

Autism Monthly News Round-up

September 2025

11th edition

Contents list:

Local

1. World Suicide Prevention Day
2. Newham Peer Support Groups
 - a) Autism, Work and Anxiety Group (volunteers are welcome to join this group)
 - b) Carers for Autistic Adults Peer Support Group
 - c) Open Peer Support Group
 - d) Mental Health Peer Support Group – VoiceAbility
 - e) Resident Views
3. Advocacy and Support Surgeries
 - a) Monthly Surgeries for Autistic Residents
 - b) Advocacy - VoiceAbility
4. Funding
 - a) People Powered Places Grants: Apply Now
 - b) Local Newham Autism Grants £1K
5. Employment Support
 - a) DWP: Jobcentre Plus
 - b) Scope: Support to Work
 - c) Access to Work
6. FREE Courses
 - a) Our Newham: Learning and Skills
 - b) Recovery College
 - c) The Brave Project- Mentoring
7. Employment Opportunities
 - a) Newham Autism Programme: Expert by Experience (EBE) Paid Roles
8. Volunteering Opportunities
 - a) Dialogue Express Cafe
9. On a Budget
10. Share your Views
 - a) Healthwatch: South Asian Smoker in Newham
 - b) Newham neighbourhoods and your health
11. Local Things to do or Activities

- a) Dialogue Cafe
- b) Friendship Club
- c) Newham Heritage Month: Annual Heritage Festival
- d) Royal Docks Festival

National

1. **10 Year Health Plan for England: Fit for the Future**
2. **FREE Courses**
 - a) Sudden Unexpected Death in Epilepsy and Seizure Safety Programme - Awareness Training
3. **Webinars**
 - a) PDA Summit
 - b) MacIntyre Charity: Autism and Special Interest
 - c) Autism Central
 - d) Autism Hub
 - e) Attwood and Garnett: Understanding Autism
4. **Neurodiverse Resources**
 - a) Autistic Girls Network: Difficulties with Personal Hygiene
 - b) AANE: Association for Autism and Neurodiversity
 - c) Emotion and Feeling Wheel
 - d) Mind: Managing Stress and Building Resilience
5. **Neurodiverse LGBTQ+ resources**
 - a) LGBT Foundation
 - b) BBC: 1800 Seconds on Autism
 - c) Neurodiversity & Gender-Diverse Youth
6. **On a Budget**
 - a) Trussel: Find a Food Bank
 - b) Community Fridge
 - c) Too Good To Go
 - d) Olio
7. **Share your views**
 - a) EDGI: Eating Disorders Study
 - b) Beat Eating Disorders: ARFID study
 - c) GLAD: Anxiety and Depression Study
8. **Things to do or Activities**
 - a) BFI Relaxed Screenings
 - b) Picturehouse Relaxed Screening

Social Media

- [Instagram](#)
- [TV Show](#)
- [Apps](#)
- [Podcasts](#)



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 discretion.

Local

1 World Suicide Prevention Day

A number of events will be taking place in Newham from 4-10 September, ahead of World Suicide Prevention Day on Sunday 10 September 2025. The events will be aimed at providing support and resources to individuals struggling with mental health issues – or anyone that has a loved one who may need some extra help.

To view more community [events](#)

What's On Suicide Prevention Week 8-14 September 2025

Scan here
to find out more







Date & time	Who can join	Activity	Organisation	Address
Tuesday 9 th September, 12-4pm	Men aged 18+	Woodworking projects, coffee and chat	Men in Sheds	The Resource Centre, 200 Chargeable Lane, E13 8DW
Tuesday 9 th September, 3-6pm	Everyone	Positivity tree and refreshments	Forest Gate Library	Woodgrange Rd, London E7 0QH
Wednesday 10 th September, 12-1pm	Aged 18+	Community Hot Meal	The Renewal Programme	395 High St N, London E12 6PG
Wednesday 10 th September, 10am-12pm	Aged 50+	Active Minds	East Ham Library	328 Barking Rd, London E6 2RT
Wednesday 10 th September, 3-4:30pm	Aged 18+	Share together: A safe space to talk about suicide	Newham Together Cafe	Stratford Advice Arcade, 107-109 The Grove, E15 1HP
Wednesday 10 th September, 4-6pm	Aged 7-15 years	Free boxing and refreshments	Fight for Peace Academy	Woodman St, London E16 2LS
Thursday 11 th September, 10:30am-12:30pm	Women aged 18+	Women's Coffee morning	The Renewal Programme	395 High St N, London E12 6PG
Thursday 11 th September, 7:30-9pm	Aged 18+. Sign up required.	Play for tomorrow Friendly football game	West Ham United Foundation	60A Albatross Cl, London E6 5NX
Thursday 11 th September, 2-4pm	Aged 18+	Mental Health Workshop: Have your say	ASK User Led Group	East Ham Library, 328 Barking Rd, London E6 2RT
Saturday 13 th September, 12-3pm	Everyone	Marketplace and nature activities	Ashok's Vision International	Woodgrange Market Place, E7 0NQ


WE ARE NEWHAM.



More information available at:
<https://www.newham.gov.uk/health-adult-social-care/suicide-prevention-newham-1/5>

[Back to contents page](#)




	<div data-bbox="284 212 711 810">  <p>Have your say: Wellbeing in Newham East Ham Library, 328 Barking Road, E6 2RT Thursday 11th September at 2-4pm</p> <p>SHARE your views for our Mental Health Strategy CONNECT with others and find out about services near you ENJOY tea, coffee and refreshments with mindfulness activities</p> <p>In support of Suicide Prevention Week, from 8th - 14th September 2025. newham.gov.uk</p> <p>Scan here to view all activities WE ARE NEWHAM.</p> </div> <div data-bbox="896 212 1375 810">  <p>Saturday 13th September 12-3pm Forest Gate, E7 0NQ</p> <p>Woodgrange Market Place Ashok's Vision International</p> <p>Join us for some nature, planting and mindfulness activities led by our Youth Leaders. Everyone welcome! We are an inclusive, intergenerational and intersectional charity.</p> <p>Scan here to find out more</p> <p>In support of Suicide Prevention Week 2025</p> </div>
<p>2</p>	<p>Newham peer support groups</p>
<p>a</p>	<div data-bbox="284 1317 997 1751">  <p>Autism, work and anxiety peer support group</p> <p>This group is for autistic people who are working and experience anxiety. It is a safe place to share experiences and challenges autistic people may face.</p> <p>To join please email: aisha.ahmed58@nhs.net Senior Peer Support worker</p> </div> <p>Volunteers are welcome to join this group Topic: Autism and Mental Health (online Teams) Date: Tuesday 23rd September 2025 Time: 5pm-6pm To join please email: Aisha.ahmed58@nhs.net</p> <p>Back to contents page</p>

b	<p><u>Carers Peer Support Group</u></p>  <p>Starting Monday 1st September at our new venue. Drop In, First Monday every month 11 am to 12:30, Central Park Café, inside the Park, near Bartle Avenue E6.</p>  <p>Join our WhatsApp group to chat and ask questions. Find out about events near you and have the opportunity to take part in research projects, to change lives of autistic people for the better.</p> <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: carersautisticresidentsnewham@gmail.com</p>
c	<p><u>Open Adults Autism Peer Support Group</u></p> <p>This group meets quarterly on Monday 12-1pm. (can go on to 5pm depending on group dynamics, individual needs, venue & Chair availability) All welcome to drop in. See date below: 6th October 2025 Stratford Advice Arcade If you have any questions, please email Christina on: AutismOutreachNewham@gmail.com</p> 
d	<p><u>Mental Health Peer Support Group VoiceAbility</u></p> <p>A peer support group hosted by VoiceAbility for autistic residents to offer support to each other around mental health. It will be a safe space to share, receive tips, obtain informal support in times of loneliness.</p> <p>Second Monday of every month 12:30pm – 2pm The resource centre, 200 chargeable lane, E13 8DW SpeakOutNewham@voiceability.org</p> 
	<p>Unfortunately, the autistic men peer support group is no longer running. Due to poor attendance the group wasn't sustainable to continue. We are working towards creating support groups in the future that people find useful. If you are interested in setting up your own group or have any ideas about groups you would like to engage with please email Autism.Commissioning@newham.gov.uk</p> <p>We are aiming to create a supportive autistic community and so would love to hear from you to work towards building this together.</p> <p style="text-align: right;"><u>Back to contents page</u></p>

e	<p><u>Resident views</u></p> <p>We have included quotes below from residents who have attended previous support groups. If you haven't yet joined a support group and feeling anxious about joining, you may find these quotes helpful. You can also contact the relevant representative for the support group to be supported to access the group. Each rep will be able to advise what support they can offer.</p> <p>How members have found the autism, work and anxiety peer support group:</p> <p>"The anxiety and work group was very helpful for me. It was great to connect with other autistic people. We were able to share our experiences in a welcoming and safe space. I appreciated that it was online so I can fit it around work."</p> <p>"I admit I have found the autism/anxiety group really helpful and it's been good to interact with other neurodiverse people with similar concerns. Aisha is a good facilitator. I like the group is a good relaxed environment and the presentations are very helpful."</p> <p>"I've found my people"</p> <p>"It was really nice to know I'm not alone & there are people who support me as I do them."</p> <p><i>If you have a story/experience you would like to share or would like to give us your feedback about the support group/s or activities you have attended, please email Aisha.ahmed58@nhs.net</i></p> 
3	<p><u>Advocacy and support surgeries</u></p>
a	<p><u>Monthly Open Surgeries for Autistic Residents</u> (Trial June-Nov 2025)</p> <p>The next Open Surgery is Thursday 25th September 2025 Please book to meet with any of the following professionals:</p> <ul style="list-style-type: none"> • Tony Pape ASC Social Worker Team Manager • Jaspir University of East London <p>Jaspir from UEL will be present at this month's open surgery to support, guide and advise you to access higher education.</p> <p>Autistic people may find it difficult to access further education due to the barriers they face. Book in a slot to discuss your difficulties and concerns. We hope this will lead you to looking into further education should you wish to which in turn will create more opportunities in the future for you to work towards.</p> <p>To access a booking sheet please email: Autism.Commissioning@newham.gov.uk</p> <p>Back to contents page</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>
b	<p><u>Advocacy Support VoiceAbility</u></p> <p>Drop-in service with Trish</p> <p>Second Monday of every month</p> <p>The Resource Centre, 200 Chargeable Lane E18 8DW.</p> <p>2:30pm-4pm: Autistic Adults Session</p> <p>SpeakOutNewham@voiceability.org</p>  <p>VoiceAbility Do you want to speak out, be listened to and have your voice heard in local decisions? Are you Autistic or do you have a learning disability? We have a drop-in group just for you. No need to book. Just come along and say hello. When and where? The 2nd Monday of every month. The Resource Centre, 200 Chargeable Lane, E18 8DW. 10:30 - 12 noon: All adults who have a learning disability 2:30 - 4 pm: All adults who are Autistic Hot drinks and biscuits provided. Contact us • SpeakOutNewham@voiceability.org • 0300 303 1660 • voiceability.org</p>
4	<p><u>Funding</u></p>
a	<p><u>People Powered Places: 14 Sept Deadline – last chance!</u></p> <p>Two weeks left to apply for People Powered Places funding! Have you been dreaming about that idea to improve your neighbourhood all summer? There are only two weeks left to get your application in for People Powered Places funding. You might want to run social activities for people with autism, improve your local green space or something else that would improve your community – People Powered Places funding is here to support your idea.</p> <ul style="list-style-type: none"> Residents can apply for £5,000 Youth-led projects can apply for £10,000 Voluntary, Community and Faith sector organisations can apply for £20,000 <p>Watch this short video for Top Tips on how to apply for funding.</p> <p>Applications close on Sunday 14 September, 11pm.</p> <p>Visit Newham CoCreate to apply. For more information, please contact peoplepoweredplaces@newham.gov.uk</p>  <p>People Powered Places Want to make a difference in your neighbourhood? Apply for funding today Your Vote. Your Community. £1.6 million to Improve It. WE ARE NEWHAM.</p>

[Back to contents page](#)

b	<p><u>Local Newham Autism Grants £1K - Last chance!</u></p> <p>To apply for funding of up to £1000 please use the links below: newham-autism-small-grants-guidance-2025</p> <p>Newham Autism Small Grants Funding Application 2025.docx</p> <p>For more information about this grant, please see the July newsletter: https://www.newham.gov.uk/downloads/file/9014/autism-newsletter-july-2025</p>
5	<p>Employment Support</p>
a	<p><u>DWP: Jobcentre Plus</u></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.</p>  <p>Please check out the website for more information. https://www.jobcentreguide.co.uk/about-disability-employment-advisors</p>
b	<p><u>Scope: Support to Work</u></p> <p>Support to Work is a free online and telephone support programme for disabled people and autistic people who are looking for paid work in England. For more info, eligibility and to sign up https://www.scope.org.uk/employment-services/support-to-work</p> <p>Contact details: 0300 222 5742 supporttowork@scope.org.uk</p> 
c	<p><u>Access to Work</u></p>  <p>Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.</p> <p>The support you get will depend on your needs. Through Access to Work, you can apply for:</p> <ul style="list-style-type: none"> • a grant to help pay for practical support with your work • support with managing your mental health at work • money to pay for communication support at job interviews <p>For more info, eligibility and to apply https://www.gov.uk/access-to-work</p> <p>Back to contents page</p>



6

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OUR NEWHAM

Learning & Skills

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b	<p><u>Recovery college</u></p> <div data-bbox="874 219 1362 376">  <p>Newham Recovery College</p> </div> <p>Visit their website to view the full programme: https://newhamrecoverycollege.nhs.uk/</p> <p>Don't miss out on these great courses and workshops during September</p> <p>All FREE to people with a connection to Newham</p> <p>Need Help Registering, Not sure which courses are for you?</p> <p>We can arrange for a 1-2-1 session to;</p> <ul style="list-style-type: none"> • Help you register, • Set recovery goals & • Sign up for courses <p>Register here: https://newhamrecoverycollege.nhs.uk/ms_signup.aspx</p>
c	<p><u>The Brave Project Mentoring</u></p> <div data-bbox="280 983 826 1749">  <p>IN PARTNERSHIP WITH COMPASS WELLBEING C.I.C THE BRAVE PROJECT C.I.C PRESENTS EMPOWER MENTOR</p> <p>Are you a neurodivergent young man aged 16-25, exploring an autism diagnosis or already diagnosed, and living, working, or studying in Newham?</p> <p>YOU'RE NOT ALONE WE'VE GOT YOUR BACK. Join our FREE support programme for Black, Asian & Minority Ethnic young men.</p> <p>WHY JOIN?</p> <ul style="list-style-type: none"> • Feel more confident • Learn to speak up/Advocate for yourself • Feel less alone <p>WHAT'S IT ALL ABOUT?</p> <ul style="list-style-type: none"> • Peer group sessions (connect with others on a similar journey) • 1-to 1 mentoring/Advocacy (someone who be listens & supports you) • Wellbeing workshops (That will build your confidence, and help you to stay mentally strong) <p>WHEN? September 2025</p> <p>FOR MORE INFORMATION Contact: 07862 003544 Or Email: info@thebraveproject.org.uk</p> </div> <p>For more information: 07862003544 info@thebraveproject.org.uk</p> <p>Back to contents page</p>

7	Employment Opportunities
a	<p><u>Newham Autism Programme: Expert by Experience (EBE) paid roles</u></p> <p>Newham Council are looking for 10 EBE's 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: Newham Autism Action Plan: Lets Talk Autism – Autism – Newham Council.</p> <p>For more information about the roles, please see the July newsletter: https://www.newham.gov.uk/downloads/file/9014/autism-newsletter-july-2025</p>
8	Volunteering Opportunities
a	<p><u>Dialogue express cafe</u></p> <p>Join us in Stratford and help build bridges between Deaf and hearing communities — one door, one conversation, one coffee at a time.</p> <p>📍 Location: 96 Gibbins Road, E15 2HU</p> <p>🕒 Time: Flexible (3–5 hrs/week)</p> <p>📅 Start: Ongoing recruitment</p> <p>As a volunteer, you'll:</p> <ul style="list-style-type: none"> 👋 Connect with residents on the Carpenters Estate 🗣️ Share the story of our Deaf-led café 🗣️ Spread the word through flyers & friendly chats 👂 Advocate for inclusion & accessibility. No BSL experience needed — just your energy, voice, and commitment to 🎁 Perks: Training, snacks, free coffee, references & purpose-driven experience! ✉️ Apply now: info@dialoguehub.co.uk Or pop in for a friendly chat! <p style="text-align: right;"><u>Back to contents page</u></p>



9 On a Budget

Our community cares



NEED FOOD?

Are you looking for ways to stretch your budget while supporting your community? Our foodbank club offers high-quality groceries.

**More than 20 items
for just £5**

Thursday foodbank: St Luke Community Centre,
85, Tarling Rd, Canning Town, E16 1HN
Friday Foodclub: 395, Barking Road E13 8AL
opposite the Plaistow Police station

Make the Most of Your Money and Fight Food Insecurity Together
Register with us to become a member.
£5.00 registration yearly

More than 20 items for just £5

Register to become a member: £5.00 yearly

Thursday foodbank: St Luke Community Centre, 85 Tarling Road, Canning Town, E16 1HN

Friday foodbank: 395, Barking Road, E13 8AL, opposite Plaistow Police Station



**Monthly
Table top**

MEET LOCAL, BUY LOCAL
DISCOVER UNIQUE TREASURES

**Stall
Fee
£5**

**30th August
27th September
25th October
29th November
6th December**

**A range of Stalls
and many more**


Memorial Community Church,
Plaistow E13 8AL




Contact Rose and Sandy at
contact: ourcommunitycares.co.uk
info: info@ourcommunitycares.co.uk





11am-3pm
* Stall holders can
arrive From 9:45

FREE entry for residents
For more info please contact
info@ourcommunitycares.co.uk


[Back to contents page](#)



10	Share your views
a	<p><u>Healthwatch: South Asian Smoker</u></p> <div>  <p>We want to hear from you! 📝</p> <p>Your feedback will help us understand smoking behaviours in the community and identify what support would help people quit 🙌 ✨</p> <p>It only takes a few minutes ⌚, and your input will directly shape local services ❤️</p> <p>To complete the smoking cessation survey: https://www.surveymonkey.com/r/TL3B2WV</p> </div>
b	<p><u>Newham neighbourhoods and your health</u></p> <p>Tell us where you go for health and leisure services in your neighbourhood and what you'd like to see to help your community be healthier. Share your views for a chance to win a £30 shopping voucher and sign up to neighbourhood advisory groups.</p> <p>Complete the survey by 14 September: https://www.surveymonkey.com/r/Newham_Neighbourhoods</p>
11	Local Things to do or Activities
a	<p><u>Dialogue Cafe</u></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!</p> <p>https://dialoguehub.co.uk/</p> <p>Community Jazz Festival Date: Sunday 14th September Time: 12pm-8pm Location: Dialogue express café Stratford</p> <p>To register: https://www.eventbrite.co.uk/e/stratford-community-jazz-festival-tickets-1590574403859?aff=oddttdtcreator</p> <p style="text-align: right;"><u>Back to contents page</u></p>

	
b	<p><u>Friendship Club</u></p>  <p>To attend email shamilla.kumari@newham.gov.uk</p> <p>Social disability group Beckton Globe Library 1 Kingsford Way, London E6 5JQ Second Saturday of the month.</p>
c	<p><u>Newham Heritage Month: Annual Heritage Festival</u></p> <p>Take part in a wide variety of online and in-person events happening throughout September as part of Newham Heritage Month 2025.</p> <p>Newham Heritage Month Theme: 2025 – Newham at 60</p>  <p>Back to contents page</p>





	<div>  <p>2025 Event Walk Create along The Line: art, heritage and nature</p> <p>Saturday 6 September 2025, 10 – 11:30am</p> <p>A creative walk exploring the route of The Line's public sculpture trail, all welcome.</p> <p>FULL DETAILS +</p> <p>FREE TALKS TOURS WORKSHOPS</p> <p>ALL AGES</p> </div> <div>  <p>2025 Event Guided tour of Newham Archives</p> <p>Sunday 7 September 2025, 12:30 – 2:30pm</p> <p>Stratford Library</p> <p>Ever wanted to see how Newham's heritage is preserved? Come for a guided tour of Newham Archives and explore the collections with the borough archivist.</p> <p>FULL DETAILS +</p> <p>FREE TOURS ADULTS YOUTH</p> </div> <div>  <p>2025 Event Snip Snap Newham! Drop-in Collage Workshop</p> <p>Tuesday 9 September 2025, 11:30am – 4pm</p> <p>East Ham Library</p> <p>Get creative Newham! Come join the Newham Heritage Service team in this drop-in collage workshop to make a huge community artwork.</p> <p>FULL DETAILS +</p> <p>FREE WORKSHOPS ALL AGES</p> </div> <p>For more info and full list of events: https://www.newhamheritagemonth.org/events/</p>
d	<p><u>Royal Docks Festival</u></p> <div> <p>Royal Docks Originals (RDO) isn't just a moment, it's a movement...</p> <p>The festival is showcasing culture made here, by and with the community, inspired by and rooted in the Royal Docks.</p> <p>Over 50 free festival events respond to the theme of Metamorphosis: a celebration of transformation and journeys. Expect show-stopping art, dazzling installations, world-premieres and much more...</p> <p>All taking place in the London Borough of Newham, the beating heart of our city's culture and home to ambitious and dynamic cultural regeneration.</p> </div> <p>Time & date: 15 September - 4 October 2025</p> <p>Location: Across the Royal Docks</p> <p>Tickets: Free</p> <p>For more info To view the brochure</p> <div>  <p>Shared by a local autistic resident</p> </div> <p>Back to contents page</p>

National

1	10 Year Health Plan for England: Fit for the Future
	<p>The 10 Year Health Plan is part of the government's health mission to build a health service fit for the future.</p> <p>It sets out how the government will reinvent the NHS through 3 radical shifts:</p> <ul style="list-style-type: none"> • hospital to community • analogue to digital • sickness to prevention <p>To read the full Health Plan</p> <p>The NHS has developed a Health Plan to set out what the priorities are over the next ten years and learning disability and autism are included in this. The plan is about making a difference throughout people's lives, starting with a stronger focus on children and young people with the most complex of needs. Our ambitions are that across the whole NHS and wider society, we do more to ensure that all people with a learning disability, autism, or both can live happier, healthier, longer lives.</p> <p>To read more: https://www.england.nhs.uk/learning-disabilities/projects/</p> 
2	FREE Courses
a	<p><u>Sudden Unexpected Death in Epilepsy and Seizure Safety Programme - Awareness Training</u></p> <p>Since 2019, Epilepsy Foundation has successfully led, planned and collaborated on multiple epilepsy related ECHOs nationwide to achieve our goals of reducing seizures and side effects, and improving quality of life for people with epilepsy. Over 1,400 participants have already joined one of our epilepsy ECHOs.</p> <p>https://stlukes.accessplanit.com/accessplan/checkout/Login</p> <p>Back to contents page</p>
3	Webinar
a	<p><u>PDA Summit</u></p> <p>Want free access to 25+ PDA webinars that leave you feeling validated, believed and supported?</p>




	<p>The Global PDA Summit brings together lived experience, practical strategies, and deep understanding—all in one supportive, online space. Every webinar is free to watch across the summit weekend. You can access insight that truly resonates, in your own time.</p> <p>Friday 26th to Sunday 28th September 2025</p> <p>To attend the PDA webinars</p>	
b	<p><u>Autism and Special Interest Group</u></p> <p>The MacIntyre Autism Special Interest Group is an online meeting that we run two to three times a year. It is a three-hour-long event where we get together to learn from and ask questions to experts in autism, including those who are experts by experience, experts through profession and work or both!</p> <p>The MacIntyre Autism Special Interest Group is accessible to everyone and is free to attend!</p> <p>At our next meeting, we will be discussing Mental Health and its intersection with Autism. Two incredible speakers will be in attendance to share their knowledge – more news to come!</p> <div data-bbox="300 1144 646 1435"> <p>Event details</p> <ul style="list-style-type: none"> ➤ 30 September 2025 ➤ Tuesday ➤ 9.30 am to 12.30 pm ➤ RSVP - form below </div> <p>For more info and to Sign Up</p>	
c	<p><u>Autism Central</u></p> <p>Talk to people who share similar experiences to yours by joining a group workshop, drop-in session, coffee morning or virtual meeting.</p> <p>Events are for parents, carers and personal assistants of autistic children, young people and adults. Sessions are run by our hubs across England and delivered by peer educators.</p> <p>For more info and to join events</p>	




[Back to contents page](#)




d	<p><u>Autism Hub</u></p> <p>Our aim is to improve the quality of life for autistic adults by connecting people to resources, services and organisations from a central point, “The Hub”. We provide expert advice, information, support, and signposting to service users, their families and carers, and other professionals.</p> <p>For more info and to join their events</p> 
e	<p><u>Attwood and Garnett – Understanding Autism</u></p> <div data-bbox="300 667 683 1032">  </div> <p>attwoodgarnett Join Professor Tony Attwood and Dr Michelle Garnett as they share insights into autistic burnout, interoception, trauma, and the hidden struggles that increase stress and reduce quality of life. Learn how these challenges impact wellbeing and daily functioning.</p> <p>Tuesday 16th September Click here to register</p>
4 <u>Neurodiverse resources</u>	
a	<p><u>Autistic Girls Network - Reasons for Difficulty with Personal Hygiene</u></p> <p>Handling any difficulty with personal hygiene can vary with age, but the cause is usually to do with sensory needs, executive functioning and how much energy you can give to a task. If water on your skin isn't a nice feeling, then showers are going to be a struggle. The taste of toothpaste might be too strong. Clothes become complicated when they're all different textures, leading to an autistic person wearing the same thing over and over.</p> <p>To read the full article</p> 
b	<p><u>AANE: Association for Autism and Neurodiversity</u></p> <p>Here at the Association for Autism and Neurodiversity (AANE), our mission is to help Autistic and similarly Neurodivergent people build meaningful, connected lives. We provide individuals, families, and professionals with education, community and support, in an inclusive atmosphere of validation and respect.</p> <p>For more info https://aane.org/</p> 




[Back to contents page](#)

c	<p><u>Emotion and Feeling Wheel</u></p> <p>If you're looking for a quick overview of the major emotions and their corresponding feelings then you might find these resources useful.</p> <p>To view please click here</p>  <p>Shared by a local autistic resident</p>
d	<p><u>Mind: Managing Stress and Building Resilience</u></p> <p>There are some things you can do to help manage your stress and cope when you're under pressure.</p> <p>Some of us may refer to our ability to manage stress as our resilience. But there are things that might make it harder to be resilient. These include experiencing discrimination or lacking support.</p> <p>To read the full resource</p> 
5	<p><u>Neurodiverse LGBTQ+ resources</u></p>
a	<p><u>LGBT Foundation: Autistic and Neurodivergent Programme</u></p> <p>LGBT Foundation is excited to announce the launch of a brand-new Community Programme focusing on the needs of LGBTQ+ autistic and neurodivergent people!</p> <p>We are working with our colleagues at the National Autistic Society (https://www.autism.org.uk/) to develop this new programme, and GMCVO (https://www.gmcvo.org.uk/) will be funding the programme as part of their Inclusion Grant to Support Deaf and Disabled People. It will fund a fixed term, part time coordinator role to develop and run the programme, with the added aim of further proving the need for this work in the longer term.</p> <p>For more info</p>  <p>Back to contents page</p>




b	<p><u>BBC: What is Anti-Gender?</u></p> <p>1800 Seconds on Autism We ask if autistic people are more gender fluid</p> <p>To listen</p> 
c	<p><u>Neurodiversity & Gender-Diverse Youth</u></p> <p>Increasingly, clinicians and researchers are seeing a correlation between gender diversity and neurodiversity among adolescents and young adults.</p>  <p>To support these youth, providers can offer an affirming clinical approach that validates the patient's gender identity narrative, while guiding the patient to explore their gender identity in more depth and connecting them with peer groups.</p> <p>Gender identity exploration may involve helping the patient become more comfortable with fluidity in gender identities and roles, as well as placing gender identity development within the context of other aspects of adolescent development.</p> <p>To read the full resource</p> <p>Further reads: https://www.rixwiki.org/9041/?from=%2Fcamden</p>
6	<p><u>On a budget</u></p>
a	<p><u>Trussell: Find a food bank</u></p> <p>What we do: Ending hunger together We exist so everyone can be free from hunger. We're an anti-poverty charity and community of food banks.</p>  <p>We work together to ensure no one in the UK needs a food bank to survive, while providing food and practical support to people left without enough money to live on.</p> <p>https://www.trussell.org.uk/emergency-food/find-a-foodbank</p> <p>Back to contents page</p>



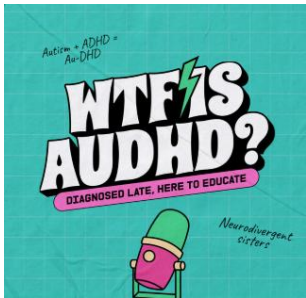
b	<p><u>Community Fridge</u></p> <p>Community Fridges are public, accessible spaces that offer free, surplus food to anyone in the community, helping to reduce food waste and connect people. They work on an "honesty" system, where anyone can take food and also donate good quality, unused food from households, businesses, or gardens.</p> <p>Run by local community groups, these fridges are often housed in community centres, shops, or schools and are managed with health and safety guidelines to ensure food quality.</p> <p>The Community Fridge Network, coordinated by Hubbub, provides support and guidance for those wanting to set up or run a fridge.</p> <p>https://communityfridgemap.org.uk/</p> 
c	<p><u>Too Good To Go</u></p> <p>Too Good To Go is a social impact company on a mission to inspire and empower everyone to fight food waste together.</p> <p>Our app is the world's largest marketplace for surplus food. We help users rescue good food from going to waste, offering great value for money at local stores, cafes and restaurants.</p> <p>https://www.toogoodtogo.com/en-us</p> 
d	<p><u>Olio</u></p> <p>Share more, waste less</p> <p>Beat waste with Olio: the app for finding what you need and sharing what you don't with local people.</p> <p>https://olioapp.com/en/</p>  <p>Back to contents page</p>

7	Share your Views
a	<p><u>EDGI: Eating Disorders Study</u></p>  <p>Take part in the Eating Disorders Genetics Initiative UK (EDGI UK) Join our major research <u>study</u> to better understand the genetic and environmental links to eating disorders and help develop better treatments.</p> <p>Am I Eligible? To take part in the Eating Disorders Genetics Initiative, part of the NIHR BioResource, you must:</p> <ul style="list-style-type: none"> • Have experienced, or have been diagnosed with an eating disorder • Be aged 16 and above • Live in England
b	<p><u>Beat Eating disorders: ARFID Study</u></p>  <p>Are you an adult with ARFID experience (no diagnosis needed)? If so, you have the opportunity to be a part of a new study, to help others affected by ARFID!</p> <p>ARFID-Connect is an 8 year long project, at Cardiff University, is looking into the causes of ARFID and risk factors to help spot and support those with ARFID early. We're looking for 10 people over 18 years old in the UK to help advise what risk factors to look into, shaped by your own lived experience.</p> <p>If you're interested in taking part: Email our co-production team at coproduction@beateatingdisorders.org.uk</p>
c	<p><u>GLAD: Anxiety and Depression Study</u></p>  <p>Join the world's largest ever study of anxiety & depression</p> <p>Am I Eligible? To take part in the GLAD Study you must either:</p> <ul style="list-style-type: none"> • Have ever experienced anxiety or depressive disorders (with or without a medical diagnosis) • Have never experienced any mental health disorder. <p>AND you must:</p> <ul style="list-style-type: none"> • Be aged 16 or over • Live in the United Kingdom <p>For more info and to register: https://gladstudy.org.uk/</p> <p style="text-align: right;">Back to contents page</p>

8	Things to do or Activities
a	<p><u>BFI: Relaxed Screenings</u></p>  <p>Relaxed screenings</p> <p>Screenings for neurodivergent audiences, with their companions and assistants.</p> <p>BFI Southbank has been awarded the National Autistic Society's Autism Friendly Award.</p>  <p>For more info and to book tickets</p>
b	<p><u>Picturehouse: Relaxed Screening</u></p>  <p>Relaxed Screenings</p> <p>Designed to make cinema-going easier for those needing additional support, including neurodivergent audiences and those living with dementia. Lights are left on low, volume is reduced, and the audience is free to move around.</p> <p>https://www.picturehouses.com/event-details/0000000151/relaxed-screenings/139</p> <p>Back to contents page</p>

Social Media

Instagram	
<p><u>Autism Representation</u></p> <p>autismnote: To watch this reel on instagram</p>	<p>This is the best way I've seen autism shown.</p> 
<p><u>Emotional Burnout</u></p> <p>diploma.duck: To watch this reel on instagram</p>	<p>Emotional Burnout</p>  <p>(Explained by ducks)</p>
TV Show	
<p><u>BBC: Austin</u></p> <p>When author Julian's offensive post goes viral, his career seems over until his neurodivergent son Austin suddenly arrives. Embracing Austin may be Julian's path to redemption if he and wife Ingrid can move past his mistakes.</p> <p>To watch the show: https://www.bbc.co.uk/iplayer/episodes/m0029kqv/austin</p> 	
<p>Back to contents page</p>	

Apps
<p><u>Better Points</u></p>  <p>Be the change you want to see! BetterPoints rewards you for making positive changes like walking instead of taking the car. Join the growing BetterPoints community and download our app, which has helped thousands of people to take those first steps towards a better life.</p> <p>You can only earn BetterPoints if you're in a sponsored area but you can still record your activities, see your progress, take part in challenges and win prizes no matter where you live.</p> <p>In sponsored areas you can earn BetterPoints for walking, wheeling, cycling or taking the bus – or even for attending fitness classes or recycling. BetterPoints can be redeemed against high street vouchers, spent with local independent retailers and exchanged for services such as leisure centre classes. You can donate your points to national and international charities or support local causes you love. Thanks for joining in!</p> <p>For more info https://newham.betterpoints.uk/</p> <p>To download the app on google play</p> 
Podcasts
<p><u>Podcast Episode: Explaining AuDHD</u></p> <p>Dr Khurram Sadiq - renowned psychiatrist and AuDHDer - joins us to help explain AuDHD. In this powerful first half of our conversation, we unpack his own diagnostic journey, what it means to live between ADHD and autism, and why this combination deserves more recognition. We explore how gender, culture, and systemic pressures influence diagnosis, and why many of us are missed or misunderstood for decades. Dr Sadiq also shares his perspective on whether ADHD and autism exist on a shared spectrum - and how we can begin to differentiate between similar traits. Part two of our chat is out next week!</p>  <p>To listen to the podcast</p> <p>Back to contents page</p> 