

Autism Monthly News Round-up January 2025

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Social media ****NEW****

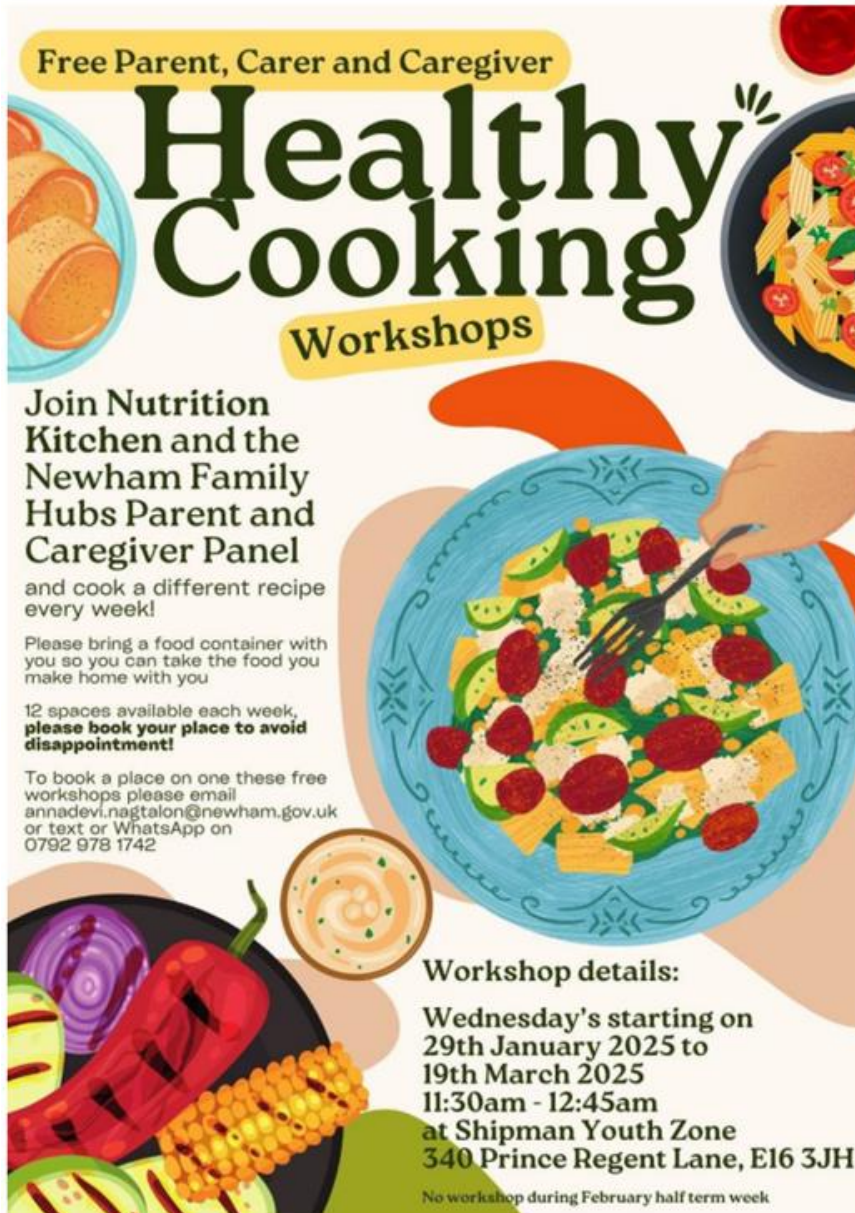
- [TikTok](#)
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Local

1	<p>Spectrum Film</p>
	<p>“We all have worth regardless of where we place on the spectrum.”</p> <p>Spectrum a powerful and gripping short feature film following the life of an autistic man. The story touches on his experiences, hopes and the misconceptions and barriers he faces.</p> <p>The film is directed by Rick Stanton who grew up in Newham and stars his brother as the main character who has autism in real life. All actors are Newham based residents.</p> <p>The film authentically casts actors with neurodivergent/autism.</p> <div style="text-align: center;">  </div> <p>Click the link below to watch the full movie on YouTube: https://www.youtube.com/watch?v=C161TZHJjE</p> <p style="text-align: right;">Back to contents page</p>

2

[FREE cooking workshop](#)



FREE Parent, Carer and Caregiver healthy cooking workshops!

The workshop runs on Wednesdays from 29th January till 19th March 2025. Location: Shipman Youth Zone 340 Prince Regent Lane E16 3JH

Email: annadevi.nagtalon@newham.gov.uk or text/WhatsApp on 0792 978 1742 to book a place.

Please see flyer below for more information.

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3 [ELFT Befriending service](#)

Our mission is all about **fighting loneliness and isolation**. We check in with our Service Users and Carers once a week to brighten up their day. Each Service User receives a one-hour call per week for a three or six month period.

We cover all ELFT boroughs and calls can be set up between 9am to 9pm, Monday to Sunday. Service Users will speak with the same Befriender each week, allowing them to build trust and rapport.

Every single staff member has personal experience with mental health challenges and is trained to support others. With Befrienders who speak Bengali - (Dhaka & Sylheti), French, Gujarati, Hindi, Italian, Japanese, Kikuyu, Konkani, Polish, Portuguese, Punjabi, Romanian, Sanskrit, Somali, Spanish, Swahili, Turkish, Urdu and Yoruba

***Please be aware that we are not a clinical, counselling, or crisis service.**

To set up phone calls, please contact your ELFT clinical team or GP for a referral.



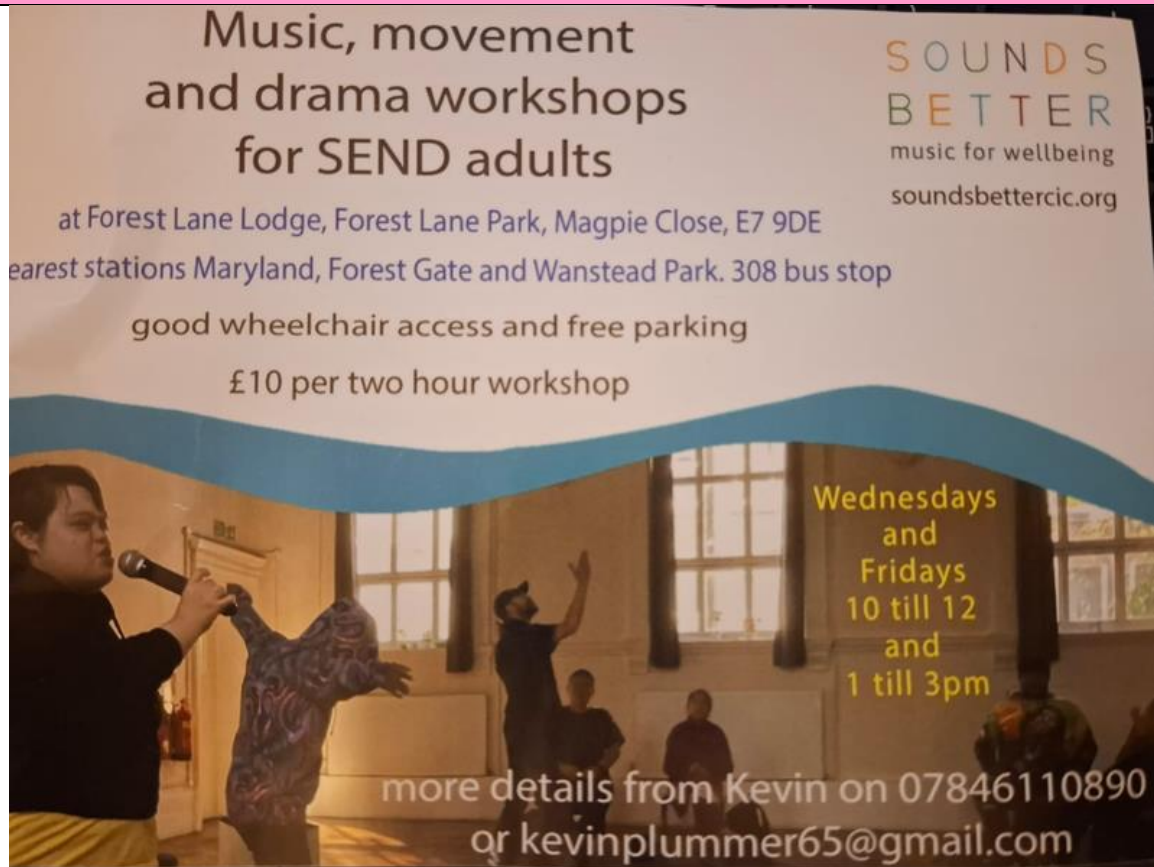
For more information please click on the link below:

<https://www.elft.nhs.uk/get-involved/befriending-service>

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[Music Movement and Drama Workshops](#)



For more information click on the link below:

<https://soundsbettercic.org/>

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[Autism Champions](#)

Do you want to help us build an autism friendly community?

We are wanting to build a community of autism champions in Newham, to spread the word and get Newham ***talking autism.***

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?

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.

If you are interested in being an autism champ we would like to hear from you. Please email Autism.Commissioning@newham.gov.uk to register your interest in becoming an autism champion.

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[Healthwatch Cancer Campaign](#)

- Bowl cancer focus group see easy read doc. / Letter attached, £10 voucher offered

NHS healthwatch
Newham

Bowel Cancer Screening Programme

IMPROVING CANCER SCREENING UPTAKE

**FOCUS GROUP:
BOWEL CANCER
SCREENING**

WEDNESDAY 
29 JANUARY 2025

TIME 
11 AM - 1:00 PM

 **LOCATION**
ROOM ELIZABETH FRY,
CANNING TOWN
LIBRARY, E16 1EH

MORE INFO

TO KNOW MORE, CALL +44 7484413967
OR EMAIL INFO@HEALTHWATCHNEWHAM.CO.UK

- Breast cancer focus group - see easy read doc. / Letter attached, £10 voucher offered

East London **NHS** **healthwatch**
NHS Foundation Trust Newham

IMPROVING CANCER SCREENING UPTAKE



FOCUS GROUP: BREAST CANCER SCREENING

LOCATION

ROOM ELIZABETH FRY,
CANNING TOWN
LIBRARY, E16 1EH

THURSDAY 

30 JANUARY 2025

TIME 

11 AM - 12:30 PM

MORE INFO

TO KNOW MORE, CALL +44 7484413967
EMAIL AT [INFO@HEALTHWATCHNEWHAM.CO.UK](mailto:info@healthwatchnewham.co.uk)

Registration for events info@healthwatchnewham.co.uk

- Healthwatch will also be holding a health awareness event in Feb. Details TBC and will come out later in Jan/Feb.

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[West Ham United Foundation Groups](#)



150Club Focus Health

Do you want to join a community and get support to meet the challenges of ADHD?

- ✂ Programme focused on adults living with ADHD or waiting for an ADHD assessment in Newham.
- ✂ 3 months' free access to West Ham United Physical Activity Sessions, online programme & newsletter.
- ✂ The 3 Pillars of Health: nutrition, exercise and sleep for ADHD.
- ✂ Workshops and peer support groups:
 - Exploring emotional empowerment.
 - Finding self-leadership.
 - Achieve your goals.
- ✂ St. Mark's Community Centre, 218 Tollgate Road, Beckton, E6 5YA

✂ **Be Your Best Self** ✂






For full details and to register interest, scan the QR code or email us at health@westhamunited.co.uk



This is a FREE group



The poster features a maroon background with a blue banner at the top and bottom. At the top left is the West Ham United logo and the word 'FOUNDATION'. In the center is the '150Club Run & Connect' logo. Two circular images show a man running and two women walking. The main title '150CLUB RUN & CONNECT' is in large white letters on the blue banner, with the subtitle 'Novice Runner to 5K' and 'Your Journey to a Healthier, Happier You!' below it. A list of bullet points with crossed-hammer icons describes the program. A QR code is on the right, and contact information is at the bottom left. The bottom blue banner contains funding information and the East End Road Runners logo.

FOUNDATION

150Club
Run & Connect

150CLUB RUN & CONNECT
Novice Runner to 5K
Your Journey to a Healthier, Happier You!

- ✘ A 10-week running programme for beginners
- ✘ An opportunity to run, have fun and connect with your peers and experienced runners
- ✘ Tuesday Track sessions 7pm to 8pm
- ✘ Newham Leisure Centre, 281 Prince Regent Lane, London E13 8SD
- ✘ Complete your programme, run a 5km at your pace and win a prize!

Scan QR code to register or
click on the URL: [RUN & CONNECT](#)

For more information please contact:
health@westhamunited.co.uk

Programme funded by Goldman & Sachs and facilitated
in collaboration with the East End Road Runners



This is a FREE 10 week programme but requires commitment to all the sessions.



WALKING BASKETBALL

Walking basketball is a fun, rewarding sport that provides low impact, cardio exercise – improving fitness and allowing you to play as part of a team. Come along, join the fun and play with new people!

When: Saturdays 11.00 – 12.00

Where: Beckton Globe Sports Hall,
1 Kingsford Way, E6 5JQ

Cost: Free **Ages:** 30+

Participants must book in advance and will be required to fill out a registration form before participating.

For more information and to register yourself please contact us on **07715 226668** or email health@westhamunited.co.uk

In collaboration with:  **FOUNDATION** 

This is a FREE group



 FOUNDATION
150Club
Health & Wellbeing



150CLUB HEALTH & WELLBEING ONLINE SUBSCRIPTION

**It's great you want to sign up to the brand new
150Club Health & Wellbeing online Subscription
and continue exercising at home with us**

How much is the online subscription?

£10 a month

What does the subscription include?

- 3 live online classes/week delivered by 150club Health & Wellbeing instructors
 - Monthly newsletter
- Private Facebook page where recordings of the live sessions will be stored
- Access to our other free activities e.g. Walking Basketball, Walking Football

I'm interested how do I sign up and pay?

Please email us at health@westhamunited.co.uk and we will send you a registration form. If you have registered with us recently, please set up a standing order for £10 per month with the following reference: 150 plus your first initial and surname. e.g "Clark Best would 150CBest"

*Bank Name: Barclays PLC
Account Name: WHUF
Account Number: 43608107
Sort Code: 20-65-82*

When do I need to pay?

Payments are paid in advance so please ensure your standing order leaves your account on 25th of each month

Please do not hesitate to contact us on **07715 226668** or email us at health@westhamunited.co.uk if you have any question or any query.
We look forward to seeing you online soon!

£10 per month subscription



Do you want to be part of a team again and enjoy the beautiful game at a walking pace?

ALL ABILITIES WELCOME!

MEN'S WALKING FOOTBALL

Where: Memorial Recreation Ground
When: Monday 10am-11am

MIXED WALKING FOOTBALL 60+

Where: Memorial Recreation Ground
When: Thursday 3pm-4pm

WOMEN'S WALKING FOOTBALL

Where: Bonny Downs, Flanders Playing Field
When: Wednesday 7pm-8pm

MIXED WALKING FOOTBALL

Where: Bonny Downs, Flanders Playing Field
When: Saturday 10am-11am

From April 2024, participants will need to subscribe to attend these sessions
To register or for more information, please call **07715 226668** or email health@westhamunited.co.uk



SCAN
QR CODE
TO JOIN



FOUNDATION

Participants must register in advance and will be required to fill out a medical form before participating

£10 per month subscription

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8	<u>Newham Business and Enterprise</u>
	<p>Let's Tear Up the Rulebook</p> <p>This year, let's tear up the rulebook and start a business without any money or a business plan. If your New Year's resolution is to increase your sales – whether you're an established entrepreneur or someone dreaming of starting your own, our highly energetic online Rebel Business School is the perfect opportunity to make 2025 your most profitable year yet!</p> <p>Join us from Monday 20 January for an exciting 10-day journey where you'll learn how to start a business with no money and no business plan.</p> <p>For more information:</p> <p>https://therebelschool.com/newham/</p> <p>It's Time To Believe in Yourself!</p> <p>Your confidence significantly impacts your business success, and the great news is that it's a skill you can improve.</p> <p>Users of our Expert Business Advice and Coaching service delivered by Bob reported feeling, on average, 4 out of 5 more confident after taking part in his 1-1 sessions.</p> <p>As a business owner, if you lack confidence in yourself, your product, or your business, it will negatively affect your growth – with Bob's support, you can gain the clarity and direction needed to make 2025 your best year yet!</p> <p>Don't miss out on this opportunity, as the service ends in March.</p> <p>For more information and to book your call:</p> <p>https://forms.office.com/pages/responsepage.aspx?id=4Wk2NRiX-Eab7ZWvyHdsirOkeCslFWdJrqtS4VimNTNUQjgwS0c0QTFQREVMS1IPVEZZVEZYVktRNC4u</p>

Benefit from part-funded Federation of Small Business Membership!

By joining the FSB, you can access a wide range of support services designed to help your business thrive. Over 70 SMEs have already signed up and taken advantage of a variety of support, including:

- Employment Protection
- Health and Safety
- Insurance Service
- Legal and Business Hub
- Legal Protection
- Networking
- PR and Crisis Management
- Tax Investigation Protection
- And so much more.

To learn more:

<https://forms.office.com/pages/responsepage.aspx?id=4Wk2NRiX-Eab7ZWvyHdsihEeCkEF46IA7rLCUhZlCdUQ0RYT0swNENBVTdKRfCyWFRITzZSRTM5RyQIQCN0PWcu&route=shorturl>

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9 [Situational mutism survey results](#)

Thank you to everyone who took part in the situational mute survey.

This survey involved finding out which services including health care, council or local services that autistic people, who experience situational mutism, find most difficult to access.

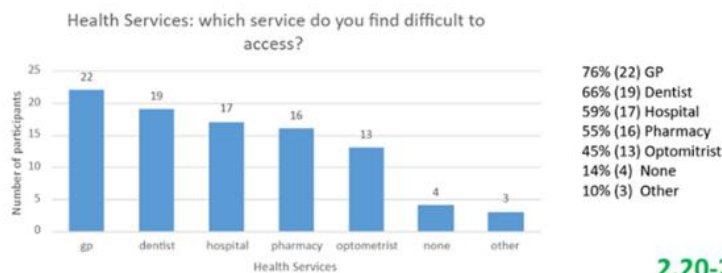
A summary of the results are shown below:

3. Survey results summary

Health Services



- What health care services do you find difficult to access?



76% (22) GP
66% (19) Dentist
59% (17) Hospital
55% (16) Pharmacy
45% (13) Optometrist
14% (4) None
10% (3) Other

newham.gov.uk

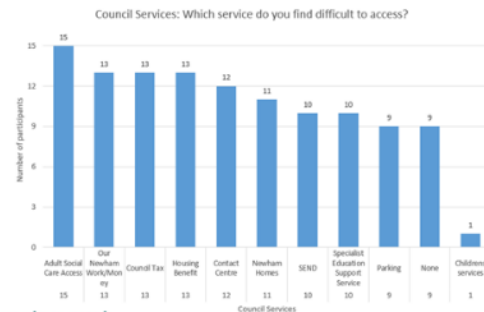
2.20-2.50
WE ARE NEWHAM.

3. Survey results summary

Council Services



- What Newham Council Services do you find difficult to access?



newham.gov.uk

- 52% (15) ASC Access Team
- 45% (13) Our Newham
- 45% (13) Council Tax
- 45% (13) Housing Benefit
- 41% (12) Contact Centre
- 38% (11) Newham Homes
- 34% (10) Send
- 34% (10) Specialist Ed. Service
- 31% (9) Parking
- 31% (9) None
- 03% (1) Children Services

2.20-2.50

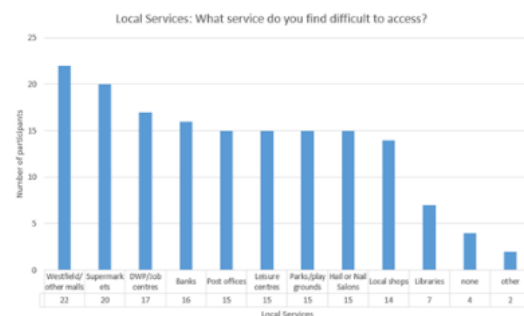
WE ARE NEWHAM.

3. Survey results summary

Local Services



- What local services do you find difficult to access?



newham.gov.uk

- 76% (22) Westfield/Malls
- 69% (20) Supermarkets
- 59% (17) DWP/Job Centre
- 55% (16) Banks
- 52% (15) Post Office
- 52% (15) Leisure Centers
- 52% (15) Parks/Playgrounds
- 52% (15) Hair/Nail Salons
- 48% (14) Local shops
- 24% (7) Libraries
- 14% (4) None
- 07% (2) Other

2.20-2.50

WE ARE NEWHAM.


Please click on this link to see more details on the survey summary results : [Newham Autism Action Plan – Autism – Newham Council](#)

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10 [World Autism Acceptance Week](#)

World Autism Acceptance Week 2-8 April 2025

We are pulling together a range of activities and events for Newham Residents, Businesses, Staff & other Professionals to engage with WAAW. We have local autistic volunteers who are offering to run events/activities during this week including art exhibit, poem readings, paper crafts, IT Programming, film making.

	<p>If you would like volunteer to put on an activity please email Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p>
11	<p>Updated Newham Council Autism Webpage</p>
	<p>The Councils' autism webpages have been updated, please have a look at the new information contained in the following pages:</p> <p>Support & Information for Autistic Residents – Autism – Newham Council</p> <ul style="list-style-type: none"> - Resource info pack - Past broadcasts - Autism support networks <p>Newham Autism Action Plan – Autism – Newham Council</p> <ul style="list-style-type: none"> - Autism Action Plan - Examples of some of the work completed <p>Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council</p> <ul style="list-style-type: none"> - ARAG meeting on 27 January 2025 <p>Please join us at the next quarterly meeting at Stratford Library from 9.30am or online at 10am. We have special guest speakers:</p> <ul style="list-style-type: none"> - Manchester University: Autism & Ageing, Health Inequalities and GP projects - Healthwatch: Breast & Bowl Cancer Screening – barriers for autistic residents - Health Stalls: FREE Health checks, Bowel & Breast Cancer info, advice & support <p style="text-align: right;">Back to contents page</p>
12	<p>Autism WhatsApp Broadcast Group</p>
	<div style="text-align: center;">  </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>

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

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13 [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 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.

If you have autism related information to share in this news round-up please email us on Autism.Commissioning@newham.gov.uk

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>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>
14	<p>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 the 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>Civil Service Paid Internship- Autistic young people</p>
	<p>An exciting eight week paid employment opportunity in the Civil Service is being offered to approximately 200 autistic young people.</p> <p>Skills and qualifications required for the role</p> <ul style="list-style-type: none"> • Are autistic • Aged between 18 and 25 at the time of the internship • Have the right to work in the UK and meet eligibility requirements under <u>Civil Service Nationality Rules</u> • Able to work independently as well as contributing to a team • An interest in pursuing a career in the Civil Service • Able to work with people at varying levels of ability and responsibility • Motivated to help make improvements on major policy issues or on how public services are provided. <p>For more information and to apply click on the link below:</p> <p>https://www.ambitiousaboutautism.org.uk/what-we-do/employment/paid-work-experience/work-experience-opportunities/civil-service-internship-2025</p> <p>Application deadline: Tuesday 14 January, 11.59pm</p> <p style="text-align: right;">Back to contents page</p>
2	<p>FREE Autistica app</p>
	<p>The Autistica Tips Hub is a free app to help you find reliable autism tips and evidence-based resources. Created by and for the autistic community, it offers practical autism tips and high-quality resources to make everyday life easier.</p> <p>Download the FREE app on your phone.</p> <div style="text-align: center;">  </div> <p>For more information about the app please click the link below:</p> <p>https://www.autistica.org.uk/get-involved/autistica-tips-hub</p>

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3 [FREE Superfi App](#)

Superfi, a new free app (conditions apply), that helps and rewards people for paying their bills on time.

The app aims to support those in the early stages of financial distress – preventing missed payments and problem debt. SuperFi, estimates it will be able to save users more than £130m in debt repayments and late fees over the next five years, by providing them with an overview of their debts, analysing their financial circumstances, and offering access to suitable debt prevention tools and services.

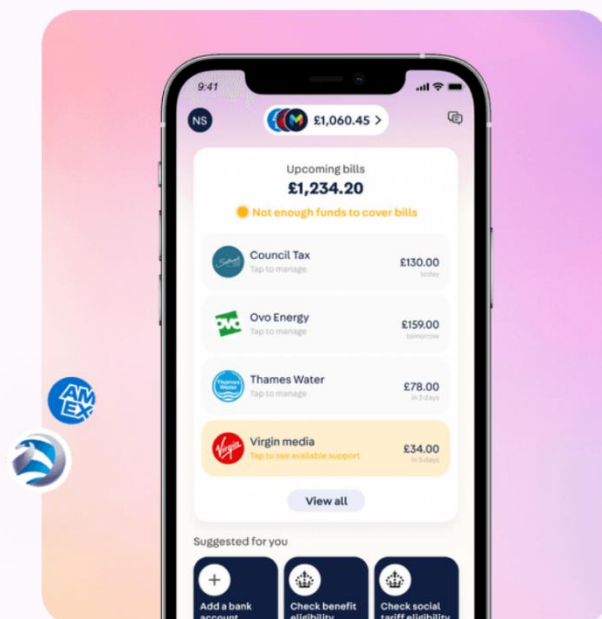
Users can also check eligibility for government benefits and social tariffs.

Additionally, the app offers access to discounts at hundreds of supermarkets, high street, and online stores, making it easier to save money on everyday purchases

Your bills, in one app

Connect your credit cards, bank accounts, Buy-now-pay-laters, and we'll automatically start tracking & monitoring your bills

[Download SuperFi](#)



For more information click on link below:

<https://www.joinsuperfi.com/>

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4	FREE Suicide Autism Training
	<p>SPEAK – Suicide Prevention Explore, Ask, Keep-Safe. An introduction to suicide prevention skills</p> <p>The key objectives are</p> <ul style="list-style-type: none"> • To consider the attitudes, myths, and stigma that surround suicide • To recognise and explore the ‘signs’ that may indicate someone is having thoughts of suicide • To encourage an open, safe and sensitive conversation about suicide with a person having thoughts of suicide • To support a safety plan with someone thinking of suicide. <p>There are 30 places available. If you or any Newham business are interested in taking the training please register your details here: Autism.Commissioning@newham.gov.uk</p> <p style="text-align: right;">Back to contents page</p>
5	Autistica Insight Group
	<p>The Autistica Insight Group is made up of over 100 autistic adults and parents or carers of autistic people. They work with us and our researchers to help ensure our work is meaningful, impactful and in line with community priorities.</p> <p>If you want to join the Insight Group contact research@autistica.org.uk for an information pack.</p> <p>We ensure that Insight Group members are reimbursed for their time for any activities they might participate in, consistent with the NIHR guidelines.</p> <p>For more information please click the link below: https://www.autistica.org.uk/get-involved/insight-group</p> <p style="text-align: right;">Back to contents page</p>

6	<p><u>Article on UK Autistic Adults 65+ and Healthcare Support</u></p>
	<p>Autistic people often face both physical and mental health challenges throughout their lives, which can lead to a higher risk of premature death due to health inequalities. However, we know very little about the healthcare experiences of autistic older adults.</p> <p>In this study, we talked with 19 autistic adults aged 65years or above living in the United Kingdom. We found these main themes:</p> <ol style="list-style-type: none"> (1) A lifetime of being misunderstood; (2) Autistic people falling between the gaps; (3) Processing autism diagnosis in later life; (4) Concerns about service pressures and scarce resources; (5) Lack of continuity of care, empathy and understanding; (6) Anxiety, alexithymia and sensory overload; and (7) Reduced social support and concerns for the future. <p>Themes show that autistic older adults face unique healthcare access challenges because services don't consider their lifelong experiences of social exclusion. Participants also worried about age-related decline coupled with reduced social support, which makes it harder for them to get support. To address these challenges, healthcare services should provide more targeted support, make policies and funding consistent, and improve healthcare provision by providing staff training. Importantly, they must also speak with autistic older adults so they can advocate for their current and future care.</p> <p>To read the full article click on the link below:</p> <p>https://www.careknowledge.com/media/60781/mansour-et-al-2024.pdf</p> <p>We will also be discussing Autism and Ageing at the next ARAG meeting on 27 January, for more details see Local 12 in the contents page</p> <p style="text-align: right;"><u>Back to contents page</u></p>

7	<u>Neurodiversity Employers Index - NDEI® Market Report</u>
	<p>The NDEI® is the first gold-standard evidence-based workplace neuroinclusion index, which we developed to help organisations attract and retain neurodivergent talent and support thriving neurodiverse teams</p> <p>The purpose of the NDEI® Market Report is to provide both participating organisations and those with a keen interest in participating in the NDEI® in future with a useful insights into workplace neuro-inclusion. It highlights areas where organisations across the United Kingdom are performing strongly in neuro-inclusion and areas where there is scope for change or improvement.</p> <p>To read the full report click the link below:</p> <p>https://www.autistica.org.uk/downloads/files/NDEI-Market-Report-FINAL.pdf?utm_source=NDEI_news_Autistica_website&utm_medium=mr_2024_pdf</p> <p style="text-align: right;"><u>Back to contents page</u></p>

Social media

Below we have shared some social media links that we found inspiring or thought provoking. If you have an autism link that you would like to share please email us directly on Autism.Commissioning@newham.gov.uk

1	<u>TikTok</u>
	<p>We are autistic:</p> <ul style="list-style-type: none"> • https://vm.tiktok.com/ZGd2X7VWs/ • https://vm.tiktok.com/ZGd2XwC3U/ • https://vm.tiktok.com/ZGd2XpoCH/ <p style="text-align: right;"><u>Back to contents page</u></p>
2	<u>YouTube</u>

I have Autism

2.8M views • 1 month ago



Click the link below to watch the full video:

<https://www.youtube.com/watch?v=7w0Gw7xEH9M>

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3

[Instagram](#)

neurodivergent_lou

autistic_callum_

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