

Autism Monthly News Round-up

October 2025

12th edition

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Social media

- **Instagram**
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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



1	<p>World Mental Health Day</p> <div data-bbox="459 336 1133 414">  </div> <h1 data-bbox="459 421 1101 548">Celebrating World Mental Health Day 2025</h1> <p data-bbox="459 577 909 631">Thursday 9 October 11am to 2pm East Ham Library, 328 Barking Road, E6 2RT</p> <div data-bbox="422 660 821 1310">  </div> <p data-bbox="459 1326 798 1348">newham.gov.uk/worldmentalhealthday</p> <div data-bbox="837 654 1141 1052"> <p>Activities on the day:</p> <ul style="list-style-type: none"> • Inspirational speakers • Interactive workshop • Wellbeing activities • Holistic treatments • Provider resources • Light lunch provided. <p>Information on Local Services</p> <ul style="list-style-type: none"> • Newham Talking Therapies • Newham Carers Community • Newham Recovery College • Together Cafe • Well Newham • Autism support services and more! </div> <div data-bbox="869 1108 1061 1299">  </div> <p data-bbox="906 1326 1133 1348">WE ARE NEWHAM.</p> <p data-bbox="274 1415 1332 1489"><u>World Mental Health Day – Mental health support services – Newham Council</u></p> <p data-bbox="986 1496 1388 1534"><u>Back to contents page</u></p>
2	<p>Autism WhatsApp Broadcast Group</p> <div data-bbox="411 1635 1220 1998">  </div>



	<p>The Autism WhatsApp Broadcast Group is a secure and confidential way of receiving autism related local and national information that may interest you.</p> <p>You can also share news worthy autism information with the Autism WhatsApp Broadcast Group Administrator by reply confidentially and once verified, can be broadcast to the group.</p> <p>If you haven't already registered with this group and would like to join, please email us on Autism.Commissioning@newham.gov.uk leaving your Name or Alias, mobile number and ask to be added to the group.</p> <p>Membership of this group is open to autistic residents, carers, parents, family members, professionals and anyone interested in finding out more about autism related information.</p>						
3	<h3>Autism Resident Advisory Group</h3> <p>Join us at the next ARAG meeting Monday 6th October, 10am – 12pm, Stratford Advice Arcade. We have 3 guest speakers to engage with autistic residents about Homelessness and Autism; and barriers to vaccination.</p> <ul style="list-style-type: none">• David Bryce, NHS North East London, seeking feedback about your experiences of homelessness and autism;• Paul Evans, LBN, from the commissioning team speaking about what Newham are working on in supporting homeless autistic folk; and• Lizze & Matt from the Public Health team to engage with members to find out what barriers exist to vaccinations. <p>To become an ARAG member, register here: https://www.newham.gov.uk/health-adult-social-care/autism/3</p> <table><tr><th>Date</th><th>Time</th><th>Location</th></tr><tr><td>Monday 6th October 2025</td><td>10am-12pm</td><td>Stratford Advice Arcade (in-person and online)</td></tr></table>	Date	Time	Location	Monday 6 th October 2025	10am-12pm	Stratford Advice Arcade (in-person and online)
Date	Time	Location					
Monday 6 th October 2025	10am-12pm	Stratford Advice Arcade (in-person and online)					
4	<h3>Newham Peer Support Groups</h3> <p>Carers for Autistic Adults Peer Support Group To join the group, please complete this form https://form.jotform.com/241775426752362 For information on the next group meeting, please contact Sue on: carersautisticresidentsnewham@gmail.com</p> <p>Next group meeting: Monday 6th October 11 am to 12:30 pm Central Park Café, East Ham</p> 						






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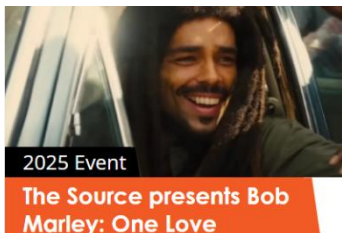



	<p>Open Adults Autism Peer Support Group This group meets quarterly on Monday 12-1pm. (can go on to 5pm). Takes place after the ARAG meeting.</p> <p>All welcome to drop in. If you have any questions please email Christina on: AutismOutreachNewham@gmail.com Next group Monday 6th October, Stratford Advice Arcade</p> 
	<p>VoiceAbility: Mental Health Peer Support Group 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 create connections, share tips and helpful services.</p> <p>Drop in: Second Monday of every month 12:30pm – 2pm The resource centre, 200 chargeable lane, E13 8DW Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org</p> <div data-bbox="986 611 1378 1144"> <p>VoiceAbility</p> <p>Drop in to our new peer support group.</p> <p>We heard from Autistic people that a relaxed space to support each other around mental health is needed.</p> <p>Join this group to talk together in a safe space - creating connections, sharing tips and helpful services. No need to book - just come along and say hello.</p> <p>When and where? The 2nd Monday of every month. The Resource Centre, 200 Chargeable Lane, E13 8DW.</p> <p>12:30 - 2 pm for all adults who are Autistic</p> <p>Hot drinks and biscuits provided.</p> <p>Contact us ✉ SpeakOutNewham@voiceability.org ☎ 0300 303 1660 🌐 voiceability.org</p>  </div>
<p>5 Advocacy and Support Surgeries</p>	
	<p>VoiceAbility: Advocacy Support Drop-in service with Trish Second Monday of every month The Resource Centre, 200 Chargeable Lane E18 8DW. Autistic Adults Session: 2:30pm-4pm</p> <p>Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org</p> <div data-bbox="1066 1256 1362 1659"> <p>VoiceAbility</p> <p>Do you want to speak out, be listened to and have your voice heard in local decisions?</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>When and where? The 2nd Monday of every month. The Resource Centre, 200 Chargeable Lane, E13 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 ✉ SpeakOutNewham@voiceability.org ☎ 0300 303 1660 🌐 voiceability.org</p>  </div>
<p>Open Support Surgery for Autistic Residents</p> <p>Do you need to speak with a senior professional about your housing concerns or have you come into contact with the Met Police and unsure about next steps?</p> <p>Book a 30min slot at the next Open surgery to have your concerns heard:</p>	


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	<p>Friday 31 October</p> <ul style="list-style-type: none"> - Tony Pape, Autism Team Manager Adult Social Care - Mohammad Khan, Housing Register Team Manager / Tibor Hudi, Housing Officer <p>Friday 28 November</p> <ul style="list-style-type: none"> - Tony Pape, Autism Team Manager Adult Social Care - Lucky Singh, Metropolitan Police Superintendent <p>To book please email Autism.Commissioning@newham.gov.uk To book a slot you must be a local autistic resident, priority will be given to ARAG members.</p>
6	<p>Residents Share: Creative Writing</p> <p>~ It's nice to be important, but it's important to be nice ~</p> <p>In today's world, it's easy to focus on the negative. Things go by so fast - you hardly have one time to digest things. A simple, small act of kindness that can go a long, long way.</p> <p>Like holding the door for someone when you enter a shop, helping someone reach something in an aisle, or sincerely complimenting someone has the power to make a person's day.</p> <p>That feeling spreads, too. Always try to be nice to others :)</p> <p>If you have something you would like to share please email: aisha.ahmed58@nhs.net</p> <div>  <p>Shared by a local autistic resident</p> </div>
7	<p>Public and Sexual Health</p> <div> <p>NHS: Seasonal Flu – Advice for Autistic People</p>  </div> <p>What is the flu vaccine? The flu vaccine helps to protect people from catching flu by reducing the chance that they will get infected with the virus. Vaccines are usually given by injection into the body via a fine needle. Whilst it can be a bit painful, it is over very quickly. People who are not able to tolerate injections, may be offered a nasal spray instead.</p> <p>Who can have the flu vaccine? Flu vaccines are recommended for autistic people who have particular health conditions – such as those affecting the heart, lungs or immune system. They are available for free via the NHS for people who meet these criteria.</p> <p>For more information please click here</p> <p>Back to contents page</p>


	<p>What is Health Spot Newham?</p> <p>Health Spot Newham is a free GP service for all young people aged 11 – 19 years, and up to 25 years with special educational needs and disabilities (SEND). It offers appointments with a doctor who is experienced in supporting young people. A youth worker can also support, if the young person would like them to.</p> <p>For more information please click here</p> 
	<p>Newham to be Part of HIV Prevention Drug Pilot</p> <p>Newham residents to get easier access to PrEP thanks to Elton John AIDS Foundation grant</p> <p>The Elton John AIDS Foundation has announced Newham is to be one of the pilot boroughs to give residents access to a leading HIV prevention medication.</p> <p>When taken correctly, pre-exposure prophylaxis (PrEP) reduces the risk of getting HIV through sex by around 99%.</p>  <p>For more information please click here</p>
8	<p>Higher Education</p> <p>University of East London: Pre entry information, advice and guidance service. If you are considering starting or going back to education and don't know where to begin, drop in to speak with Jasbir or another team member to give you free information advice and guidance.</p> <p>UEL: higher education Jasbir Panesar IAG Advisor External Relations j.k.panesar@uel.ac.uk</p> <p>University Square Stratford, University of East London, 1 Salway road E15 1NF</p> <p>Free drop in: Monday – Friday 9:30-4:30 Phone: 0208 223 4354</p> <p>For more information: UEL Pre-Entry Information, Advice and Guidance Service London Facebook</p> <p>Back to contents page</p>




	  
9	<h2>Share Your Views</h2> <div> <div> <h3>Have Your Say on Newham's Air Quality Action Plan</h3> <p>The Council has launched a public consultation on its draft Air Quality Action Plan (AQAP) for 2025–2030, setting out measures to cut air pollution and protect residents' health.</p> <p>The Council are particularly keen to hear from families with young children, older people, pregnant women, those with respiratory conditions, Black, Asian and Minority Ethnic communities, and faith groups.</p> <p>Residents can take part online or attend local drop-in sessions. The consultation closes on 31 October 2025.</p> <p>For more information and to complete the survey</p> </div> <div>  </div> </div> <div> <h3>MET: Community Crime Fighting Newham</h3> <p>The Met is hosting this event to talk about crime-fighting in your community and to give you the chance to have your say.</p> <p>Who will be there</p> <ul style="list-style-type: none"> • Senior officers from the Metropolitan Police. • Local teams and officers fighting crime in your community – ready to listen to your questions and concerns. <p>Wednesday, October 8th 6pm - 9pm Old Town Hall, Stratford 29 The Broadway London E15 4BQ</p> <p>FREE event For more information and to book tickets</p> <p>Back to contents page</p> </div> <div>  </div>



	<p>Local Services for Autistic Residents</p> <p>Do you have a local autism friendly service you can recommend? if you know of any local services that offer that extra care please share this information, and we can start logging this information for other autistic residents.</p> <p>Please email Autism.Commissioning@newham.gov.uk</p>
10	<p>Local Things to do or Activities</p>
	<p>Black History Newham</p> <p>What's On</p> <p>Explore the programme of events taking place across the borough during Black History Month this October 1st – 31st 2025</p> <div>    </div> <p>For more information and to see the full programme of events please click here</p>
	<p>Ageing Well Festival</p> <p>Saturday 4th October 2025 10am-4pm Newham leisure centre 281 prince regent lane E13 8SD For more information: www.newham.gov.uk/ageingwellfestival Email: ageingwell@newham.gov.uk Call: 0203 373 0731</p> <div>  </div> <p>Back to contents page</p>

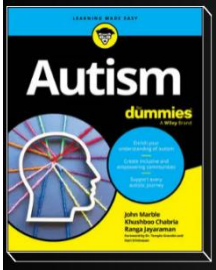



	<p>David Bowie Centre</p> <p>A new permanent home for David Bowie's archive, and a bookable creative workspace.</p> <p>V&A East Storehouse Parkes Street, Queen Elizabeth Olympic Park, Hackney Wick, London, E20 3AX</p> <p>For more information please click here</p>	
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National




1	<p>Webinars</p> <p>The Complexity of Unmasking Safely</p> <div data-bbox="279 952 837 1556">  </div> <p>PRE-REGISTRATION NOW OPEN - LIMITED TICKETS AVAILABLE</p> <div data-bbox="279 1601 837 1736"> <p>Part of Neurokindred's Thriving Autistically Free Online Wellbeing Event for Autistic Adults October 4th to 10th, 2025</p> <p>Sunday, October 5th FREE community event 10.30am - 12.30pm UK 7.30pm - 9.30pm AEST 5.30am - 7.30am EDT</p> </div> <p>FREE event To register please click here</p> <p>Back to contents page</p>
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	<p>Brain Club Brain Club® Archives – free recordings courtesy of ORCA Media</p>  <p>We invite you to check out our Brain Club® Digital Resource Library – a curated collection of past Brain Club®, organized by topic and fully searchable. For more information and to view the past recordings please click here</p> <p>Check out the April 2025 months recordings themed - The autism narrative</p>
2	<p><u>Neurodiverse Resources</u></p>
	<p>Autistica: Autism and Sensory Processing Around 9 in 10 autistic people process sensory information differently. For some, it can cause challenges in everyday life. A person can be over-sensitive, under-sensitive or both. Someone can experience sensory differences with sights, sounds, smells, tastes, touch, balance or body awareness. Sensory experiences can change how someone feels physically, where they can go and how they interact with others.</p>  <p>To read the full resource please click here</p> <p>Further info on sensory processing please see the below:</p> <p>Neurodivergent insights</p> <p>National autistic society</p> <p>Autism central</p> <p>NHS</p>
	<p>Keeping Adults with a Learning Disability and Autistic Adults Safe Online A website has been developed in the North East and Yorkshire region to support adults with a learning disability, and autistic adults, to stay safe online. It has been co-produced with people with lived experience, the police, and other key stakeholders, and covers many areas such as cybercrime, cyberbullying, sexual exploitation, social media, grooming, gangs and many more topics, all with a view to reducing both the number of victims and perpetrators of internet crime. If you are an adult with a learning disability or autism this website has been designed to help you stay safe online</p>  <p>To view the website please click here</p> <p>Back to contents page</p>



	<p>Mencap: A Guide to Writing Your Will Mencap have written an easy read guide to writing your will. The guide covers areas such as the legal side of will writing, why you should leave a will, and what kind of things you can leave in a will. For more information please click here</p> 
3	<p>Article</p>
	<p>The Guardian: Older autistic People Need More Help After Years of Misdiagnosis, review finds Researchers have called for better support for middle-aged and older autistic people after a review found that 90% of autistic people aged over 50 in Britain are either undiagnosed or misdiagnosed.</p>  <p>Greater awareness of autism and improved assessments globally mean it is typically spotted in childhood today. But in past decades autistic people were often forced to navigate middle and old age without the support a diagnosis can unlock. The review into ageing across the autism spectrum found that people in the UK faced widespread difficulties with employment, relationships and milestone events such as menopause and retirement. They consistently suffered from poorer mental and physical health. To read the full article please click here</p>
4	<p>Higher Education</p>
	<p>London Nightline An anonymous listening and information service run by students, for students in London universities. You can talk to a trained volunteer about anything – big or small – in complete confidence. We won't judge you or tell you how to run your life: we'll simply listen to whatever's on your mind. All our volunteers are students themselves, who have undergone extensive training and who understand that university life in London isn't always plain sailing. All calls and instant messages are completely anonymous, and phone numbers are not visible on our system. You don't have to tell us your name or university. Everything that is said is kept confidential within Nightline and individual themes are never passed on to universities.</p> <p>Contact us For support: Call: 0207 631 0101 Access live chat on their website Email: listening@nightline.org.uk</p> <p>Back to contents page</p>

5	Books
	<p>Embrace Neurodiversity and Foster Understanding</p> <p><i>Autism For Dummies</i> is a comprehensive guide exploring the full spectrum of autism experiences. This essential resource deepens understanding for self-advocates, parents, educators, and professionals, fostering respect and acceptance for all individuals on the autism spectrum. Covering the basics of autism, including the latest research and diagnostic criteria, the book offers insights into neurological diversity. It acknowledges the vastly different abilities and support needs among autistic individuals, portraying these experiences with depth and empathy.</p> <p>For more information please click here</p>  
	<p>Jade Farrington - Neurodivergent Counsellor & Therapist</p> <p>Neurodivergent counsellor and rewind trauma therapist producing resources for neurodivergent people</p>  <p>To view the ebook collection please click here</p>
6	Podcasts
	<p>Hoots Who</p> <p>Welcome to Hoots Who, The Owl Centre's Neurodiversity Podcast. Join us as we explore heartfelt stories, insightful anecdotes, and practical tips from the remarkable people who make up our neurodiversity team. From our dedicated staff members to the inspirational colleagues we collaborate with, each episode brings you closer to the world of</p> <p>To listen to the podcast please click here</p>  <p>Back to contents page</p>

	<p>The Late Discovered Club</p> <p>The Late Discovered Club is a social impact podcast and community that gives late discovered autistic women and marginalised groups a voice. Hosted by autistic Psychotherapist & Author Catherine Asta and edited by her daughter, Caty Ava. In each episode we bring you real and empowering stories of late discovered autistic women and people, from all walks of life - through an intersectional lens - helping to deconstruct stereotypes, and give visibility to the next generation.</p> <p>To listen to the podcast please click here</p> 
	<p>Autism Central: Transitions Podcast</p> <p>The third series of the Autism Central podcast focuses on transitions. Host Holly Sprake-Hill meets autistic people, parents and professionals to talk about managing different life changes, from starting school, to moving into work and getting older.</p> <p>To listen to the podcast please click here</p> 
7	<p>Things to do or Activities</p>
	<p>Neurodiverse Connection Groups</p>  <p>As part of our missions as a Community Interest Company, we host a range of online 'meetup' groups for the Neurodivergent community to meet, connect and share their experiences.</p> <p>FREE online groups:</p> <ul style="list-style-type: none"> • Late-Discovered Meetup • Autistic Men's Meetup • Black Autistic Meetup <p>For more information about the online groups</p> <p>Back to contents page</p>
	<p>Banksy Limitless Exhibition</p> <p>Banksy Limitless in London In the heart of London's cultural district, Banksy Limitless brings the edge of street art into an immersive gallery experience created especially for the city.</p> 

	<p>For a limited time, explore hundreds of works by the elusive artist, from originals to large-scale installations. Plus, exclusive pieces reproduced just for this show.</p> <p>Location: 79 - 85 Old Brompton Road, SW7 3LD, SW7 3LD (Sussex Mansions)</p> <p>For more information please click here</p>
	<p>Kew Gardens: Material World Exhibition</p> <p>Step into this thought-provoking exhibition that reveals the connections between plants, textiles and sustainability, and discover how nature inspires the clothes we wear and the futures we can create.</p> <p>Drawing from Kew's renowned scientific collections, <i>Material World</i> explores the intertwined threads of nature, culture and creativity, and allows us to discover how we can all wear a more sustainable future.</p> <p>20 September to 2 November 2025 Temperate House, Kew Gardens</p> <p>For more information please click here</p> 
	<p>Wellcome Collection: Relaxed Exhibitions</p> <p>Our events take place both online and in our building. Choose from an inspiring range of free talks, discussions and more</p> <div data-bbox="284 1305 751 1760">  <p>Join us for friendly, Relaxed Openings of our exhibitions</p> <p>Free Various dates</p> <p>R</p> </div> <div data-bbox="780 1310 1142 1744">  <p>1884, an anticolonial game-theatre show</p> <p>The Forum</p> <p>Wednesday 22 October 2025 12:30 – 15:30 See all dates/times</p> <p>Relaxed British Sign Language interpreted</p> </div> <p>For more information please click here</p> <p>Back to contents page</p>

Social Media

Instagram	
	<p>Instagram: ourcoachingpartner.co.uk Creative hobbies as an Autistic ADHDe</p>
	<p>Instagram: blueyesmusic two people at once out now</p>
Apps	
<p>Focus Friend</p> <p>Focus Friend is a cozy, gamified focus timer created by online educator Hank Green!</p> <p>When you Focus, your Bean Friend will Focus. If you interrupt your Bean by turning off the timer, they'll be really really sad.</p> <p>Complete your focus session, and this cute Bean will give you prizes to buy decorations to help furnish their room.</p> <p>https://play.google.com/store/apps/details?id=com.underthing.focus.friend</p> <p>Back to contents page</p>	

