

Information and Resources

Local and National Support

Table of contents:

1. [Employment and work support](#)
2. [Education/Training/Learning](#)
3. [Mental health](#)
4. [Social services](#)
5. [Advocacy](#)
6. [Benefits, debt, money and housing](#)
7. [Books](#)
8. [Information](#)
9. [Cards \(check eligibility\)](#)
10. [Dyspraxia](#)
11. [Dyslexia](#)
12. [Dysgraphia](#)
13. [Dyscalculia](#)
14. [Listening](#)
15. [Forum/Discussion/Groups](#)
16. [Apps](#)
17. [Glossary](#)
18. [Autism Diagnostic Services](#)

1. Employment and work support

Local:

- **Our Newham Work:**

<https://www.newham.gov.uk/health-adult-social-care/getting-employment>

- **Volunteering:**

<https://www.newham.gov.uk/community-parks-leisure/volunteering-newham>

National:

- **Ambitious about Autism:**

<https://www.ambitiousaboutautism.org.uk/what-we-do/employment/paid-work-experience/our-offer-for-candidates>

- **MenCap:**

<https://www.mencap.org.uk/advice-and-support/employment/employ-me-london>

- **Access to Work Grant:**

<https://www.gov.uk/access-to-work/apply>

- **Exceptional individuals:**

<https://exceptionalindividuals.com/>

- **Scope:**

<https://www.scope.org.uk/>



- **Support at work:**

<https://www.autism.org.uk/advice-and-guidance/topics/employment/support-at-work/autistic-adults>

[Back to contents page](#)

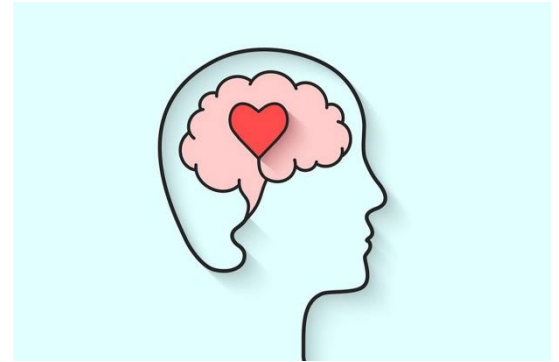
2. [Education/Training/Learning](#)

Ideas for adjustments in higher education:

<https://www.scope.org.uk/advice-and-support/reasonable-adjustments-college-university>

[Back to contents page](#)

3. Mental health



Local:

- **GP:** visit your GP and tell them about your mental health problems, they can refer or signpost you accordingly.
<https://www.nhs.uk/Service-Search/find-a-gp>
- **Newham Talking Therapies:** (Accept self-referrals)
<https://www.eft.nhs.uk/newham-talking-therapies>
- **MIND in Newham:**
www.mithn.org.uk
- **Well Newham:** Find services in Newham that can support your health and wellbeing journey.
<https://www.wellnewham.org.uk/>
- **Mental health crisis support Newham NHS 111 Option 2 in East London:**
The Helpline is free to call and available 24 hours a day including at weekends and Bank Holidays. People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.
- **Safe Connections:** Support Newham residents who are experiencing suicidal thoughts.

<https://www.localoffertowerhamlets.co.uk/organisations/32646-safe-connections-suicide-prevention-helpline>

Telephone lines are open from 9.30am - 4:30pm, Monday - Friday
Safe Connections Suicide Prevention Helpline: 0300 561 0115

- **Newham Together Café**

Monday-Friday 5pm-9pm & Weekends/Bank holidays 3pm-9pm

Stratford Advice Arcade, 107-109 The Grove, London, E15 1HPT

T: 0207 7510 1081 E: togethercafe@mindthnr.org.uk

- Newham Recovery College

<https://www.elft.nhs.uk/services/newham-recovery-college>

National:

- **Ideas for reasonable adjustments in psychological therapy:** Therapy
<https://www.autism.org.uk/what-we-do/news/reasonable-adjustments>

- **Samaritans:** Can call any time, from any phone for Free
116 123

- **Tower hamlets Together Café (Mental Health Crisis Café):**

<https://www.hestia.org/mental-health>

[Back to contents page](#)

4. Social services

Local:

- **Newham Adult Social Care Team:**
<https://www.newham.gov.uk/health-adult-social-care/what-we-do-1/2>
- **Newham Carer's Assessment:**
<https://www.newham.gov.uk/health-adult-social-care/carers-assessments>
- **Newham Safeguarding Team:**
<https://www.newham.gov.uk/health-adult-social-care/sg-raising-alert>

5. Advocacy

Local:

- **Mind advocacy:**
<https://www.mindthnr.org.uk/our-services/advocacy/>
- **VoiceAbility:**
Advocacy drop in VoiceAbility service
Every second Monday of the month at the Resource Centre, 200 Chargeable Lane, Newham, E18 1EL.
Email: speakoutnewham@voiceability.org
Call: 07770 012 959
voiceability.org

National:

- **POhWer:** Mental Health Advocacy.

www.pohwer.net



[Back to contents page](#)

6. Benefits, debt, money and housing

Local:

- **Benefits advice:**
<https://www.newham.gov.uk/advice-support-benefits>
- **Money and debt advice and support:**
<https://www.newham.gov.uk/advice-support-benefits/money-debt-advice-support/12>
- **Hardship support fund:**
<https://www.newham.gov.uk/advice-support-benefits/hardship-support>



- **Citizens Advice Bureau:**
<https://eastendcab.org.uk/newham/>
- **Housing options:**
<https://www.newham.gov.uk/housing-homes-homelessness>
- **Our Newham money**
<https://www.newham.gov.uk/ournewhammoney>

National:

- **Disability discrimination and benefits**
<https://www.citizensadvice.org.uk/consumer/discrimination-in-the-provision-of-goods-and-services/discrimination-in-the-provision-of-goods-and-services1/disability-discrimination-and-welfare-benefits/>

[Back to contents page](#)

7. [Books](#)

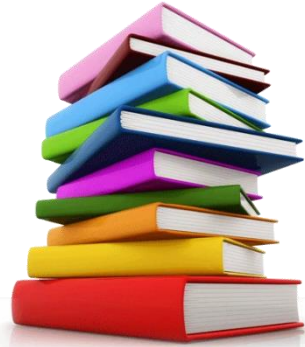
Newham libraries search Autistic

https://libraries.newham.gov.uk/search?term=autistic&field=&facets=&listview=false&sort=PUBDATE_desc&limit=203&page

Newham libraries search Autism

https://libraries.newham.gov.uk/search?term=autism&field=&facets=&listview=false&sort=PUBDATE_desc&limit=203&page

- Taking Off the Mask: Practical Exercises to Help Understand and Minimise the Effects of Autistic Camouflaging, Hannah Louise Belcher
- Unmasking Autism: New Faces in Neurodiversity, 2022, Devon Price
- Explaining Humans, 2020, Dr. Camilla Pang
- The Reason I Jump, 2007, Naoki Higashida
- The Autism Relationships Handbook, 2021, Joel Biel and Faith G Harper
- Website by Donna Williams, an autistic woman who has written many books on the subject: <https://www.donnawilliams.net/>
- UNMASKED: The Ultimate Guide to ADHD, Autism and Neurodivergence, 2023, Ellie Middleton
- Self-care for Autistic people, 2024, Megan Anna Neff



[Back to contents page](#)

8. [Information](#)

- **National Autistic Society:**
www.autism.org.uk
- **Magazine:**
<https://www.autism.org.uk/advice-and-guidance/the-spectrum>
- **Autism Hampshire:**
<https://autismhampshire.org.uk/>



- **Example of reasonable adjustment passport:**
<https://www.tuc.org.uk/sites/default/files/AdjustmentPassport.pdf>
- **Autistica:**
<https://www.autistica.org.uk/>
- **Ask Auti: “Autistic robot” to answer questions:**
<https://www.thefarawaycic.org/askauti>
- **Neurodiversity in Business:**
<https://neurodiversityinbusiness.org/>
- **HealthTalk (video interviews):**
<https://healthtalk.org/experiences/service-improvement/autism-catalyst-film/>
- **NHS website:**
 - www.nhs.uk/conditions/autistic-spectrum-disorder/Pages/Introduction.aspx
- **Ambitious about Autism:**
<https://www.ambitiousaboutautism.org.uk/>
- **Autism West Midlands:**
<https://autismwestmidlands.org.uk/>
- **Resources for Autism:**
<https://resourcesforautism.org.uk/>
- **Support for autistic people with eating disorders:**
<https://peacepathway.org/>
- **Tony Attwood website:** Guide for parents, professionals and Autistic people and their partners:
www.tonyattwood.com.au
- **National Autistic Society E-learning modules**

<https://www.autism.org.uk/what-we-do/autism-training-and-best-practice/training/e-learning>

- **Autism and menopause**

<https://www.autism.org.uk/advice-and-guidance/topics/physical-health/menopause>

[Back to contents page](#)

9. [Cards \(check eligibility\)](#)

- **CEA card:**

<https://www.ceacard.co.uk/>

- **Printable autism alert card:**

<https://www.autism.org.uk/advice-and-guidance/resources/downloads/i-am-autistic>

- **Autism alert card for purchase:**

<https://www.autism.org.uk/shop/products/merchandise/alert-card>

- **Printable health passport:**

<https://www.autism.org.uk/advice-and-guidance/topics/physical-health/my-health-passport>

- **Blue badge:**

<https://www.gov.uk/apply-blue-badge>

- **Freedom pass:**



<https://www.londoncouncils.gov.uk/services/freedom-pass>

- **National disability card:**

<https://www.disabilityid.co.uk/>

- **Access card:**

<https://www.accesscard.online/apply-or-renew/>

- **Disabled persons railcard**

<https://www.nationalrail.co.uk/tickets-railcards-offers/promotions/disabled-persons-railcard/>

- **Sunflower lanyard (hidden disabilities)**

Available in selected supermarkets

[Back to contents page](#)

10. Dyspraxia

- **University of St Andrew's, Workplace adjustments:**
<https://www.st-andrews.ac.uk/hr/edi/disability/dyspraxia/adjustments/>
- **Dyspraxia in the workplace:**
<https://www.gmb.org.uk/thinking-differently-at-work/dyspraxia-toolkit.pdf>
(Copy and paste in browser)
- **Virtual Assistant matchmaking (can apply for funding through Access to Work grant):**
<https://www.vamatchmaking.co.uk/>

[Back to contents page](#)

11. Dyslexia

- **Dyslexia association:**
<https://www.bdadyslexia.org.uk/>
- **University of St Andrew's, Reasonable adjustments:**
<https://www.st-andrews.ac.uk/hr/edi/disability/dyslexia/adjustments/>
- **Dyslexia reasonable adjustments:**
<https://neu.org.uk/advice/equality/disability-equality/reasonable-adjustments/dyslexia>

[Back to contents page](#)

12. Dysgraphia

- **hft:**
<https://www.hft.org.uk/resources-and-guidance/what-is-a-learning-disability/learning-difficulties-and-other-needs/dysgraphia/>

[Back to contents page](#)

13. Dyscalculia

- **hft:**
<https://www.hft.org.uk/resources-and-guidance/what-is-a-learning-disability/learning-difficulties-and-other-needs/dyscalculia/>

DYSLEXIA	DYSCALULIA
learning difference with difficulties in reading, spelling, and word recognition.	learning difference with difficulties with numbers and math.
DYSGRAPHIA	DYSPRAXIA
difficulties with writing, including spelling, handwriting, and composition.	difficulties with motor coordination which can lead to difficulties with hand writing.

[Back to contents page](#)

14. Listening

- National Autistic Society website, they have something called Stories from the Spectrum, <https://www.autism.org.uk/advice-and-guidance/stories>, which shows the variability of the lives and experiences of autistic people.
- If you like listening to podcasts, you may enjoy 1800 seconds on Autism on BBC Sounds/ Spotify. <https://www.bbc.co.uk/programmes/p06sdq0x/episodes/downloads>
- The Autistica Podcast brings you the latest discussions around autism research. Episode 6 of the podcast is around sleep. More info here: <https://www.autistica.org.uk/get-involved/discover-podcast>



[Back to contents page](#)

15. Forums/ Discussions/ Groups

Local:

- **Newham's Autism Resident Advisory Group (ARAG):** <https://www.newham.gov.uk/health-adult-social-care/autism/3>
- **Newham's Carers Resident Advisory Group (CRAG):** <https://www.newham.gov.uk/health-adult-social-care/carer-2/6>
- **Beckton Friendship Club**
Call Beckton library so you can be booked into the session 020 3373 0853
- **Carers peer support group**
<https://eu.jotform.com/form/230232633240340>



National:

- **ASD Forum-** discussion forum led by autistic people:
<https://www.asd-forum.org.uk/forum/>
- **Wrong Planet-** for people to chat and read what other autistic people have posted: <https://wrongplanet.net/>
- **NAS forum:**
<https://www.autism.org.uk/what-we-do/community>
- **Online Youth Network from Ambitious about autism (16-25):**
<https://www.ambitiousaboutautism.org.uk/what-we-do/connecting-young-people/online-youth-network>
- **AutAngel-** links to groups and information for autistic people:
<http://www.autangel.org.uk/>

- **Asperger London Area Group (ALAG)**- Meets in the evening on the first Tuesday of every month: <https://alag.org.uk/>
- **Meet up**- links to groups for autistic people: <https://www.meetup.com/>
For example- Neurodissident Women:
 - <https://www.meetup.com/neurodissident-women/>
- **LGBTQI+ Autism Group**- group for anyone who identifies as being autistic and LGBTQI+. To sign up you need to register by emailing on office@existentialacademy.com.

[Back to contents page](#)

16. [Apps](#)



- **Molehill Mountain:** *Help autistic people understand and self-manage their anxiety.*
- **Headspace: Mindful Meditation:** *Everyday mindfulness and meditation, helps to relax, manage stress, find your focus, and release tension.*
- **Noice: Natural calming noise:** *Have uniform background noises to help remain calm and focused.*
- **Calm- Sleep, Meditate, Relax:** *Helps with meditation, sleep and stress.*
- **Cozi:** *Helps with planning and managing everyday life. Can share calendars, reminders, make lists.*

- **Tiimo:** *Visual Daily Planner, designed for people with ADHD, Autism, dyslexia, and everyone who thinks, works, and plans differently.*
- **Hiki:** *Hiki is a friendship and dating app for the Autistic community. It is a place to feel safe, find friendship or love, and most importantly, to be yourself.*
- **Sleep Cycle: Sleep Tracker:** *Personalised sleep tracker and smart alarm clock with a range of features.*
- **Emergency Chat:** *Can be used in any situation where speech is impossible but communication is still necessary.*
- **HabitRPG:** *Gamify good habits and routines*
- **Todoist:** *to do list organiser which can be shared with partners/ family members*
- **Mood panda:** *mood tracker*
- **Miracle Modus:** *designed to help manage sensory overload*
- **Sensoryapphouse.com:** *sensory relaxation or stimulation*
- **Mindshift:** *shift thinking around anxiety*
- **Breathe2Relax:** *guided breathing to relax*

[Back to contents page](#)

17. Glossary

Masking:

Masking is a strategy used by some autistic people, consciously or unconsciously, to appear non-autistic in order to blend in and be more accepted in society.

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/masking>

Stimming:

Stimming or self-stimulating behaviour includes arm or hand-flapping, finger-flicking, rocking, jumping, spinning or twirling, head-banging and complex body movements.

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/stimming>

Special interests:

Many autistic people have a highly focused level of interest in particular topics. Some special interests begin in childhood, but some are picked up later in life.

These interests can vary, for example, from a TV show or game to a type of animal, a type of machine or a country. They bring autistic people much joy and can be a positive influence on the rest of their lives - helping them develop friendships, determining what they might study or focusing their career choice.

<https://www.ambitiousaboutautism.org.uk/understanding-autism/behaviour/special-interests>

Executive functioning:

Some research suggests that up to 80% of those with autism suffer from executive function disorder, leading to difficulties managing time, completing tasks, and making what might be thought of as simple tasks – like cleaning your room – very complicated or seemingly impossible.

<https://www.leicspart.nhs.uk/autism-space/health-and-lifestyle/autism-and-executive-functioning-skills/>

ADHD:

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

Sensory differences:

Autistic people may experience sensory differences. If you are autistic, you may be over-sensitive or under-sensitive to specific sights, sounds, smells or textures. This can be a positive thing, but can also cause distress or discomfort.

<https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences>

Dyslexia:

Dyslexia is a common learning difficulty that mainly causes problems with reading, writing and spelling.

<https://www.nhs.uk/conditions/dyslexia/>

Dyspraxia:

Dyspraxia, also known as developmental co-ordination disorder (DCD), is a common disorder that affects movement and co-ordination.

<https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia-in-adults/>

Reasonable adjustments:

Employers must make reasonable adjustments to make sure workers with disabilities, or physical or mental health conditions, are not substantially disadvantaged when doing their jobs.

This applies to all workers, including trainees, apprentices, contract workers and business partners.

<https://www.gov.uk/reasonable-adjustments-for-disabled-workers>

Situational mutism/selective mutism:

Selective mutism is an anxiety disorder where a person is unable to speak in certain social situations, such as with classmates at school or to relatives they do not see very often. A child or adult with selective mutism does not refuse or choose not to speak at certain times, they're literally unable to speak. The expectation to talk to certain people triggers a freeze response with feelings of anxiety and panic, and talking is impossible.

<https://www.nhs.uk/mental-health/conditions/selective-mutism/>

Autistic burnout:

Autistic burnout is a syndrome conceptualised as resulting from chronic life stress and a mismatch of expectations and abilities without adequate supports. It is characterised by pervasive, long-term (typically 3+ months) exhaustion, loss of function, and reduced tolerance to stimulus.

<https://www.autism.org.uk/advice-and-guidance/professional-practice/autistic-burnout>

Spoon theory

People who aren't living with health conditions or disabilities often wake up with an unlimited amount of energy. They can get out of bed and manage their activities of daily living without a great deal of thought or planning. However, people living with physical health conditions, disabilities or mental illnesses may only start out each day with a certain amount of energy – or spoons. It varies from person to person, day to day and only you know, how many spoons you have.

<https://www.rcot.co.uk/news/spoon-theory>

AuDHD

It is estimated that about 40% of autistic people also have ADHD. This combination is often referred to as AuDHD.

<https://www.leicspart.nhs.uk/autism-space/all-about-autism/autism-and-neurodiversity/>

Neurotypical

Neurotypical describes most of the population the majority group that expresses themselves in ways that are seen as the societal “norm”.

<https://www.hee.nhs.uk/our-work/pharmacy/transforming/initial/foundation/resources/edi/neurodiversity>

Neurodiversity

Neurodiversity describes the population as a whole and recognises the diversity of different brains.

<https://www.hee.nhs.uk/our-work/pharmacy/transforming/initial/foundation/resources/edi/neurodiversity>

Neurodivergent

Neurodivergent describes the minority group that diverts neurologically from said “norm”. This is estimated to be 1 in 7 people, although with an increase in awareness and late diagnosis this is likely to be higher. Neurodivergent conditions include Autism/Autism Spectrum Condition (ASC)/Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD)/ Variable Attention Stimulus Trait (VAST), Dyspraxia, Dyslexia, Dysgraphia, Dyscalculia and Tourette’s Syndrome (TS) as well as many other conditions.

Neurodivergence is classed as a disability, although some neurodivergent people do not identify as disabled but need support to live in a neurotypical society.

<https://www.hee.nhs.uk/our-work/pharmacy/transforming/initial/foundation/resources/edi/neurodiversity>

Alexithymia

Around a half of autistic people have difficulties understanding and describing their own emotions. This is known as Alexithymia.

<https://www.autistica.org.uk/what-is-autism/anxiety-and-autism-hub/alexithymia>

[Back to contents page](#)

18. Autism Diagnostic Services

Newham Adults Autism Diagnostic Service (Accepts self-referral)

The Newham Adults Autism Diagnostic Service offers diagnosis, advice and signposting to adults living in Newham who have not had a previous diagnosis of Autism. They are now accepting self-referrals. To be considered for this service, referrals must meet the following criteria: 18 years and over.

<https://www.eft.nhs.uk/services/newham-autism-diagnostic-service>

The Children with Autism in Newham - Diagnosis Service (CHAND)

We are currently an Autism diagnosis service only for children aged 2-12 years registered with a Newham GP.

<https://www.eft.nhs.uk/scyps/our-services/community-paediatric-services/chand>

Child and adolescent mental health services (CAMHS)

For Autism Diagnoses over 12 years and ADHD referrals (over 6 years) please refer to CAMHS

<https://www.eft.nhs.uk/services/newham-child-and-adolescent-mental-health-service>

[Back to contents page](#)