

Autism Monthly News Round-up

December 2024

Contents list:


Local


1. [Supermarkets - Quieter shopping](#)
2. [Autism friendly Stores](#)
3. [Carers of Autistic Adults Peer Support Group](#)
4. [Preparing for Adulthood Pathway](#)
5. [Autism Champions](#)
6. [Neighbourhood Christmas Events](#)
7. [Mindful Dining Food Club](#)
8. [Free Music Performance](#)
9. [Stratford Youth Zone](#)
10. [Autism WhatsApp Broadcast Group](#)
11. [Autism Monthly News Round-up](#)
12. [Autism Residents Advisory Group \(ARAG\)](#)

National

1. [Voices of autistic women from minoritised communities](#)
2. [Autism: Myth Busting Video](#)
3. [King's Trust- Free opportunities for 16-30 year olds!](#)
4. [Experiences with health & care services - feedback survey](#)
5. [Autism and mental health resource](#)

Local

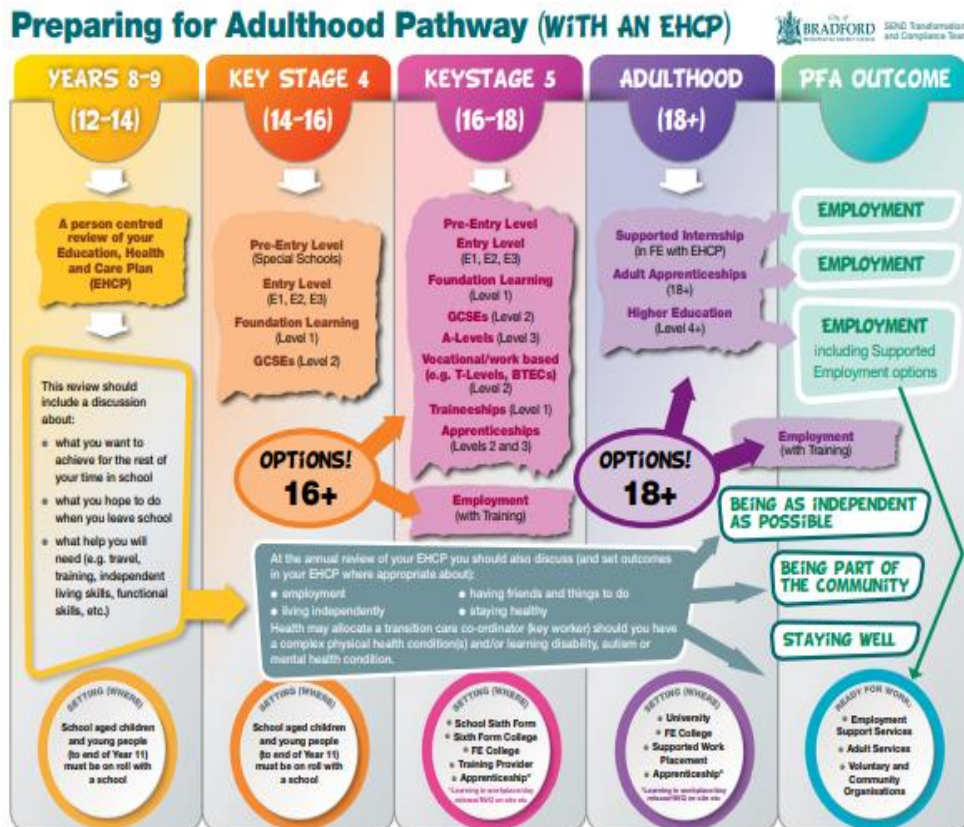
<p>1</p>	<p><u>Supermarkets- Quieter shopping</u></p>
	<p>Some supermarkets offer 'quieter hours' to support a more accessible and relaxed in-store shopping experience for customers who may find the environment challenging. It's a dedicated time where lights, noise, and other stimuli are reduced to accommodate individuals with sensory sensitivities or a preference for a calmer environment.</p> <p>Below are some stores offering quieter hours:</p> <ul style="list-style-type: none"> • Asda Beckton 2pm-3pm Mondays-Thursday • Tesco's Beckton Extra Gallions Reach 9am-10am Wednesday and Saturday • Morrison's Canning Town and Stratford 2pm-3pm Monday to Thursday 9am-10am Saturdays first hour of trade on Sundays <p>If you know of any other Newham stores offering quiet hours please email us Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p>
<p>2</p>	<p><u>Autism friendly stores</u></p>
	<div style="display: flex; align-items: flex-start;">  <div style="margin-left: 20px;"> <p>Are there any shops and services in Newham you would like to visit but don't? Places you would love to go to more often but it causes sensory overload i.e. too noisy, too bright.</p> <p>We are making a list of stores to approach to see how they can become more autism friendly, so we need your help.</p> </div> </div>

	<p>Please email your shop/service/business suggestion to Shantell Thomas shantellt75@outlook.com and put 'Autism friendly services' in the subject.</p> <p>Hopefully we can help you enjoy more places in your local area more often.</p> <p style="text-align: right;">Back to contents page</p>
3	<p><u>Carers of Autistic Adults Peer Support Group</u></p>
	<div style="text-align: center;">  <p>Carers Peer Support Group</p> </div> <p>Join our Carers of Autistic Adults group to share information, give and receive support and make new friends, as well as helping to shape the All Age Newham Autism Action Plan.</p> <p>Date: First Wednesday of each month, Time: 11.00am - 1.00pm Where: Various Locations</p> <p>For more information or to confirm your attendance, please contact Sue Sinton Smith carersautisticadultsnewham@gmail.com 07968424738 (text only)</p> <p>Register here: https://form.jotform.com/241775426752362</p> <p style="text-align: right;">Back to contents page</p>

4

Preparing for Adulthood Pathway

One of the actions in the Autism Action Plan is to create a clear pathway for families, children and young people to help guide them to move through the education system onto employment. Without trying to reinvent the wheel we



have found Bradford’s pathway chart simple and easy to follow. In addition to this one of our local resident Expert by Experience representative has included additional text in a language that makes sense for children and young people.

This is in final draft format but we want to get your input into the two documents before we finalise it. If you have any comments please email Autism.Commissioning@newham.gov.uk to provide feedback.

Both documents can be found attached in pdf – Pathway Chart & Pathway Info.

[Back to contents page](#)

5	<u>Autism Champions</u>
	<p>Do you want to help us build an autism friendly community?</p> <p>We are wanting to build a community of autism champions in Newham, to spread the word and get Newham <i>talking autism.</i></p> <p>Would you like to get involved in volunteering your time in helping us in your spare time and when you are out and about in the community?</p> <p>This may involve sharing flyers or posters at your local store, letting friends, family, neighbours or local people know about events happening in your area.</p> <p>If you are interested we would like to hear from you. Please email Autism.Commissioning@newham.gov.uk to register your interest in becoming an autism champion.</p> <p style="text-align: right;">Back to contents page</p>
6	<u>Neighbourhood Christmas Events</u>
	<p>As part of the 'Let's Celebrate Christmas Together' programme, we have organised a variety of fun and festive activities in our neighbourhoods for all residents to participate in.</p> <p>Taking place in libraries across Newham.</p> <p>Please see attached Christmas Activities in Libraries PDF for more information.</p> <p style="text-align: right;">Back to contents page</p>
7	<u>Mindful Dining Food Club</u>

Newham London

ANKH Place CIC invites you to attend

ANKH Place CIC
Mindful Dining

Mindful Dining Food Club

Join your community for a warm meal, conversations and fun, interactive community activities!

1st December 2024 and 29th December 2024

What to expect:

- A Hot Meal
- Decoration Making
- Art & Music
- Santa plus more!

FREE ENTRY

Meals cost £1.00 per person
Register online here:
<https://bit.ly/3AMCoKG>

1PM - 4PM

Venue: Plaistow Fire Station, 145 Prince Regents Lane, E13 8RY

Sponsored by ANKH Place CIC / Supported by She Inspired Her CIC

[Back to contents page](#)

8

[Free Music Performance](#)



FREE

CALLUM SMART:

Music Performance at Age UK East London



Callum Smart has developed an international reputation as one of Britain's finest young violinists. Recognised as a rising star since winning the BBC Young Musician strings category and being a top prize-winner at the Menuhin Competition.

Callum will be performing a series of sessions for us across our venues in East London. In this series, participants will be invited to vote for the songs they'd most like to hear, from a playlist of popular favourites!

Collect a free gift and enjoy some festive cheer!

Join Us:

Wednesday 11th December

1:00 – 2.30pm

Barking Road NCC Office
 655 Barking Rd, London, E13 9EX
info@newhamcarerscommunity.org.uk
 020 3954 3143

[Back to contents page](#)



It would be great to get autistic voices heard at this 18-25 year old group. If you are autistic and aged 18-25 year old and want to improve services for autistic children and young people please join and start shaping services.

There will be 2 support workers available to meet with 8 young people on a Wednesday next year. This is an ideal setting to voice what support you need.

Please copy and paste the link below into your browser to fill out the form

<https://docs.google.com/forms/d/e/1FAIpQLSd0uyTKVVpxn8R7YYMJ6QEtz3-10IR8bAoHi159B4LSp3LDkQ/viewform>

[Back to contents page](#)



The **Autism WhatsApp Broadcast Group** is a secure and confidential way of receiving autism related local and national information that may interest you.

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.

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.

Membership of this group started with autistic residents but is now open to carers, family members, professionals and anyone interested in finding out more about autism related information.

You can **subscribe or unsubscribe** by emailing us on Autism.Commissioning@newham.gov.uk

[Back to contents page](#)


11 [Autism Monthly News Round-up](#)



You are currently reading the Autism Monthly News Round-up. This monthly news round-up offers a fuller list of autism related local and national information

	<p>that may interest you. There may be some information repeated in the WhatsApp Broadcast, if you are in that group, but generally more information will be found in this news round-up.</p> <p>If you have autism related information to share in this news round-up please email us on Autism.Commissioning@newham.gov.uk</p> <p>Membership of this group started with Autism Residents Advisory Group (ARAG) members in mid-2024 but is now open to carers, family members, professionals and anyone interested in finding out more about autism related information.</p> <p>Please share this news round-up document with family, friends, neighbours and others who may be interested.</p> <p>You can subscribe or unsubscribe by emailing us on Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p>
12	<p style="text-align: center;">Autism Resident Advisory Group (ARAG)</p>
	<p>The Autism Resident Advisory Group (ARAG) was established in 2023 for autistic residents aged 18+ living in Newham. The group meets quarterly online and in-person (January, April, July and October) to:</p> <ul style="list-style-type: none"> • Share ideas and give views on the issues affecting autistic people • Advise the Autism team and take part in shaping future actions • Share information about services, activities and events • Take part in consultation exercises • Participate in the co-design of services and products • Support the design and delivery of Autism Action Plan <p>If you would like to get involved or find out more about the ARAG or next meeting, use this link here: Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council</p> <p>We hope you can join us at the next ARAG meeting.</p> <p style="text-align: right;">Back to contents page</p>

National

1	<p><u>Voices of autistic women from minoritised communities</u></p>
	<p>Women from minoritised communities reveal the complexities which arise when ethnicity and neurodivergence intersect. By breaking through cultural stigmas and biases, these powerful voices advocate for change, paving the way for a society that appreciates and welcomes the full spectrum of human experience.</p>  <p>Click the link below to read the full article:</p> <p><u>'Yes I am' - voices of autistic women from minoritised communities</u></p> <p style="text-align: right;"><u>Back to contents page</u></p>
2	<p><u>Autism: Myth Busting Video</u></p>
	<p>Free 10 minutes video about common misconceptions around Autism. Please feel free to share video for people to have a better understanding about Autism.</p> <p>Click below to view video:</p> <p><u>Autism: Myth Busting</u></p> <p>This video clearly and concisely breaks down topics some of which include:</p> <ul style="list-style-type: none"> • Double empathy problem • Alexithymia • Historical research on Autism • Underdiagnosed groups • Masking and mental health

	Back to contents page
--	---------------------------------------

3 [King's Trust- Free opportunities for 16-30 year olds!](#)

**winter
cheer day**
DECEMBER 12TH 2024
CENTRAL LONDON LOCATION

Join us for our Winter Cheer event where you can:

- ★ Take home free clothes, toys & homewares - to give as gifts for the holidays or for yourself! (Kindly donated by our partners and staff)
- ★ Meet support services who can support you through winter and beyond
- ★ Hear about how the King's Trust can support you to build your confidence, find employment or start your own business
- ★ Learn about sustainability and the circular economy

Interested?

Complete the form in the QR below and one of the team will be in touch
Please note that you must speak to a member of the team to confirm your place, once confirmed you will receive the address.
We will not be accepting walk-ins on the day.

Location: TBC

Date: 12th December 2024

Age: 16-30

King's Trust welcomes you to join the Winter Cheer event where you can take home free clothes, toys and homewares for the holiday or for yourself, as well as meeting services who can support you throughout the winter season and beyond, and learn about sustainability and the circular economy.

To register for this event please sign up using the link below:

[King's Trust Winter Cheer Event](#)

Location: Victoria and Albert Museum



FREE Taster day: 14th January 2025

FREE Main programme: 17th to 24th January 2025 (excluding weekend)

Ages: 16-25

King's Trust welcomes you to join the V&A Museum for a **FREE** six day course immersing you into the world of fashion design. Get the opportunity to explore new skills whilst creating your own garment and learn about the industry from fashion experts.

To register for this programme please call our customer service team on 0800 842 842



Location: South London Centre

FREE Taster day: 29th January 2025

FREE Main Programme: 3rd- 7th February 2025

Ages: 16-25

Interested in learning more about music and collaborating on a music project. This **FREE** 1 week King's Trust course will help you get a taste of the music industry, spend time creating songs along with other aspiring artists, as well as support you to build and develop your confidence and communication skills.

To register for this programme please call our customer service team on 0800 842 842

More King's Trust courses found here: [Explore our support | King's Trust courses and programmes](#)

[Back to contents page](#)

4

[Experiences with health & care services - feedback survey](#)

You can help improve NHS, social care and independent health services by sharing your experience. The National Dignity Council, Healthwatch and Care Quality Commission (CQC) are promoting this campaign to get residents to share their experience.

Here's a short video to give context to the campaign:
[Share for better care](#)

	<p>Take part in the 5 minute multi-choice survey to help CQC understand peoples experiences of health & care services:</p> <p>https://docs.google.com/forms/d/e/1FAIpQLSckz6FCQxnn4wEYurB1x2KvC2dL_B9pUM7WcrECK2HDnhelAQ/viewform (Copy and paste link in browser)</p> <p style="text-align: right;">Back to contents page</p>
5	<p>Autism and Mental Health resource</p>
	<p>Royal College of Psychiatrists resource about Autism and Mental Health.</p> <p>This resource looks at autism and mental health. It explains what autism is, how it's diagnosed and what support is available for autistic people. It also looks at the kind of care autistic people with mental health problems are entitled to.</p> <p>This resource is aimed at autistic adults and their families and carers, but might also be helpful for younger people.</p> <p>Click below to read the resource:</p> <p>Autism and mental health</p> <p style="text-align: right;">Back to contents page</p>