ROUTINE PLANNER, AND HABIT TRACKER

Shared by a local
autistic resident

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

Google Earth

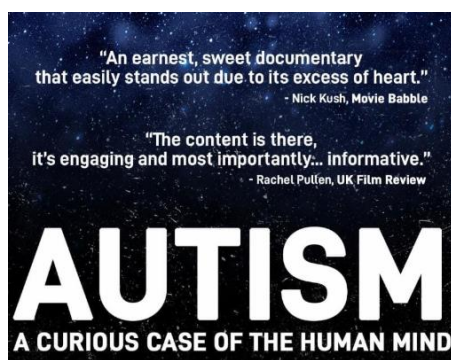


https://play.google.com/store/search?q=google%20earth&c=apps&hl=en_GB

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2 TV show

Autism: a curious case of the human mind

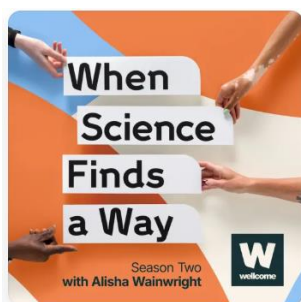


To watch on Amazon Prime

https://www.amazon.co.uk/gp/video/detail/0GMAKSCJTZ3OXUR69OGCIE_DJ0C/ref=atv_dp_share_mv

3 Podcasts

Working it out: exercise, the brain, and mental health



Exercise is more than just fitness – it can be a powerful tool for mental health. But what actually occurs in the brain during a workout, and how can it help in treating mental health issues?

<https://podcasts.apple.com/gb/podcast/working-it-out-exercise-the-brain-and-mental-health/id1693206291?i=1000702798746>

4 Instagram



richpinkadhd

<https://www.instagram.com/reel/DJixTwLoKRB/?igsh=MXZkcjR2eHZyam1mcq%3D%3D>

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