

Autism Monthly News Round-up

November 2025

13th edition

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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	Share Your Views
a)	<u>Newsletter Anniversary!</u> It's our Anniversary! The November Newsletter 2025 will be our thirteenth edition. Thanks to all of you who have supported and engaged through the newsletter over the past year, we would like to celebrate our Anniversary with a Short Story Competition max 300 words.  • The theme will be: Living with autism in Newham & what the newsletter has meant for you. • There will be three prizes – £30, £15 and £5 vouchers for first, second & third. • We will publish the winning entries in the newsletter. • To enter this competition, you must have completed the autism newsletter survey. Newham Autism Newsletter Survey • You need to submit (1) Name (2) Short Story – max 300 words and (3) confirmation you completed the online newsletter survey, (if you include your email in the survey we can match it to the email you use to submit your application) Email your entry to Autism.Commissioning@newham.gov.uk by 30 November 2025. Don't forget, our Autism Newsletter Survey is still open for autistic residents to share your views on how we can improve the newsletter. We would be keen to hear from you so we can make this newsletter a practical and useful guide for all those in the autism community including autistic people, family and friends, professionals, local business people and the general public. Please complete the Newham Autism Newsletter Survey to give feedback on the newsletter. This survey will take about 5 minutes to complete.
b)	 <u>Beckton Parks Workshop</u>  Join Friends of Beckton Parks' very first interactive session for community groups and local residents to share ideas and connect!   Date: 22 November  Time: 2-5pm  Venue: Royal Docks Centre for Sustainability Back to contents page

	We'll chat about what works, what could be better, and co-create an agenda to take to the Council. A couple of hours to spend together in conversation alongside refreshments 🍪 ☕ All residents and community groups who use Beckton Parks* are welcome. 👉 To register click here *Beckton Parks includes Custom House, KGV Park, the Market Garden and the former Newham City Farm site. We really look forward to seeing you there. This is a fantastic opportunity for autistic individuals to put forward their views about parks to highlight the work needed to make them more accessible and more autism friendly. We would really encourage you to join the discussion and get your voices heard. Register using the link above for a free ticket.
c)	<u>NEL Health Inequalities Strategy for Cancer Community Partnership Project Meeting</u> 10.30am-12.30pm Wednesday 12th November 2025 Canning Town Library We are looking for 6 autistic residents to attend this meeting on cancer prevention, screening and treatment. You will receive a £40.00 gift voucher for participating. Please email Trish on Trish.moody@voiceability.org if you would like to attend and why.
d)	<u>Hate Crime in Newham</u> If you have had any experience with hate crime as an autistic person, this is the time to get your voices heard. Do it now! Together we can get our voices heard by the Metropolitan Police; to be recognised as significant members of the Newham community, autistic people need to speak up and stand up to hate crime. To complete the survey click here This short survey is anonymous and takes only a few minutes to complete. The survey is open until 30th November 2025. Back to contents page 

	If you have a personal experience and need help or support with this, you can book a private 30min meeting with the Newham Metropolitan Police Superintendent at our November Open Surgery – see article 3a. Only 4 slots available – book now!
2	<u>Newham Peer Support Groups</u>
a)	<u>Autism Work and Anxiety Peer Support Group</u> (autistic residents working as volunteers are welcome to join this group) Topic: Autistic Joy (online Teams) Becoming and celebrating your autistic self. Date: Tuesday 11th November Time: 5pm-6pm To join please email: Aisha.ahmed58@nhs.net 
b)	<u>Carers of Autistic Adults Peer Support Group</u> Monday 3rd November 2025 Drop In, First Monday every month 11am to 12:30pm, Central Park Café, inside the park, near Bartle Avenue E6. 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. To join the group, please complete this form For information on the next group meeting, please contact: carersautisticresidentsnewham@gmail.com  Free carer's rights day event Know your rights as an unpaid carer Date: Thursday 20th November 2025 Time: 11am-2pm Where: Durning Hall, Forest Gate, E7 9AB Contact: Tel: 020 3954 3143 Email: info@newhamcarerscommunity.org.uk 

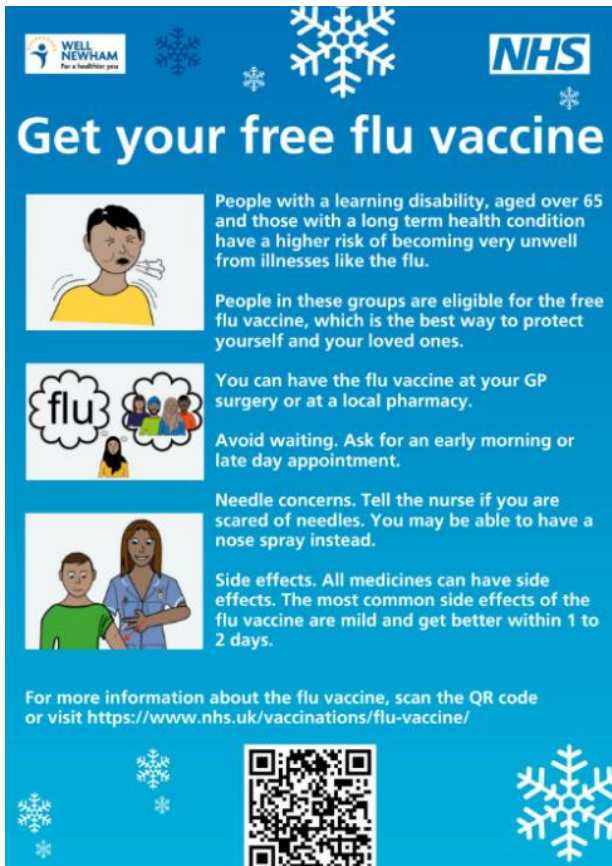
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c)	<u>Mental Health Autism Peer Support Group</u> A peer support group hosted by VoiceAbility for autistic residents to offer support to each other around mental health. It will be a safe space to create connections, share tips and helpful services. 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 
3	<u>Advocacy and Support Surgeries</u>
a)	<u>Open Support Surgery for Autistic Residents</u> Do you need to speak with a senior professional about your social care needs, or have you come into contact with the Met Police and unsure about next steps? Book a 30min slot at the next Open surgery to have your concerns heard: Friday 28 November - Tony Pape, Autism Team Manager Adult Social Care - Lucky Singh, Metropolitan Police Superintendent (limited slots available) 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.
b)	<u>Independent Advocacy Support for Autistic Residents</u> Drop-in: Second Monday of every month 2:30pm-4pm The Resource Centre, 200 Chargeable Lane E13 8DW Email: SpeakOutNewham@voiceability.org Telephone: 0300 303 1660 Website: www.voiceability.org 

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c)	<u>Form Filling Services</u> Universal Credit (UC) is a payment to help with your living costs. You may be able to get it if you're on a low income, out of work or you cannot work. For more info https://www.gov.uk/universal-credit Personal Independence Payment (PIP) can help with extra living costs if you have both: • a long-term physical or mental health condition or disability • difficulty doing certain everyday tasks or getting around because of your condition. You can get PIP even if you're working, have savings or are getting most other benefits. For more info https://www.gov.uk/pip Applying for Universal Credit and/or Personal Independence Payment benefits can take time, but it's an important step toward getting the support you may be entitled to. Bearing this in mind we have put together a list of contacts of form filling services which can support with UC and/or PIP applications. • Universal Credit Helpline 08003285644 • Our Newham Money 020 8430 2041 Email: ournewhammoney@newham.gov.uk • Families and Community Support Service 02033022780 • UEL Legal Advice Centre 07871 734 380 legaladvicecentre@uel.ac.uk • Skills Enterprise 020 8470 9838 support@skillsenterprise.co.uk • Age UK East London Newham 50+ residents 0208 981 7124 info@ageukeastlondon.org.uk • Scope 0808 800 3333 helpline@scope.org.uk
4	<u>Employment</u>
a)	<u>Paid Roles: Newham Autistic Residents Roles</u> Autism Co-Chair Roles & Priority Leads We are looking for 5 autistic residents who would like to be involved in delivery of the Newham Autism Action Plan: Let's Talk Autism. This role will be paid as per the Newham Reward and Recognition Policy; the hourly rate is currently £13.85/hour. Hours relating to each role vary depending on the role and how much time you have to offer; this will also be agreed with the Lead Autism Commissioner. Back to contents page

	The 5 roles available include: • Autism Strategic Delivery Board Carers Rep (must represent a carers of autism group) • Autism Residents Advisory Board Co-Chair (ARAG) • Young Persons Rep 18-25 • Priority 2 Expert Lead: Improving autistic children and young people's access to education, and supporting positive transitions into adulthood • Priority 5 Expert Lead: Building the right support in the community and supporting people in inpatient care All post holders must be a member of and attend the ARAG in a voluntary capacity, aside from the ARAG Co-chair. Information about the ARAG can be found in the link above. The ARAG feeds into the ASDB; this Board has a central remit to oversee the successful delivery of the Autism Action Plan. If you would like to discuss any roles or need support with your nomination form please contact Autism.Commissioning@newham.gov.uk For more info and to apply click here Applications must be received by the 15th of each month, if vacancies continue the application round continues until all vacancies are filled.
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5	Public Health
a)	<u>Flu Vaccine</u>  Autistic people don't meet the criteria for a free flu vaccine but if you have a co-occurring condition, you may be eligible. People eligible will usually be contacted by their GP. If you are unsure if you are eligible, it is recommended you contact your GP. Back to contents page

6	<u>Funding</u>
a)	<u>Local Newham Autism Grants £1K</u> This funding aims to encourage autistic residents in Newham to bid for running activities, events, or hobby groups that bring like-minded people together in a fun, supportive environment helping to build an autistic community. To apply for funding of up to £1000 please use the links below: To view the guide For the application Applications must be received by the 15th of each month, if funding is still available the funding round continues until all funding has been allocated. If you would like to discuss or develop your ideas further please email: Autism.Commissioning@newham.gov.uk For more information about this grant, please see the July newsletter
b)	<u>People Powered Places – VOTE NOW!</u>  Vote now for People Powered Places funding The People Powered Places’ Big Vote launched on 1 November and runs until 30 November. Be part of deciding how £200,000 is spent in your neighbourhood by voting for the 10 of your favourite projects that matter most to you! Anyone who lives, works or studies in Newham can take part. You can vote in one of the following ways: ✓ Join your local Big Vote event taking place throughout November. Click here to find your local event. ✓ Vote online on Newham CoCreate. (click thumbs up to vote, use search option to find a key word) Back to contents page

	☒ Visit your local library or community centre – staff can help you vote. ☒ Join an outreach session – Visit your neighbourhood page to find out when these are. Whether you're passionate about green spaces, youth activities, community events or something else – your vote makes a difference.
c)	<u>Funding for Community Projects: Lyle's Local Fund £50K</u> We're excited to announce that the Lyle's Local Fund is back this year with a grant pot of £50,000. The grant closes on Sunday 9 November 2025 at 11.00pm  The Lyle's Local Fund has been set up by Tate & Lyle Sugars, and administered in partnership with the London Borough of Newham, to support projects that help to create local communities in Newham that are safe, prosperous and healthy. Grants of up to £5,000 will be available, and the fund is open to not-for-profit organisations, such as schools, charities and community groups, who are based in Newham and whose work benefits the residents of Newham. Individuals or groups of residents are also welcome to apply. For more info and to apply: Lyle's Local Fund – Funding for community projects – Newham Council If you would like support in bidding for funding for a specific autism related project please email Autism.Commissioning@newham.gov.uk
7	<u>Autism Awareness</u>
a)	<u>Nu Sound Radio</u> The guest for November will be Lucky Singh, Metropolitan Police Superintendent talking about the Met and autism. This will air on a Friday 12pm-1pm. The date is to yet to be confirmed via the Autism WhatsApp Group or tune in each Friday to catch the Superintendent talk about Autism and the Met.  Back to contents page

b)	<u>World Mental Health Day: Update</u> World Mental Health Day event was celebrated at East Ham Library on 10th October, if you would like more information on MH support services in Newham use this link: Mental health support services – Newham Council A warm welcome to our new autism social care officer who attended the world mental health day event in Newham to promote the profile of autism and highlight the support available. 
8	<u>Resident Share</u>
a)	<u>Royal Docks Originals 2025</u> A brand-new arts festival from London's cultural engine created by artists, creatives, and communities from across the Royal Docks. This festival took place from 15 September - 4 October and included The Docks Factor; a celebration of local talent which took place on the 4th of October at London City Hall. A local Newham autistic resident took part in the talent show performing a piece about Benjamin Zephaniah through creative writing. This is such a nice achievement, and we are happy she took part and performed something she felt passionate about.  Show her some love by watching this performance and support autistic residents doing what they enjoy 😊 To view the video Filming credit learning stages  Shared by a local autistic resident Back to contents page

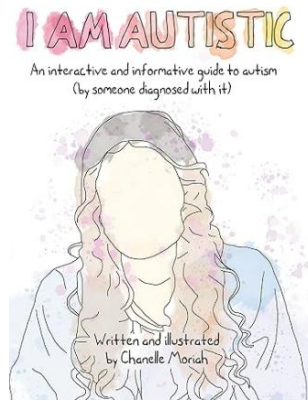
9	<u>Local Things to do or Activities</u>
a)	<u>Newham Festival of Stories</u> Newham Festival of Stories is truly a borough wide celebration, with events taking place at venues around Newham as well as online. Find out what's on near you and get out to support your local library. Join us between 13 - 23 November 2025 for a vibrant celebration of storytelling taking place across the borough. View the full programme here One of the many events include: Stories We Carry – Tote Bag Printing Workshop & Open Day For more info about this workshop and to join please click here
b)	<u>Friendship Club</u> Social disability group Beckton Globe Library 1 Kingsford Way, London E6 5JQ Second Saturday of the month 2pm – 3:30pm To attend email shamilla.kumari@newham.gov.uk Back to contents page

National

1	Public health
a)	<u>NHS England Publishes Resource to Reduce Restrictive Practices in Mental Health Services</u> NHS England has released a comprehensive resource to help mental health inpatient services identify and reduce eight types of restrictive practices that can cause harm to patients.  The resource defines restrictive practices as interventions limiting movement, liberty or independence, including physical restraint, surveillance, blanket restrictions, and cultural restraint. The resource addresses inequalities, and highlights that people with an ethnic minority background, autistic people and people with a learning disability are disproportionately affected by restrictive practice. Any restrictions must comply with human rights legislation and be lawful, proportionate and the least restrictive option available. Using this resource, providers of NHS commissioned services are asked to report restrictive practices more comprehensively in line with the requirements set out in the Use of Force Act, 2018, and ensure staff feel supported and trained to recognise and report appropriately.
	<u>Stopping Over Medication of People with a Learning Disability and Autistic People (STOMP) and Supporting Treatment and Appropriate Medication in Paediatrics (STAMP)</u> People with a learning disability are thought to be 16 times more likely and autistic people 7 times more likely to be prescribed an antipsychotic than the general population. It is this disparity that led to the creation of STOMP and STAMP as an NHS Long Term Plan commitment. People should only be given psychotropic medication for the right reasons, in the lowest dose, for the shortest time. For more info  Back to contents page

b)	<u>New Routes Home</u> A practical reflective toolkit focussing on approaches, power sharing, accountability and learning around long term hospital admissions and discharges for people with Learning Disabilities and Autistic People  This toolkit is for individuals, families and those closest to the person. It takes you through understanding how the system can get in the way for many people and walks you through an alternative approach that works. To read the toolkit
2	<u>Peer Support Groups</u>
a)	<u>The Actually Autistic Coach: Workshops, Discussion and Peer Support for Autistic Adults</u>  Each month, I host and facilitate a number of FREE specialized online autism discussion and affirmation groups on Zoom. Each meeting, we focus on a different topic or specialty cohort, welcoming both new and previous participants to share and learn together. The discussion circles are carefully moderated to ensure a respectful, inclusive, and engaging environment, making my sessions more structured and focused compared to the typical "free-for-all" atmosphere found in many other spaces. This methodical approach helps foster a sense of community and belonging, enriching our conversations and enhancing the overall experience. For more info
b)	<u>Neurokindred's Online Autistic-led Peer Support Groups</u> This is a collection of free online peer support groups including: • Queer autistic peer support group • Autistic women and non-binary peer support group • Autistic elders 50+ peer support group • Multicultural autistics discussion group • Autistics with chronic illness  Join one which might interest you to get an international perspective on neurodiversity. For more info Back to contents page

3	<u>Young People Support</u>
a)	<u>Welcome to the Ambitious Youth Network</u> The online network for autistic young people The Ambitious Youth Network is an online space for autistic young people, between the ages of 13-25 to be themselves. Find out what the network can offer for your age range.  For more info and to join the network
4	<u>Webinars</u>
a)	<u>Autistic Parents UK</u> Autistic Parents UK CIO was founded in 2020 by Autistic parents seeking connection and support, born from a deep understanding of the unique challenges Autistic individuals face while navigating parenthood. We are the only national, Autistic-led charity offering essential support services, resources, education and a thriving community for Autistic parents. Watch the videos For more info visit their website  Back to contents page
5	<u>Neurodiverse Resources</u>
a)	<u>Staying Safe Online</u>  Stay safe online film Ambitious about Autism has been working with Capgemini on some webinars, and our latest one was about how to stay safe online. Emma and David from Capgemini have joined us for a webinar to share practical tips and strategies to help you protect your data, your devices, and your digital life. Make sure to give the webinar a watch over on YouTube. Watch the film Back to contents page

6	<u>Article</u>
a)	<u>Why So Many Neurodivergent Women Discover ADHD and Autism During Perimenopause</u>  For many neurodivergent women, especially those who have lived decades undiagnosed, perimenopause is the moment when the mask starts slipping. The hormones that once buffered our nervous systems begin to fluctuate, and the strategies that kept us functioning no longer hold. Brain fog rolls in. ADHD symptoms you've only ever read about start sounding familiar because they are intensifying in you. Emotional regulation becomes harder to reach. Sensory overwhelm spikes until even the sound of a kettle boiling feels unbearable. Clinically, perimenopause is described through symptoms like hot flashes, irregular cycles, night sweats, disrupted sleep, and mood swings. But what isn't named often enough is how these changes strip away the very reserves women once relied on to mask their neurodivergence. The oestrogen that buffered dopamine pathways declines, sleep becomes fragile, and the constant exhaustion makes performance harder to maintain. What looks like sudden collapse is often the unmasking of ADHD or autism or complex PTSD and any other neurodivergence that was always there. To read the full <u>article</u>
7	<u>Book</u>
a)	<u>I am Autistic: An interactive and informative guide to autism (by someone diagnosed with it)</u> by Chanelle Moriah (Author)  An essential guide to understanding autism - for autistic people and their families, friends and workmates. When Chanelle Moriah was diagnosed with autism at 21, life finally began to make sense. Hungry for information, Chanelle looked for a simple resource that could explain what autism is and how it can impact the different areas of an autistic person's life, but found that there was little written from the perspective of someone who is autistic. <u>Back to contents page</u>

8	<u>Employment Support</u>
a)	<u>Service Map of Individual Placement and Support Employment Support Launched</u> NHS England is aiming to expand access to individual placement and support (IPS) services by an additional 140,000 people by 2028/29. IPS is an evidence-based model for supporting people with severe mental illness into quality employment and to help retain employment as part of someone's recovery. The expansion of IPS services was included in the NHS 10 Year Plan. A map and postcode finder to enable individuals or other services find their local IPS service has just been launched, and we hope this will enable more people to self-refer, as well as referrals from primary care or voluntary sector partners. 
b)	<u>Cover Letter Guide: Strengthen your Job Application</u> What is a cover letter? A cover letter is a brief letter that accompanies your CV when applying for a job. In this letter, you can state why you're a strong candidate for the role and explain your skills and passion. Although writing a cover letter may seem daunting, this guide will simplify the process and help you approach it with confidence. To read the full guide 
c)	<u>How to Write a CV</u> A CV is a summary of your work, educational experiences, and achievements. You use a CV to apply for work and to show an employer that you have the strengths, skills, qualifications, and experience for the role you are applying to. A good CV should be easy to read, include relevant information, and have a consistent layout with no obvious mistakes. Read the full checklist  Back to contents page

d)	<u>A Guide to Understanding Autistic Burnout in the Workplace</u> Autistic burnout is a mix of extreme physical and mental exhaustion, heightened stress and reduced capacity to manage daily life. This can be due to a prolonged strain of trying to meet certain demands that may be out of sync with an autistic person's needs. It is important to recognise that autistic burnout won't be the same for everyone. Each person may be affected in different ways, with varying triggers and responses depending on their personal strengths, challenges, and the demands of their working environment. The Employ Autism team has put together a guide that will cover what you might experience during autistic burnout, a few factors that can lead to autistic burnout and some strategies to prevent and reduce burnout. To read the full guide Further resources 
9	<u>Cards</u>
a)	<u>CEA Card</u>  The UK Cinema Association (UKCA) and its members want to make visiting the cinema an inclusive and enjoyable experience for all. We fully appreciate that some disabled people face barriers at the cinema as a result of the effect of their disability. We are working hard to identify and remove these barriers. Some disabled people need to be accompanied by someone else to enjoy the cinema experience. To make being accompanied as easy as possible the UKCA operates the CEA Card scheme. The scheme allows a Cardholder to be accompanied by someone, free of charge, when they purchase a ticket to visit a participating cinema with that person. For more info
b)	<u>Freedom Pass</u> Freedom Pass provides Londoners over the age of 66 and those with eligible disabilities free public transport across the capital and on local buses across England. Find out more about this scheme and apply for, or manage, your Freedom Pass here. For more info  Back to contents page

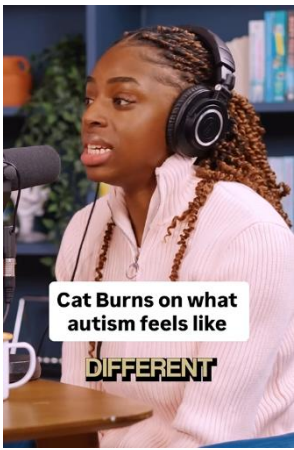
c)	<u>Hidden Disabilities: Introducing Sunflower Extra</u> Sunflower Extra is a new discreet, personalised way to instantly communicate extra information about the support someone with a non-visible disability may need. Whether you're at a busy airport, at work, in a crowded shopping centre, or at an event, Sunflower Extra ensures everyday interactions are smoother, more inclusive, and completely in your control. Your Sunflower already signals that you have a non-visible disability and may need additional support, time, space, or understanding. Sunflower Extra takes this further by allowing you to discreetly share extra details, ensuring you receive the right support instantly. For more info 
10 <u>Things to do or Activities</u>	
a)	<u>GameStaars: Gaming club</u> GameStaars is a gaming club set up by and for our young people. It is managed by our knowledgeable and inclusive STAAR volunteers. Our young people have access to the most popular consoles, video games, board and card games. It is a friendly place to chill out and meet new people with similar interests whilst enjoying the best games on the market. STAAR provides food and drink during breaks. GameStaars is open Sundays and is suitable for that 15+. Find us in Aldersbrook, Wanstead.  Please email us on staaremail@gmail.com before attending for the first time. For more info Back to contents page

b)	<u>Sea Life London Aquarium: Quiet at the Aquarium</u> On selected dates we're opening our doors an hour early, with limited tickets available, to provide a quieter SEA LIFE experience that aims to provide a more comfortable visit for those with autism and other sensory requirements.  Please note this is a pre-booked ticketed only event, guests must purchase their tickets online in advance in order to gain entry. Our centre music will remain switched off until 10.00am, lighting reduced to a static mode and televisions turned to a minimal volume. For more info and tickets
c)	<u>London Transport Museum</u> Visit in Covent Garden to discover 200 years of groundbreaking design and innovation, and the remarkable personal stories behind our transport history. If you're looking for a quieter time to explore the Museum, we recommend visiting in the afternoon.  For more info and tickets

Social Media

	<u>Video</u>
	<u>Thriving autistic: Exploring Autistic Experiences Through Animation</u> Our two new neuro-affirming educational animation videos celebrate Autistic experiences and perspectives. Our animations were proudly created by a neurodiverse, international team, and all our writers are Autistic.  • Discovering You're Autistic • Lightbulb Moments: Being Autistic To watch the videos Back to contents page

	<u>TV Show</u>
	<u>Kellie Bright - Autism, School and Families on the Edge</u> EastEnders actor Kellie Bright meets parents who say they're exhausted by the fight to get the right education for their autistic children. She follows three families who are applying to their councils for an Education, Health and Care Plan (EHCP), a crucial document which says where a child goes to school and what extra support they should get. Drawing on her own experience as a mother to an autistic son, Kellie helps the children explain in their own words why they find school so hard and finds out what they and their parents think would help them to cope better and thrive.  Watch on BBC iPlayer  Shared by a local autistic resident

	<u>Instagram</u>
	<u>greatcompanypodcast</u> "I felt like I was doing life wrong" 🙄 @catburns opens up about how autism has shaped her. Search 'Cat Burns Great Company' on YouTube, Spotify and Apple for the full episode. Watch the instagram reel  Back to contents page