

# Autism Monthly News Round-up

August 2025

10<sup>th</sup> edition

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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	<b><a href="#">Newham peer support groups</a></b>
a	<p><b><u>Autism, work and anxiety peer support group</u></b></p> <div data-bbox="288 1218 963 1606">  </div> <p><b>People volunteering are welcomed to join</b></p> <p><b>Topic:</b> Personal care and hygiene (online Teams)  <b>Date:</b> Tuesday 19<sup>th</sup> August 2025  <b>Time:</b> 5pm-6pm</p> <p>To join please email: <a href="mailto:Aisha.ahmed58@nhs.net">Aisha.ahmed58@nhs.net</a></p> <p style="text-align: right;"><b><a href="#">Back to contents page</a></b></p>


b	<p><b><u>**NEW**Mental Health Peer Support Group VoiceAbility</u></b></p> <p>Peer support group for autistic residents to offer support to each other around mental health. It will be a safe space where they can share, tips services, maybe support each other in times of loneliness.</p> <p><b>Second Monday of every month 12:30pm – 2pm</b> The resource centre, 200 chargeable lane, E13 8DW</p> <p><a href="mailto:SpeakOutNewham@voiceability.org">SpeakOutNewham@voiceability.org</a></p> 
c	<p><b><u>Resident views</u></b></p> <p>Please read what a local resident has to say about their experiences in joining a local Newham group.</p> <p><b>From Isolation to Connection: My Autistic journey</b> I'm so grateful to people who organise &amp; facilitate groups for neurodivergent people. I'm able to make friends I've made through them &amp; we're always happy to have a safe space where we're not judged. I genuinely look forward to our monthly group as we not only laugh &amp; joke, but we also listen &amp; support each other tremendously too.</p> <p>I strongly recommend attending a group for neurodivergent people if &amp; when you can because I've seen the improvement in not only myself but others in the group too, which is always inspiring to be around.</p> <p>Read the full story here; <a href="#">my-autistic-journey-from-isolation-to-connection</a></p> <p><b><i>If you have a story/experience you would like to share, please email <a href="mailto:Aisha.ahmed58@nhs.net">Aisha.ahmed58@nhs.net</a></i></b></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
2	<p><b><u>Advocacy and support surgeries</u></b></p>
a	<p><b><u>**NEW**Monthly Open Surgeries for Autistic Residents (Trial)</u></b></p> <p>The next Open Surgery is on <b>Thursday 28<sup>th</sup> August 2025</b> Please book to meet with any of the following professionals:</p> <ul style="list-style-type: none"> <li>• <b>Tony Pape</b>                      ASC Social Worker Team Manager</li> <li>• <b>Mehak Malik</b>                    Our Newham Work, Team Manger</li> <li>• <b>Dayna Smith</b>                   ELFT Employment &amp; Training Manager</li> <li>   Compass Wellbeing</li> </ul>

	<p>To access a booking sheet please email: <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a></p> <p>If you would like to speak with a particular team or service at a future open surgery, 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>
<b>b</b>	<p><b><u>VoiceAbility Advocacy Support</u></b></p> <p>Drop-in service with Trish Second Monday of every month The Resource Centre, 200 Chargeable Lane E18 8DW.</p> <p><b>10:30 – 12pm:</b> All adults who have a learning disability</p> <p><b>2:30pm-4pm:</b> All adults who are autistic</p> <p><a href="mailto:SpeakOutNewham@voiceability.org">SpeakOutNewham@voiceability.org</a></p> <div data-bbox="997 479 1361 999"> <p><b>VoiceAbility</b></p> <p><b>Do you want to speak out, be listened to and have your voice heard in local decisions?</b></p> <p>Are you Autistic or do you have a learning disability?</p> <p>We have a drop-in group just for you. No need to book. Just come along and say hello.</p> <p><b>When and where?</b> The 2<sup>nd</sup> Monday of every month. The Resource Centre, 200 Chargeable Lane, E18 8DW.</p> <p>10:30 - 12 noon: All adults who have a learning disability 2:30 - 4 pm: All adults who are Autistic</p> <p>Hot drinks and biscuits provided.</p> <p>Contact us • <a href="mailto:SpeakOutNewham@voiceability.org">SpeakOutNewham@voiceability.org</a> • 0203 303 1860 • <a href="http://voiceability.org">voiceability.org</a></p>  </div> <p><a href="#">Back to contents page</a></p>
<b>3</b>	<b><u>Funding</u></b>
<b>a</b>	<p><b><u>People Powered Places: Funding now OPEN</u></b></p> <p><b>Applications for People Powered Places funding now OPEN!</b> Bring your community idea to life by applying for funding.</p> <ul style="list-style-type: none"> <li>• Voluntary, Community and Faith Sector projects can apply for up to £20,000</li> <li>• Youth-led projects can apply for up to £10,000</li> <li>• Resident projects can apply for up to £5,000</li> </ul> <p>To find out more information and to apply <a href="#">click here and choose the relevant neighbourhood where you would like to deliver your project.</a></p> <p>We would strongly encourage you to put in a bid in for autistic residents activities/events/ projects. You are very welcome to email us on <a href="mailto:autism.commissioning@newham.gov.uk">autism.commissioning@newham.gov.uk</a> for further advice and support if they want to talk anything over.</p> <div data-bbox="828 1249 1361 1805"> <p><b>People Powered Places</b></p> <p><b>Want to make a difference in your neighbourhood?</b> Apply for funding today</p>  <p>Your Vote. Your Community. £1.6 million to Improve It. <b>WE ARE NEWHAM.</b></p> </div>

	<p><b><u>People Powered Places Support Clinics</u></b></p> <p>People Powered Places support clinics provides information you need to apply for funding took place last month. Recordings of each session will be available on <a href="#">Newham CoCreate</a></p> <ul style="list-style-type: none"> <li>• Voluntary Community and Faith Sector applications</li> <li>• Resident-led applications</li> <li>• Youth-led applications</li> </ul> <p>For further information, please email <a href="mailto:peoplepoweredplaces@newham.gov.uk">peoplepoweredplaces@newham.gov.uk</a></p> <p><b>Apply by Sunday 14 September, by 11pm</b></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>b</b>	<p><b><u>Local Newham Autism Grants £1K</u></b></p> <p>Application to apply for funding of up to £1000 will open from <b>1 August</b>. Application forms can be found here: <a href="#">Newham Autism Action Plan: Lets Talk Autism – Autism – Newham Council</a> Deadline: <b>7 September 2025</b></p> <p>For more information about this grant, please see the July newsletter: <a href="https://www.newham.gov.uk/downloads/file/9014/autism-newsletter-july-2025">https://www.newham.gov.uk/downloads/file/9014/autism-newsletter-july-2025</a></p>
<b>c</b>	<p><b><u>GLL: **NEW** Physical Activity Inclusion Fund</u></b></p> <p>GLL have launched their new <i>Physical Activity Inclusion Fund</i>. The Physical Activity Inclusion Fund is a local initiative designed to support the creation of new opportunities that promote physical health and wellbeing across the borough. Funding is available for clubs, charities and organisations to develop projects and initiatives that encourage and develop participation in sports, leisure and physical activity.</p>  <p>For more information on the fund and how to apply, please visit <a href="#">Newham Physical Activity Inclusion Fund   Better</a></p> <p>We would strongly encourage you to put in a bid in for autistic residents activities/events/ projects. You are very welcome to email us on <a href="mailto:autism.commissioning@newham.gov.uk">autism.commissioning@newham.gov.uk</a> for further advice and support if they want to talk anything over.</p> <p><b>Deadline for applications: Monday 1<sup>st</sup> September 2025</b></p>



4	<b><u>Employment support</u></b>		
a	<p><b><u>DWP: Jobcentre Plus</u></b></p> <p>For a disability employment advisor you can go to Jobcentre Plus and speak to them directly or ask your work coach to make a referral. Support DWP Jobcentre Plus offers people with disabilities:</p> <ul style="list-style-type: none"> <li>• Initial assessments to establish the impact and support required by the individuals</li> <li>• We help with identifying realistic job goals</li> <li>• Upskill work coaches on supporting claimants with disabilities and health conditions</li> <li>• Referral to work psychologists</li> <li>• General Advocacy</li> <li>• Employability support / Disability Confidence.</li> <li>• We also often hold Calm &amp; Quiet sessions in the jobcentre and targeted Jobs fair</li> <li>• Access to work grants</li> <li>• Working with employers to understand ASD impact in work and support with reasonable adjustments required</li> <li>• We also network with external organisations up skilling partners in understanding/supporting employees on in-work support and reasonable adjustments.</li> </ul> <p>Specific support for autistic residents:</p> <ul style="list-style-type: none"> <li>• <b>Personalised 1-to-1 Support</b> We offer individualised guidance based on each claimant's unique needs, strengths, and employment goals.</li> <li>• <b>Collaboration with Specialist Organisations</b> We work closely with autism-specific organisations and disability support teams to ensure a joined-up approach to support.</li> <li>• <b>Flexible Meeting Arrangements</b> Where appropriate, we can arrange meetings at alternative, accessible locations to ensure comfort and ease for the claimant.</li> <li>• <b>Calm &amp; Quiet Events</b> We host autism-friendly events at the Jobcentre, designed to be low-stimulation and inclusive. These events connect autistic claimants with supportive employers and organisations that understand their needs.</li> </ul> <table border="0"> <tr> <td> <b>Canning Town Jobcentre Plus</b>            197 Freemasons Road            London            E16 3PD            Tel: 0800 169 0190         </td><td> <b>Stratford Jobcentre Plus</b>            1 Tramway Avenue,            Stratford,            London            E15 4PN            Tel: 0800 169 0190         </td></tr> </table> <p style="text-align: right;"><a href="#"><u>Back to contents page</u></a></p>	<b>Canning Town Jobcentre Plus</b> 197 Freemasons Road London E16 3PD Tel: 0800 169 0190	<b>Stratford Jobcentre Plus</b> 1 Tramway Avenue, Stratford, London E15 4PN Tel: 0800 169 0190
<b>Canning Town Jobcentre Plus</b> 197 Freemasons Road London E16 3PD Tel: 0800 169 0190	<b>Stratford Jobcentre Plus</b> 1 Tramway Avenue, Stratford, London E15 4PN Tel: 0800 169 0190		

b	<p><b><u>Our Newham Work: Supported Employment Team</u></b></p> <p>The Supported Employment Team supports residents with:</p> <ul style="list-style-type: none"> <li>• Learning Disability</li> <li>• Autism</li> <li>• Secondary Mental health care needs</li> <li>• Sensory support needs</li> <li>• Carers</li> <li>• Substance misuse</li> <li>• Long term health conditions</li> </ul> <p>We follow a structured and highly supportive approach to helping residents with autism into employment. Our specialist advisory team brings a wealth of experience in supporting individuals who are unemployed, seeking their first job, looking to change careers, or aiming to progress into more senior roles.</p> <p>We work within the Supported Employment framework and deliver a range of programmes designed to help people access and sustain meaningful employment. Additionally, we partner with Newham College to deliver a supported internship programme for young adults aged 18–25.</p> <p>For more information and support email: <a href="mailto:Mehak.Malik@newham.gov.uk">Mehak.Malik@newham.gov.uk</a></p>
c	<p><b><u>Ambitious about autism: employment resources</u></b></p>  <p>We provide a range of support to young people aged 18-25 who take part in our Employ Autism programme. From group workshops and webinars to one-to-one meetings with our experienced Employment Coaches, we can help you develop your skills and confidence so you can access employment opportunities in supportive environments.</p> <p>We offer support on topics such as:</p> <ul style="list-style-type: none"> <li>• CVs</li> <li>• understanding job descriptions</li> <li>• completing applications</li> <li>• interview preparation</li> <li>• careers guidance and planning</li> <li>• managing wellbeing at work</li> <li>• identifying and requesting workplace adjustments.</li> </ul> <p>To download their resources: <a href="#">Employment support and resources</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>



5FREE Courses

a

Our Newham: Learning and skills

Our Newham learning and skills will be offering independent cooking classes to autistic residents. This is a great opportunity to learn new skills and to meet like-minded people in a safe and fun environment.

If you are interested, please email Maysie [Maysie.Brown@newham.gov.uk](mailto:Maysie.Brown@newham.gov.uk)

Don't miss out! Further details will be given in the September newsletter

For more information:  
<https://www.onls.ac.uk/index.php>

ONLS Inclusive Learning Courses

We provide Adult Education Courses for individuals aged 19 and above. We have a range of exciting and progressive courses for adults with learning difficulties to support personal well-being, develop social skills and encourage independent living.

Our Inclusive Learning courses offer includes\*:

Paper Modeling Monday	Beginners Clay Monday	Money Management Tuesday	Eat well Bake well Wednesday
Textiles Expressions Wednesday	Exploring painting textures and material Wednesday	Clay and hand building Thursday	Clay and hand building Thursday

\*Subject to course programme  
Interested: 0208 149 5200

Learn more about SEND Adult Education Courses.

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b


Recovery college




Course Name	When	Time
Summer Crafting	5/8/25	11am - 1pm
Summer Drama Fun	7/8/25	11am - 1pm
Summer Mini Retreat	8/8/25	12pm - 3pm
Crafting for Summer	12/8/25	11am - 1pm
Canva for Creativity	13/8/25	11am - 1.30pm
Summer Drama Fun	14/8/25	11am - 1pm
Instruments for Change	15/8/25	12pm - 3pm



Course Name	When	Time
Crafting for Summer	19/8/25	11am - 1pm
Beyond Diagnosis	19/8/25	10.30am - 3pm
Summer Drama Fun	21/8/25	11am - 1pm
Meditation, breathwork & Laughter	22/8/25	11am - 12.30pm
Crafting for Summer	26/8/25	11am - 1pm
Summer Drama fun	28/8/25	11am - 1pm
Meditation, breathwork & Laughter	29/8/25	11am - 12.30pm

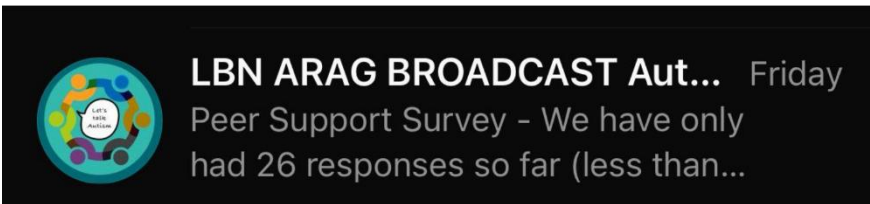
Don't miss out on these great courses and workshops during August  
View the full programme [here](#)

All FREE to people with a connection to Newham  
Need Help Registering, Not sure which courses are for you?  
We can arrange for a 1-2-1 session to;  
Help you register, Set recovery goals & Sign up for courses  
Register here:  
[https://newhamrecoverycollege.nhs.uk/ms\\_signup.aspx](https://newhamrecoverycollege.nhs.uk/ms_signup.aspx)

6	<b><u>Employment Opportunities</u></b>
a	<p><b><u>Newham Autism Programme: Expert by Experience (EBE) paid roles</u></b></p> <p>Newham Council are looking for 10 EBE to join them in delivering the Autism Programme in Newham. Applications to apply for these roles are now live and can be found on the website here:  <a href="#">Newham Autism Action Plan: Lets Talk Autism – Autism – Newham Council.</a></p> <p>Deadline for applications: <b>7 September 2025</b></p> <p>For more information about the roles, please see the July newsletter:  <a href="https://www.newham.gov.uk/downloads/file/9014/autism-newsletter-july-2025">https://www.newham.gov.uk/downloads/file/9014/autism-newsletter-july-2025</a></p>
b	<p><b><u>Resources for autism</u></b></p>  <p><b>POST: AUTISM WORKER</b></p> <ul style="list-style-type: none"> <li>• LOCATION: <b>London</b> (Barnet, Waltham Forest, Southwark, Hackney, Lewisham, Brent, Islington, Camden, Haringey &amp; Enfield and work available in other areas of London)</li> <li>• HOURS: <b>Part-time</b></li> <li>• SALARY: From <b>£13.80</b> per hour</li> </ul> <p><b>POST: Mini Bus Driver</b></p> <ul style="list-style-type: none"> <li>• LOCATION: <b>London and West Midlands</b></li> <li>• HOURS: <b>Part-time</b></li> <li>• Salary: From <b>£13.80</b> per hour</li> </ul> <p>For more information and to apply:  <a href="https://www.resourcesforautism.org.uk/jobs/">https://www.resourcesforautism.org.uk/jobs/</a></p> <p style="text-align: right;"><a href="#"><b><u>Back to contents page</u></b></a></p>

7	<b><u>Volunteering Opportunities</u></b>
a	<p><b><u>Volunteering in Newham</u></b></p> <p>Volunteering is a great way to give something back to the community and to make use of your spare time. It makes a difference to your local area and to the people who live here. It is also a fun, rewarding way to meet new people, improve the environment and the lives of others, and in addition, learn new skills. It doesn't matter if you can spare a little time, or a lot, there are lots of ways to get involved and improve your community. For more information: <a href="https://www.newham.gov.uk/community-parks-leisure/volunteering-newham">https://www.newham.gov.uk/community-parks-leisure/volunteering-newham</a></p> <p>To register to become a Newham volunteer: <a href="https://volunteers.newham.gov.uk/index-classic">https://volunteers.newham.gov.uk/index-classic</a></p>  <p style="text-align: right;"><a href="#">Back to contents page</a></p>
b	<p><b><u>Renewal Programme</u></b></p> <p>The Renewal Programme, is a registered charity based in Newham. We work with our local communities, council, businesses and charities to empower individuals and our borough.</p>  <p style="text-align: right;"><b>Be a part of the change.</b></p> <p><b>Community Hot Meals Volunteer</b> We are looking for a Community Hot Meals Volunteer to join our team.</p> <p><b>Additional Learning Support Volunteer</b> We are looking for someone to help our learners with additional literacy support.</p> <p>For more information and to register: <a href="https://www.renewalprogramme.org.uk/volunteer-with-us/">https://www.renewalprogramme.org.uk/volunteer-with-us/</a></p>
c	<p><b><u>Resources for autism</u></b></p> <ul style="list-style-type: none"> <li>• <b>POST: Various Volunteering Roles</b></li> <li>• <b>LOCATION: Various across London</b></li> <li>• <b>HOURS: Various depending on the role</b></li> </ul>  <p>For more information and to apply: <a href="https://www.resourcesforautism.org.uk/jobs/">https://www.resourcesforautism.org.uk/jobs/</a></p>

8	<h2>Newham Safeguarding Adults Board Plan</h2>
	<div data-bbox="331 293 1318 349"> <h3>Our Newham Safeguarding Adults Board Mission</h3> </div> <div data-bbox="360 360 1350 595"> <ul style="list-style-type: none"> <li>• To work in partnership to ensure our adult safeguarding arrangements are effective and operating cohesively across Newham.</li> <li>• To seek to address any inequities in access, experience, and outcome in our safeguarding arrangements, paying particular attention to our residents who are most vulnerable and marginalised.</li> <li>• To take a strength-based approach, drawing on all our assets within Newham, co-creating and delivering improvements in adult safeguarding with our residents and front-line staff.</li> </ul> </div> <p>The safeguarding adults board strategic plan is now available on the Newham safeguarding adult board website:  <a href="https://www.newham.gov.uk/health-adult-social-care/safeguarding">https://www.newham.gov.uk/health-adult-social-care/safeguarding</a></p> <p>To read the strategy and delivery plan 2023-2026 use the link below:  <a href="https://www.newham.gov.uk/downloads/file/9225/nsab-strategic-plan-2023-2026">https://www.newham.gov.uk/downloads/file/9225/nsab-strategic-plan-2023-2026</a></p>
9	<h2>Share your views</h2>
a	<div data-bbox="296 1081 1254 1155"> <h3>Neurodivergent Students' Experiences in UK Higher Education Institutions</h3> </div> <div data-bbox="308 1167 707 1704">  <p><b>Autistic? ADHD? Navigating UK University? Voice and Needs Overheard?</b></p> <p>Are you Autistic and/or ADHD and studying (or recently studied) in a UK university? Welcome to my survey to hear from your experiences and concerns, especially those overlooked, as an Autistic (and/or) ADHD student in any British University at any stage in student years.</p> <p>Your opinions can be vital to the future wellbeing of Autistic and/or ADHD university students like you.</p> <p>If during these times you are:</p> <ul style="list-style-type: none"> <li>• Able to provide informed consent by your own</li> <li>• Not in severe mental health crisis and/or condition</li> <li>• Age 18+ &amp; Can communicate in English on your own behalf</li> <li>• Recent UK University experience, especially post-COVID</li> <li>• Current students? Grads? and drop-outs? All welcome!</li> </ul> <p>Welcome to have your voices heard!</p> <p>Text? Video**? In-Person on Campus**? At YOUR comfort!</p> <p><small>*online video interview between 30-60 minutes but is flexible at your needs  **In-Person option for UEL Students only, except rare circumstances  Contact: Yimiao Sun (Andrew) y0206252@uel.ac.uk</small></p> </div> <div data-bbox="730 1160 1329 1339"> <p>This research focuses on experiences, factors, and opinions from neurodivergent students, with a main focus on autism and ADHD, regarding main aspects of your university life.</p> </div> <div data-bbox="963 1462 1206 1630">  <p>Shared by a local autistic resident</p> </div> <p>To take part please click the link below:  <a href="https://uelpsyh.eu.qualtrics.com/jfe/form/SV_ah54H7SWHKlob5A">https://uelpsyh.eu.qualtrics.com/jfe/form/SV_ah54H7SWHKlob5A</a></p> <p><a href="#">Back to contents page</a></p>

<b>b</b>	<p><b><u>Are you Neurodivergent and have done, doing or considered doing, a PhD?</u></b></p> <p>London South Bank University (LSBU) and the Open University are looking for participants for their joint project. Please could you share with your contacts?</p> <p>They are researching how doctoral study works (or doesn't) for neurodivergent people. Take their 30min survey &amp; help make academia more inclusive <a href="https://forms.office.com/e/ft9jyWsPUW">https://forms.office.com/e/ft9jyWsPUW</a></p> <p>Questions? Email <a href="mailto:lindsay.odell@open.ac.uk">lindsay.odell@open.ac.uk</a></p>
<b>c</b>	<p><b><u>Library survey</u></b></p> <p>We would encourage you to share your views on this Newham libraries engagement survey. It would be great for libraries to hear from the autistic community to understand how they could shape services to be more inclusive.</p> <p>Any feedback is welcomed: <a href="https://newhamco-create.co.uk/en/projects/library-engagement">https://newhamco-create.co.uk/en/projects/library-engagement</a></p> <p style="text-align: right;"><a href="#"><u>Back to contents page</u></a></p>
<b>10</b>	<p><b><u>Local Things to do or Activities</u></b></p>
<b>a</b>	<p><b><u>Dialogue Cafe</u></b></p> <p>Dialogue Cafe are an east London based CIC working to supporting people who are deaf and hard of hearing by empowering through employment and skills! <a href="https://dialoguehub.co.uk/">https://dialoguehub.co.uk/</a></p> <p>We have arranged '<b>Autism-Friendly Hour</b>' quieter times for autistic residents - Weekday mornings between <b>10:00–11:30</b></p> <p>You will also receive a <b>5% discount</b> on coffee; residents can simply show any of the following:</p> <ul style="list-style-type: none"> <li>• An Autism Alert Card</li> <li>• A Sunflower Lanyard</li> <li>• Your What's App Autism Group Membership</li> </ul> <div data-bbox="300 1780 1173 1982">  </div>



**b**

### **Craft central**

Every **Tuesday 10am till 12pm at East Ham Library** in the cafe area.  
**Drop-in** sessions no need to book.

All material provided with different things made every week.  
People don't have to stay till the end if they feel they have had enough.

For more information: [Kathy.Holdsworth@outlook.com](mailto:Kathy.Holdsworth@outlook.com)



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**c**

### **Friends of Beckton Parks**

“The Friends of Beckton Parks (FoBP) is a group of local people and organisations dedicated to protecting, improving, and celebrating the connecting parks and green spaces of W Beckton and East Custom House\*. We bring people together to make positive changes, promoting diversity, equality and inclusion - whether through advocating for the views and needs of local people and wildlife, volunteering, organising events, improving facilities, or securing funding for community projects. Our goal is to make our parks and green spaces safer, more inclusive, greener and more enjoyable for all.”

For more information email: [friendsofbecktonparks@gmail.com](mailto:friendsofbecktonparks@gmail.com)





d

## South Asian Heritage Month




**2025 Event**  
**Risograph Induction Workshop**

**Saturday 9 August, 2-4.30pm**  
📍 Rabbits Road Press

Join Rabbits Road Press for a special Risograph workshop exploring the theme Roots to Routes. An Induction Workshop will introduce participants to the workspace and equipment giving them the opportunity...

**FULL DETAILS +**

**WORKSHOP** **ADULTS** **FREE**



**2025 Event**  
**'Free to be me' Film Screening**

**Wednesday 13 August, 12-2pm**  
📍 Stratford Library

Join Subco Trust for a celebration and screening of the short film 'Free to be me' which captures the stories of South Asian elders who migrated to Britain. Last year,...

**FULL DETAILS +**

**SCREENING** **ALL AGES** **FREE**

Shared by a local  
autistic resident

For more information and to check out other events happening please visit:  
<https://www.newhamsouthasianheritage.org/>

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e








## Friendship Club



### **Drop in**



Social disability group  
Beckton Globe Library  
1 Kingsford Way, London E6 5JQ  
Second Saturday of the month.  
Next session: **Saturday 9th August 2pm-3:30pm**

See also [my-autistic-journey-from-isolation-to-connection](#)

<p><b>f</b></p>	<p><b><u>Young Carers Event</u></b></p> <p>These sessions are planned to be scheduled weekly (or fortnightly) on Saturdays and weekdays during the summer holidays.</p> <p>The main activities that will be taking place in the sessions includes Free Tennis Sessions, Picnics and Gatherings, Arts and Crafts, as well as other activities, with members free to give suggestions to make the sessions as fun, inclusive and supportive as possible.</p> <p>Eligibility criteria:</p> <ul style="list-style-type: none"> <li>▪ Newham residents (live, work, or study in Newham)</li> <li>▪ Young carers and young adult carers</li> </ul> <p>All attendees must be registered:  <a href="mailto:carerscorner@hotmail.com">carerscorner@hotmail.com</a>  07869145550</p> <p>A poster for Newham Carers Corner. It features a bright, sunny outdoor scene with green grass, trees, and a blue sky with clouds. The text on the poster reads: 'Newham Carers Corner', 'West Ham Park E7 9PU', 'Saturdays @ 10.30am', 'Includes: Picnics and gatherings, Free Tennis Sessions, Arts and Crafts, And more!', 'A safe space for young carers and young adult carers to connect, and have an enjoyable summer together!', 'All attendees must be registered.', '07869145550', and 'CarersCorner@hotmail.com'.</p> <p>Shared by a local autistic resident</p> <p><a href="#">Back to contents page</a></p>
<p><b>g</b></p>	<p><b><u>Stratford East</u></b></p> <p>The logo for Stratford East, featuring the words 'STRATFORD' and 'EAST' in a bold, red, sans-serif font. The 'O' in 'STRATFORD' is stylized with a diagonal line through it.</p> <p>Shared by a local autistic resident</p> <p>Come join an atmosphere that welcomes all, locals and visitors alike. With extraordinary shows that are affordable for all.</p> <div data-bbox="292 1574 647 1912"> A poster for the musical 'Romeo &amp; Juliet' with a purple and pink background. The title 'ROMEO &amp; JULIET' is in large, white, serif font, flanked by decorative elements. Below the title, it says 'Romeo &amp; Juliet', 'THU 07 - SAT 09 AUG 2025', and 'On Stage'. <p><b>Romeo &amp; Juliet</b> THU 07 - SAT 09 AUG 2025 On Stage</p> </div> <div data-bbox="667 1574 1016 1912"> A poster for the musical 'The Harder They Come' featuring a collage of characters in a vibrant, colorful style. The title 'THE HARDER THEY COME' is in large, bold, yellow letters with a black outline. Below it, it says 'A Musical', 'The Harder They Come', 'SAT 13 SEP - SAT 25 OCT 2025', and 'Musicals, On Stage'. <p><b>The Harder They Come</b> SAT 13 SEP - SAT 25 OCT 2025 Musicals, On Stage</p> </div> <div data-bbox="1031 1574 1355 1912"> A poster for 'Yeh Dosti' featuring a group of five men in a collage style. The title 'YEH DOSTI' is in large, bold, yellow letters with a black outline. Below it, it says 'Yeh Dosti - Celebrating 50 Years of Sholay', 'SAT 30 AUG 2025', and 'Music, Dance, On Stage'. <p><b>Yeh Dosti - Celebrating 50 Years of Sholay</b> SAT 30 AUG 2025 Music, Dance, On Stage</p> </div> <p>For more info: <a href="https://www.stratfordeast.com/">https://www.stratfordeast.com/</a></p>

## National

1	<a href="#"><b>NAS: Welfare Reform</b></a>
	<p><b><u>National Autistic society: Welfare reform</u></b></p>  <p>Nearly 5,000 of you wrote to your MPs to ask them to <a href="#">#ProtectOurBenefits</a> - thank you.</p> <p>After completely removing Personal Independence Payment (PIP) cuts from the reforms, we got one more win in the Bill – the review of PIP must now be co-produced with disabled people and disability organisations.</p> <p>There is more to do – we will keep fighting to protect benefits for all autistic people</p> <p>To read more: <a href="https://www.autism.org.uk/what-we-do/news/our-response-to-welfare-reform-bill-vote">https://www.autism.org.uk/what-we-do/news/our-response-to-welfare-reform-bill-vote</a></p>
2	<a href="#"><b>Good Thinking: Mental health support</b></a>
	 <p>Good Thinking is an online service that supports Londoners to look after their mental health and wellbeing in a way that works for them. Good Thinking is <b>free</b> for Londoners</p> <p>To use this online service: <a href="https://www.good-thinking.uk/">https://www.good-thinking.uk/</a></p> <p style="text-align: right;"><a href="#"><b>Back to contents page</b></a></p>


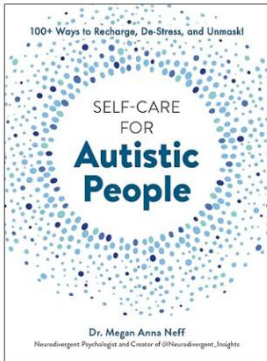
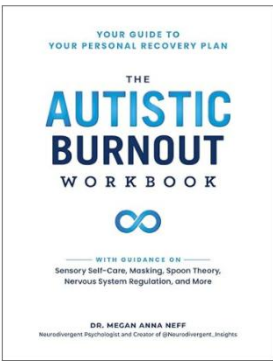

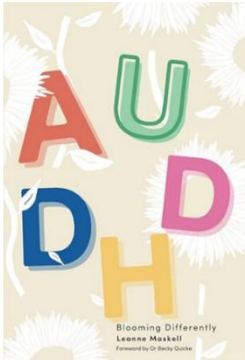
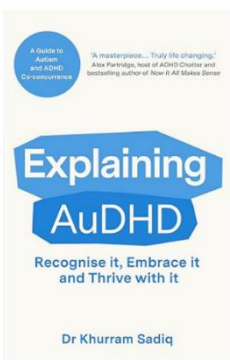
3	<b>Tesco: Shopping Support – Sensory Boxes</b>
	<p><b><u>Tesco: Sensory support boxes</u></b></p>  <p><b>Sensory support in-store</b> Make shopping in large stores easier with our Sensory Support Boxes. Inside, you'll find ear defenders, communication cards, sunglasses, and fidget toys, all of which you can borrow. Just ask at the Customer Services or Tesco Mobile desk.</p> <p><a href="#">Tesco Hidden disabilities – helping you shop in-store</a></p> <p><a href="https://www.instagram.com/reel/DKxU-zTso-Q/?igsh=MTdsam9sb2xqaHN6NA==">https://www.instagram.com/reel/DKxU-zTso-Q/?igsh=MTdsam9sb2xqaHN6NA==</a></p> <p>@storiesaboutautism</p> <p><a href="#">Back to contents page</a></p>
4	<b><u>Share your views</u></b>
a	<p><b><u>Welcome to MET Engage</u></b></p> <p>We're transforming the Met to become a service that truly delivers for you.</p> <p>Through our new platform Met Engage you can get to know your local officers, help shape how we police your local area and have direct access to key information and advice.</p>  <p>This isn't just a platform for us to tell you what we're doing in your area, it's an opportunity for you to tell us what's concerning you most so we can take action on the things that truly matter to you.</p> <p>For more information: <a href="https://www.metengage.co.uk/">https://www.metengage.co.uk/</a></p>


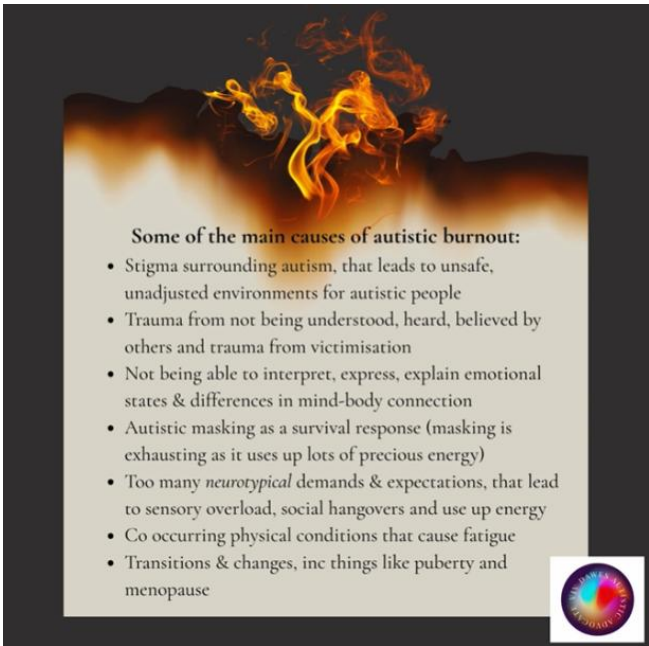
b	<p><b><u>Autistica: New research opportunities looking for participants!</u></b></p> <p><b>Developing an Employment Readiness Programme for autistic young people</b></p> <p><b>Type of involvement:</b> Community co-development group</p> <p><b>About the project</b> At Autistica, we're creating a programme to help autistic young people move from education into work. We'll work with autistic young people, their families, employers, and educators to build a programme that gives them the skills and experience they need for employment.</p> <p><b>Who we're looking for:</b></p> <ul style="list-style-type: none"> <li>• Autistic young adults aged 16 to 25 years*</li> <li>• Parents and carers of autistic young people (aged 11 to 25)</li> <li>• Education professionals who provide career support to young people</li> <li>• Employers who work with autistic employees (e.g. HR, DEI, line managers)</li> </ul> <p>*A formal diagnosis is not necessary.</p> <p><b>What you'll be asked to do:</b></p> <ol style="list-style-type: none"> <li>1. Between June and September 2025, you will complete 3 online surveys that ask about important knowledge, skills and needs for being ready for entering work</li> <li>2. Between September and December 2025, you will take part in an online forum to give feedback about the programme design</li> </ol> <p><b>What you'll be offered for your time:</b> You will be compensated at a rate of £25 per hour. Each activity will take 1 to 2 hours.</p> <p><b>How to take part:</b> To register to take part, please fill out the survey using the button below. If you have any questions, please contact Ashley at <a href="mailto:Ashley.koenig@autistica.org.uk">Ashley.koenig@autistica.org.uk</a>.</p> <p><b>Examining cross examination with autistic adults</b></p> <p><b>Type of involvement:</b> Online activity</p> <p><b>About the project</b> The Centre for Applied Autism Research (CAAR) at the University of Bath is looking for autistic male volunteers to take part in an online study investigating how criminal court cross-examination impacts the quality of evidence given by autistic people.</p> <p><a href="#">Back to contents page</a></p>
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	<p><b>Who they're looking for:</b></p> <ul style="list-style-type: none"> <li>• Autistic men</li> <li>• Aged 18-75 years</li> <li>• An autism diagnosis certified by a trained clinician</li> <li>• Speak English fluently</li> <li>• Have normal (or corrected to normal) vision and hearing</li> </ul> <p>You must also have a working webcam with audio on your laptop or desktop computer, and not have participated in a real-life court or tribunal case.</p> <p><b>What they'll ask you to do:</b> The activity will take place in September 2025. This study will involve taking part in two online testing sessions, one week apart, on Microsoft Teams. Session 1 will involve completing some questionnaires, viewing a mock crime video, and taking part in a mock police witness interview about the video. Session 2 will involve taking part in a mock cross-examination about what you saw in the mock crime video.</p> <p><b>What you'll be offered for your time:</b> You will be offered £15 per hour for your time, upon completion of both sessions. The study takes approximately 2 hours in total.</p> <p><b>How to take part:</b> Use the link below to take part. If you have any questions, please email <a href="mailto:autismcourt@bath.ac.uk">autismcourt@bath.ac.uk</a>.</p> <p><b>Neuroinclusive Transportation: a comparative study of neurodivergent user requirements</b></p> <p><b>Type of involvement:</b> Online study</p> <p><b>About the project</b> This study, conducted by the University of Bath, examines how UK transportation services can better support the needs of neurodivergent users. It compares travel experiences across neurodivergent conditions to inform the development of inclusive transport design guidelines and recommendations.</p> <p><b>Who they're looking for:</b> You may participate if you are:</p> <ul style="list-style-type: none"> <li>• At least 18 years old</li> <li>• Live in the UK</li> <li>• Identify as autistic, dyslexic or experiencing ADHD</li> </ul> <p>You must regularly use at least one type of transportation service such as public transit (buses, trains, underground or trams), micromobility (e-scooters or bikes) or taxis.</p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
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	<p><b>What they'll ask you to do:</b> You will be asked to complete a brief online questionnaire that gathers demographic information, travel habits, and your views on local transportation services. The survey has 14 questions and takes approximately 10-15 minutes to complete. The survey is now open and will close at the end of August 2025.</p> <p><b>What you'll be offered for your time:</b> You will be able to enter a draw for a £50 Amazon gift card.</p> <p><b>How to take part:</b> Use the button below to register your interest. If you have any questions, please contact Dmitry at <a href="mailto:dl582@bath.ac.uk">dl582@bath.ac.uk</a>.</p> <div>  <p>Shared by a local autistic resident</p> </div> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>5</b>	<b><u>Neurodiverse resources</u></b>
<b>a</b>	<p><b><u>Books</u></b></p> <div>   </div> <div> <p><b>Self-Care for Autistic People</b> 100+ Ways to Recharge, De-Stress, and Unmask! Dr Megan Anna Neff</p> <p><b>Autistic Burnout Recovery</b> Your Guide to Your Personal Recovery Plan Dr Megan Anna Neff</p> </div> <p><b>Quote from resident:</b></p> <p><i>"I've also become interested in what they call AuDHD, which is the coexistence of both diagnosis of autism and ADHD in the same person. I think they could be an invaluable resource for anyone, like me, that think they could be both autistic and ADHDer."</i></p> <div>  <p>Shared by a local autistic resident</p> </div> <div>   </div> <div> <p><b>AuDHD: Blooming Differently</b> Leanne Maskell</p> <p><b>Explaining AuDHD</b> Dr Khurram Sadiq</p> </div>

b	<p><b><u>Minds of All Kinds Notts</u></b></p>  <p>At Minds of All Kinds Notts, we celebrate the uniqueness of every mind. This is a space dedicated to adults looking to better understand how their brain works, embrace their individuality, and find practical ways to make daily life smoother and more fulfilling.</p> <p>You will find information on the Autism and ADHD support and advice nationally: <a href="https://mindsofallkindsnotts.co.uk/support">https://mindsofallkindsnotts.co.uk/support</a></p>
c	<p><b><u>Viv Dawes Autistic Advocate</u></b></p>  <p>Autistic burnout is a state of physical and mental fatigue, heightened stress and diminished capacity to manage life skills, sensory input and social interactions, which comes from years of being severely overtaxed by the strain of trying to live up to demands that are out of sync with your needs” (J Endow)</p> <p><a href="#">Autistic Burnout   Viv Dawes Autistic Advocate</a></p> <p>Shared by a local autistic resident</p> <p><a href="#">Back to contents page</a></p>

6	<b><u>Articles</u></b>
a	<p><b><u>Netmums: ‘I’m a counsellor, here’s what parents need to know about autism in girls – and how to spot the signs of masking’</u></b></p> <div data-bbox="308 367 927 772">  </div> <p>‘If you're a mum who's ever looked at your daughter and thought, <i>"Something just feels off, but I can't quite explain it,"</i> you're not alone.</p> <p>To read the full article: <a href="#">‘I’m a counsellor, here’s what parents need to know about autism in girls – and how to spot the signs of masking’</a></p> <p><a href="#">Back to contents page</a></p>
b	<p><b><u>Pathological Demand Avoidance and Anxiety in Autistic Adults</u></b></p> <p>Pathological Demand Avoidance (PDA) and anxiety are two interconnected yet distinct constructs that have gained significant attention in the context of autism. PDA is characterised by extreme avoidance of everyday demands, often driven by anxiety, and the lived experience of Autistic adults with a PDA profile has received little research attention. In this article, we explore the relationship between anxiety and PDA in autistic adults, examining their prevalence, underlying mechanisms, and implications for diagnosis and intervention, based on the most recent research.</p> <div data-bbox="1034 1019 1362 1292">  </div> <div data-bbox="1106 1352 1308 1491">  <p>Shared by a local autistic resident</p> </div> <p>To read the full article: <a href="https://www.attwoodandgarnettevents.com/blogs/news/pathological-demand-avoidance-and-anxiety-in-autistic-adults">https://www.attwoodandgarnettevents.com/blogs/news/pathological-demand-avoidance-and-anxiety-in-autistic-adults</a></p> <p><a href="#">Back to contents page</a></p>
c	<p><b><u>Parenting as an autistic adult</u></b></p> <p>Challenges I face whilst parenting as an autistic adult: Parenting, in itself, is an intricate dance of patience, understanding, and resilience. As an autistic adult, this journey is further nuanced. One significant challenge is managing sensory sensitivities within</p> <div data-bbox="1066 1727 1382 2000">  </div>

	<p>our family. As a hypersensitive individual, I am acutely affected by loud noises, strong smells, or bright lights, which can sometimes overwhelm me. Similarly, my oldest son shares these struggles, while my youngest son's hyposensitivity means he often seeks sensory input in ways that clash with our sensitivities, such as being overly active or loud. Balancing these contrasting needs requires constant adaptation and creativity.</p> <p>To read the full article: <a href="https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/parenting-autistic-adult">https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/parenting-autistic-adult</a></p> <p>To join: <a href="#">Online community for parents and carers   Ambitious about Autism</a></p> <div>  <p>Shared by a local autistic resident</p> </div>
<b>7</b>	<b><u><a href="#">Things to do or Activities</a></u></b>
<b>a</b>	<p><b><u>Design and disability exhibition</u></b></p> <p>V&amp;A South Kensington</p> <div>  </div> <p>Free tickets are available for Disabled people and a companion</p> <p>Book a free disabled ticket (if you consider your autism as a disability) online for yourself and a companion to attend the exhibition and enjoy. Proof of disability not needed to enter.</p> <p>For more information and to book: <a href="https://www.vam.ac.uk/exhibitions/design-and-disability">https://www.vam.ac.uk/exhibitions/design-and-disability</a></p> <p style="text-align: right;"><b><u><a href="#">Back to contents page</a></u></b></p>

**b**

**Wellcomecollection: Finger Talk – installation**



8 July 2025 – 17 October 2025

'Finger Talk' is a new British Sign Language (BSL) artwork by Cathy Mager that invites visitors to step out of a hearing-centred world and into a space shaped by deaf perspectives.

FREE admission

For more info:

[wellcomecollection: finger-talk-installation](https://www.wellcomecollection.org/exhibitions/finger-talk)

## Social Media

### **Instagram**

**Autism explained by ducks**

**Autism**







(Explained by ducks)

<https://www.instagram.com/reel/DLDcIESN--o/?igsh=MWU0dzl0dTRkbjRzag%3D%3D>

@diploma.duck

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Apps	
<p><b><u>JAM Card</u></b></p> <div data-bbox="316 342 584 611">  </div> <p>JAM (Just a minute) enables people with learning difficulties to discreetly let someone know of their needs without verbalising it. JAM can be invaluable during personal interactions as it allows those with a condition to get their message across simply and effectively just by showing their phone screen. It also offers other supporting features which allow users to stay informed and lets us know us how users interact with the card in the community.</p> <p><a href="#">Jam Card - Google Play Store - App</a></p> <div data-bbox="1118 696 1342 853">  <p>Shared by a local autistic resident</p> </div>	
<p><b><u>Antistress - relaxation toys JindoBlu</u></b></p> <div data-bbox="344 1021 627 1305">  </div> <p>When you need relaxation, diversion or just a moment of distraction enjoy this collection of toys: hear the sound of a bamboo chime, play with wooden boxes, swipe gently your finger in the water, tap buttons, draw with chalks and so on! Are you waiting for something and you need a diversion? Open Antistress app and start playing with a Newton's cradle! Are you furious with someone? Have some relaxation with the never-old fifteen game! Do you need distraction from study? Open Antistress app and choose one among dozens of toys to play!</p> <p><a href="#">Antistress - Google Play Store - App</a></p> <div data-bbox="1134 1417 1358 1574">  <p>Shared by a local autistic resident</p> </div> <p><a href="#">Back to contents page</a></p>	