

# Autism Monthly News Round-up

## March 2025

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**Local**

<b>1</b>	<b><a href="#">Carers Peer Support Group</a></b>
	 <p><b>Carers Peer Support Group</b></p> <p><b>Caring for an autistic adult brings unique challenges.</b></p> <p>Join our friendly group to share the highs and lows and take part in fun activities. 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.</p> <p>To join the group, please complete this form:  <a href="https://form.jotform.com/241775426752362">https://form.jotform.com/241775426752362</a>          For more information, please contact  <a href="mailto:carersautisticresidentsnewham@gmail.com">carersautisticresidentsnewham@gmail.com</a></p> <p>Our March meeting will be in the new Costa Café in Woodgrange Road, Forest Gate. This is easy to find, as it is very close to Forest Gate Station and 330 and 58 bus stops. Turn right out of the station and Costa is on the next corner, on the right. We will meet from 11 am on Monday 3rd March.</p> <p>Our April meeting will be in the lovely café in Central Park, East Ham on Tuesday 1st April, from 11 am. Here we can meet the Craft Club, which some people may be interested in joining.</p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>

<b>2</b>	<p><b><a href="#">New Adult Autism Diagnostic Services ELFT website</a></b></p>
	<p>Adult Autism Diagnostic Services at East London NHS Foundation Trust (ELFT) provide diagnostic assessments for adults who suspect they are Autistic. We have 4 Diagnostic Services located for people living in City &amp; Hackney, Tower Hamlets, Newham, Luton and Bedfordshire, Luton and Milton Keynes. Our offer includes a clinical diagnostic assessment to adults who have not had a previous diagnosis of Autism.</p> <p>To visit the website please click the link below:</p> <p><a href="#">Adult Autism Diagnostic Services   East London NHS Foundation Trust</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>

<b>3</b>	<p><b><a href="#">Book: Nine Minds - Inner Lives on the Spectrum</a></b></p>
	<p>‘Nine Minds’ delves into the extraordinary lives of nine neurodivergent men and women from around the globe. From a Fields Medal-winning mathematician to a murder detective, a pioneering surgeon to a bestselling novelist, each is remarkable in their field, and each is changing how the world sees those on the spectrum.</p> <p>Exploding the tired stereotypes of autism, Daniel Tammet – acclaimed author and an autistic savant himself – reaches across the divides of age, gender, sexuality and nationality to draw out the inner worlds of his subjects.</p> <p>For more information about this book please click the link below:  <a href="https://wellcomecollection.org/books/nine-minds">https://wellcomecollection.org/books/nine-minds</a></p> <p>Coming soon to Newham libraries’ but available for purchase.</p> <p>The library has a vast range of autism books &amp; resources available:  <a href="#">Search Catalogue   KEYWORD: autistic   Newham Libraries</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>

## National

<b>1</b>	<p><b>Autistica: New research opportunities</b></p>
	<div style="background-color: #f8d7da; padding: 5px; margin-bottom: 10px;"> <p><b>Autistic people's experiences of cancer</b></p> </div> <p><b>Type of involvement:</b> Interview</p> <p><b>About the project</b>          Researchers at Leeds Beckett University are studying autistic people's experiences of cancer diagnosis, treatment and care. They want to understand areas of difficulty and unmet need experienced by autistic people and their families.</p> <p><b>Who they're looking for:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>• Autistic adults living in the UK (formally diagnosed or self-diagnosed)</li> <li>• Who have had cancer within the last 10 years</li> <li>• Or their family members and carers.</li> </ul> <p><b>What they'll ask you to do:</b> You will be asked to take part in a research interview. You will talk to the researcher about your experiences of cancer diagnosis, treatment and care. The interview will last around 45-60 minutes and you can choose to do the interview online, over the phone, or in person.</p> <p><b>What you'll be offered for your time:</b> You will receive a £20 shopping voucher to thank you for your time and contribution.</p> <p><b>How to take part:</b> If you are interested in the study please contact Lindsey King:</p> <ul style="list-style-type: none"> <li>• Email: <a href="mailto:L.King4737@student.leedsbeckett.ac.uk">L.King4737@student.leedsbeckett.ac.uk</a></li> <li>• Phone: <a href="tel:01138121546">0113 8121546</a></li> </ul>
	<div style="background-color: #f8d7da; padding: 5px; margin-bottom: 10px;"> <p><b>Perceptions about autism and cybercrime</b></p> </div> <p><b>Type of involvement:</b> Interview</p> <p><b>About the project</b>          Researchers at the Cambridge Cybercrime Centre (Department of</p>

Computer Science and Technology, University of Cambridge) are looking into the (mis)perceptions that link autism to cybercrime. The project (co-designed by an autistic academic) explores how (mis)perceptions and outdated research influence cybercrime policy and wants to compare this to the experiences of the autistic community.

**Who they're looking for:**

- UK residents aged 16-55 years old
- Autistic (with or without a diagnosis)
- Intermediate to proficient computer user

**What they'll ask you to do:** You will take part in a 45-minute interview (remote or in-person) or equivalent in written format.

**Contact:** For more information contact Yanna at [yp301@cam.ac.uk](mailto:yp301@cam.ac.uk)

**A psychological study into restrictive eating behaviours in autistic adults**

**Type of involvement:** Online survey

**About the project**

A Trainee Clinical Psychologist and researchers at Newcastle University are studying how restrictive eating behaviours develop in autistic adults. It is hoped that findings can help inform ways to adapt current treatments for restrictive eating difficulties that are aimed at neurotypical individuals so that they are sensitive to the needs and experiences of autistic individuals.

**Who they're looking for:**

- Diagnosed or self-identify as autistic
- Aged 18 years and over
- Have a good understanding of the English language

**What they'll ask you to do:** Taking part involves completing one online questionnaire which should take around 15-20 minutes.

**What you'll be offered for your time:** At the end of the questionnaire there will be the option to enter a draw for one of five £25 e-vouchers.

**Contact:** Ellie Jackson, Trainee Clinical Psychologist at: [e.v.jackson@newcastle.ac.uk](mailto:e.v.jackson@newcastle.ac.uk)

**Exploring the parenting experiences and challenges of fathers of autistic children**

**Type of involvement:** Interview

**About the project**

Researchers at the University of Nottingham are studying fathers' experiences of parenting their autistic child including the challenges and joys. The researchers hope the research will lead to better support for fathers within services, impacting positively on the care for autistic children and their wellbeing.

**Who they're looking for:**

- You are a father (biological, adoptive or step-father) of an autistic child
- Your autistic child has been formally diagnosed
- Your child is aged 3-17
- You take part in parenting/caring for your autistic child
- You can communicate in English

**What they'll ask you to do:** You will be asked to take part in a recorded interview which will last around one hour. This can take place online or in person - it is up to you, however the researchers are unable to cover travel expenses.

**What you'll be offered for your time:** Please contact the researcher to discuss how you will be compensated for your time and expertise.

**How to take part:** Contact the researcher at [samantha.macmillan2@nottingham.ac.uk](mailto:samantha.macmillan2@nottingham.ac.uk).

**Are anxiety and depression linked to independence in autistic adults?**

**Type of involvement:** Survey

**About the project**

Researchers at the University of Birmingham are studying how mental health conditions, specifically anxiety and depression, impact independence in autistic adults, across different cultures. It is hoped the findings of this study will identify key barriers and inform personalised support strategies in future.

**Who they're looking for:** UK residents between 18 and 50 years old, who are either autistic (formal diagnosis or self-identify as autistic/not formally diagnosed) OR have no diagnoses of neurodevelopmental conditions.


**What they'll ask you to do:** You'll complete questionnaires about anxiety, depression, and independent functioning. This takes 15-30

	<p>minutes online or in person, depending on your preference.</p> <p><b>What you'll be offered for your time:</b> There will be a draw for a £20 Amazon voucher to thank you for your contribution.</p> <p><b>How to take part:</b> Please choose the link that describes you:</p> <ul style="list-style-type: none"> <li>• <a href="#">For autistic people</a></li> <li>• <a href="#">For neurotypical people</a></li> </ul> <p><b>Family wellbeing, social support and caregiving: Insights from black, Asian, minority ethnic and other British families</b></p> <p><b>Type of involvement:</b> Online survey and optional interview</p> <p><b>About the project</b>          Researchers at the University of Lincoln are investigating the experiences of caregivers of autistic children to explore how social support and coping strategies can enhance the caregiving experience and improve overall family well-being.</p> <p><b>Who they're looking for:</b> Primary caregiver of an autistic child aged between 3 and 13 years, who is a member of either a Black, Asian, or Minority Ethnic (BAME) community or a non-BAME community in the UK.</p> <p><b>What they'll ask you to do:</b> Join an online survey study, which will take approximately 20 minutes to complete. If you choose to participate in the next phase, you will also be invited to a 45-minute interview.</p> <p><b>What you'll be offered for your time:</b>          Participants who complete both the survey and interview will receive a £10 Amazon voucher as a token of appreciation.</p> <p><b>Contact:</b> For any questions related to this research, please contact Anum Farooq by email <a href="mailto:Fanum@lincoln.ac.uk">Fanum@lincoln.ac.uk</a>.</p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
2	<p><a href="#">Autistica- Autism, deception and the criminal justice system   Research partnership</a></p>
	<p>Autistic people are more vulnerable in the criminal justice system compared to non-autistic people. To help address this, Tiegan Blackhurst is exploring the differences between how autistic and non-autistic people display and detect dishonest behaviour and its applications within the criminal justice</p>

	<p>system.</p> <p>This project has the potential to inform training for professionals within the criminal justice system and lead to fairer outcomes for autistic people within the criminal justice system.</p> <p>For more project details please click the link below:  <a href="#">Autism, deception and the criminal justice system   Research partnership   Autistica</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>3</b>	<b><a href="#">Lecture- Peer support for autistic &amp; neurodivergent young people</a></b>
	<p>A lecture by Dr Catherine Crompton, Psychologist &amp; researcher at the Salvesen Mindroom Research Centre at the University of Edinburgh.</p> <p>Topic: Peer support for autistic &amp; neurodivergent young people: how autistic people communicate</p> <p>The session is the third in a series of three, designed to consider the latest research evidence on how to support neurodivergent young people at school. There is a specific focus within the series on the experiences of autistic young people, and on mental health.</p> <p>To watch this lecture please click the link below:  <a href="#">Neurodiversity, autism and peer support</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>4</b>	<b><a href="#">Commission on Social Security PIP replacement Consultation</a></b>
	<p>The commission on social security led by experts with lived experience of the UK social security system, is seeking to develop our existing plan for decent social security system, with a detailed proposal for an Additional Costs Disability Payment.</p> <p>This would be a replacement for Personal Independence Payment (PIP). Like the rest of the Commission's work, we are putting forward proposals for a reimagined social security system that is designed by and works for those of who rely on it. It would be vastly different to the current system. <b>To be very clear, this is not a government consultation.</b></p>



	<p>To visit the commission on social security website please click this on link: <a href="#">website</a></p> <p>To complete their survey please click this on link: <a href="#">survey</a></p> <p>To take part in their focus group please click on this link: <a href="#">focus groups</a></p> <p><b>Survey ends midnight, Friday 14 March 2025</b></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
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<b>5</b>	<p><b><a href="#">Article- Attention Deficit Hyperactivity Disorder (ADHD)</a></b></p>
	<p>The Mix looks into Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder (ADD and ADHD), what they are and how they can affect your life.</p> <p>To read the full article please click the link below:</p> <p><a href="#">Hyperactivity Disorder   What ADHD Stands For   The Mix</a></p> <div style="text-align: center;">  </div> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>6</b>	<p><b><a href="#">Research Article: Identification and support of autistic individuals within the UK Criminal Justice System</a></b></p>
	<p>Autism spectrum disorder (hereafter referred to as autism) is characterised by difficulties with (i) social communication, social interaction, and (ii) restricted and repetitive interests and behaviours. Estimates of autism prevalence within the criminal justice system (CJS) vary considerably, but there is evidence to suggest that the condition can be missed or misidentified within this population. Autism has implications for an individual’s journey through</p>

	<p>the CJS, from police questioning and engagement in court proceedings through to risk assessment, formula- tion, therapeutic approaches, engagement with support services, and long-term social and legal outcomes</p> <p>To read the full research article please click the link below:  <a href="#">Identification and support of autistic individuals within the UK Criminal Justice System: a practical approach based upon professional consensus with input from lived experience</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>7</b>	<p><b><a href="#">Research article: Is camouflaging unique for autism? A comparison of camouflaging between adults with autism and ADHD</a></b></p>
	<p>In the present study, we investigated whether only autistic people use strategies to hide one’s autistic traits (also referred to as camouflaging) or whether people with ADHD use similar strategies. We found that people with ADHD reported more camouflaging behavior compared to a neurotypical comparison group, but less than autistic people. Thus, these results indicate that camouflaging is not unique for autism and it is important to be aware of camouflaging strategies in people with ADHD.</p> <p>To read the full research article please click the link below:  <a href="#">Is camouflaging unique for autism? A comparison of camouflaging between adults with autism and ADHD</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>8</b>	<p><b><a href="#">Research Article: experiences of self-diagnosed autistic women and genderdiverse individuals who are not pursuing an autism diagnosis</a></b></p>
	<p>As awareness of neurodiversity continues to grow, more adults are seeking autism assessments. This rise in demand is placing pressures on diagnostic services resulting in long waiting lists and high private costs. Many autistic adults are choosing to selfdiagnose as an alternative to a lengthy and expensive diagnostic process which pathologizes their experiences. Research into this population remains very scarce, and little is known about</p>

	<p>how and why autistic adults choose to self-diagnose. Autistic women are especially underdiagnosed and underresearched, with gender-diverse autistics rarely included. This study explored how autistic women and gender-diverse adults acquire and shape their autistic identity outside of formal diagnosis and what effect this has had on their lives. An autistic researcher recruited six self-diagnosed autistic adults through social media and conducted online one-to-one video interviews with them. Three main themes were found: (1) autistic self-discovery, (2) living without a diagnosis, and (3) self-doubt and self-diagnosis. The findings offer new insights into the lives of self-diagnosed autistic women and gender-diverse adults and how their experiences are often similar to those who are diagnosed but with unique challenges and benefits. This study offers a new perspective on self-diagnosis as an empowering way of gaining a positive autistic identity outside of the diagnostic model which views autism as a disorder rather than a difference. This may help self-diagnosed autistics feel more able to disclose their identity to others, access more support and experience less invalidation, stigma and self-doubt.</p> <p>To read the full research article please click the link below:  <a href="#">A qualitative exploration of the experiences of self-diagnosed autistic women and gender-diverse individuals who are not pursuing an autism diagnosis</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
9	<a href="#">Autism research study</a>



**∞ AUTISM RESEARCH**

**Participants Needed!**

**Who can take part?**

- Have experience of being socialised as a woman/girl (inclusive of cis-gender, transgender, gender non-conforming and non-binary individuals)
- Identify as autistic (inclusive of individuals with a diagnosis and seeking a diagnosis)
- Are currently an undergraduate student in first or second year of studies at a UK university
- 18 - 22 years old
- Fluent in English

**Who am I?**

**Rebecca Rooney (She/Her)**  
I am a trainee Counselling Psychologist and Psychotherapist, conducting this research as part of my doctoral thesis.

**Are you...**  
An autistic individual who has experience of being socialised as a woman/girl?

**And**  
An undergraduate student at a UK university?

**Have you experienced...**  
Adjusting your behaviour or ways of thinking ('camouflaging') in a social environment?

If so, I would like to hear about your experiences.

**What will it involve?**  
A conversation about your experiences for approximately **one hour**. This will take place via **Zoom**.

If you are interested in taking part or would like more information please contact:

 **Email me at:**  
autism.camo.research@gmail.com

 **Message me on Instagram at:**  
@autism.camo.research



This research has ethical approval from the NSPC Ethics sub-committee.

This study is open till summer (June/July) or by the end of the year

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Survey advert V2 19/08/2024 Autistic adults' experiences of mindfulness and contemplative practice

MANCHESTER  
1824

# Research Study Opportunity

Researchers at The University of Manchester seek autistic volunteers to take part in research into experiences of stimming, mindfulness, and other contemplative practices.

## ARE YOU:

1. \_\_\_\_\_  
Autistic?
2. \_\_\_\_\_  
Aged 18 or over?
3. \_\_\_\_\_  
Able to understand written information given in English?



The study involves completing an online survey. The survey takes around 30-45 minutes to complete and includes questions about your background (e.g. age, gender), and your experiences of stimming, mindfulness, and other contemplative practices. Stimming is soothing or repetitive sensory activity that can help people to feel calm or may bring joy.

This research has been developed in collaboration with autistic project advisors.

**To find out more visit: <https://tinyurl.com/Aut-Mindful>**

**Or contact: [Kelly.Birtwellemanchester.ac.uk](mailto:Kelly.Birtwellemanchester.ac.uk)**

This project has been reviewed and approved by the University of Manchester Research Ethics Committee. Ref.: 2023-16574-29539

For more information please about this study please click the link below:

[Qualtrics Survey | Qualtrics Experience Management](#)

Participants will go into one of 8 prize draw of £50

This study is open until end of March/April or when 100 people have responded.

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11	<a href="#"><b>Digital inclusion Action Plan</b></a>
	<p>The Department for Science, Innovation and Technology has developed a Digital Inclusion Action Plan. Here is a <a href="#">link to the webpage</a>.</p> <p>There is an <a href="#">Easy Read document</a> that summarises the Actions.</p> <p>The Action plan is focussed on young people, older people, people with disabilities, people out of work and those in low-income households.</p> <p>They are looking for more evidence. There is an online survey: <a href="https://www.gov.uk/government/calls-for-evidence/digital-inclusion-action-plan">https://www.gov.uk/government/calls-for-evidence/digital-inclusion-action-plan</a></p> <p>People can also respond by emailing: <a href="mailto:digitalinclusion@dsit.gov.uk">digitalinclusion@dsit.gov.uk</a></p> <ul style="list-style-type: none"> <li>• or Sending a letter to: Digital Inclusion and Skills Unit Department for Science, Innovation, and Technology 22-26 Whitehall Westminster London SW1A 2EG.</li> </ul> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
12	<a href="#"><b>NAS- Neuroaffirmative Practice Conference</b></a>
	<p>National Autistic society</p> <p>We know how important it is for <b>parents and carers</b> to have access to the latest insights and support when navigating autism. That's why we're offering a <b>reduced rate of £69.00 + VAT</b> for autistic individuals and their families to attend our <b>Neuroaffirmative Practice Conference</b> on <b>13 March 2025</b>.</p> <p>For more details please click the link below:</p> <p><a href="#">Join us at the Annual Professionals Conference 2025!</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>



<b>13</b>	<b><a href="#">Ambitious about Autism: AI meets employability course</a></b>
	<p><b>AI meets employability course</b></p> <p>We have partnered with Catch22 to deliver Digital Skills Academy to a group of autistic young people.</p> <p>Co-designed by Catch22 and Salesforce, the Digital Skills Academy programme delivers training to prepare and support young people across the UK in staying engaged in education and achieving career readiness, leveraging learning technology and using AI to empower their success.</p> <p>The course will take place between 10am-3pm, during the below dates. You will need to be available for all sessions.</p> <p>Wednesday 2 and Thursday 3 April          Wednesday 9 and Thursday 10 April          Wednesday 16 and Thursday 17 April</p> <p><b>Application</b></p> <ul style="list-style-type: none"> <li>• If you are interested in this opportunity, please complete the <a href="#">application form</a> by Wednesday 12 March at midnight</li> <li>• Please note, there are a limited number of places available for this course</li> <li>• We will let you know the outcome of your application by Wednesday 19 March</li> </ul> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>14</b>	<b><a href="#">Ambitious about Autism: Relationships and intimacy my way: an autistic perspective</a></b>
	<p>A collection of blogs and audio recordings about relationships and intimacy created by autistic young people from the Ambitious Youth Network and Sex Ed Matters.</p> <p>To read the full resource please click the link below:  <a href="#">relationships-and-intimacy-resource.pdf</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>

## Social media and Podcasts

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](mailto:Autism.Commissioning@newham.gov.uk)

	<a href="#"><u>YouTube</u></a>
	<p>How to: Autism YouTube channel</p> <p>Welcome to How to: Autism, the channel that breaks down social norms and everyday situations for autistic adults. From navigating work dos to handling public transport, we'll help you tackle life's unwritten rules with practical tips and examples—all in short, straightforward videos. Whether you're looking to boost your confidence or just make sense of confusing social norms, you're in the right place. Let's learn together!</p> <p>To watch How to: Autism YouTube channel videos please click the link below:  <a href="https://www.youtube.com/@howtoautism0">https://www.youtube.com/@howtoautism0</a></p> <p style="text-align: right;"><a href="#"><u>Back to contents page</u></a></p>
	<a href="#"><u>Instagram</u></a>
	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Check out <b><a href="#">kasia_a_drawer</a></b> on Instagram and watch her fantastic video about stimming.</p> </div> </div> <p>Description of the video below</p>



	<p>" As a neurodivergent person, I realised that I've been spending a huge amount of time and energy on explaining myself to myself and my head feels very full. I originally wanted to capture myself stimming and represent it in a celebratory way, but found that I was exhausted and infuriated by having to translate everything I do, so I made this instead"</p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<p><a href="#">TikTok</a></p>	
	<p>Check out these light-hearted videos around autistic experiences:</p> <p><a href="https://vm.tiktok.com/ZGd24Savt/">https://vm.tiktok.com/ZGd24Savt/</a></p> <p><a href="https://vm.tiktok.com/ZGd24U5nF/">https://vm.tiktok.com/ZGd24U5nF/</a></p> <p><a href="https://vm.tiktok.com/ZGd24L8cs/">https://vm.tiktok.com/ZGd24L8cs/</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<p><a href="#">Podcasts</a></p>	
	<p>An ARAG member has kindly shared the below podcasts. We hope you enjoy listening to them!</p> <p>An episode of the Audhd Flourishing podcast about AI tools that can help autistic people:</p> <p><a href="https://open.spotify.com/episode/2UnQFZOMb8BaUQbPdVQC5U?si=bgiE7uAxQQqNYjz3v60TUw">https://open.spotify.com/episode/2UnQFZOMb8BaUQbPdVQC5U?si=bgiE7uAxQQqNYjz3v60TUw</a></p> <p>A podcast called Divergent Conversations, hosted by two autistic mental health professionals, and it's a series of episodes called "What is autism?"</p> <p><a href="https://youtube.com/playlist?list=PLk_7zVFallQB2UknRYd60KiqeEV0ftZb8&amp;si=oKV7Dq6WYExt6IP6">https://youtube.com/playlist?list=PLk_7zVFallQB2UknRYd60KiqeEV0ftZb8&amp;si=oKV7Dq6WYExt6IP6</a></p> <p>Two podcasts done here in the UK by autistic creators:</p> <p>The Neurodivergent Experience  <a href="https://shows.acast.com/the-neurodivergent-experience">https://shows.acast.com/the-neurodivergent-experience</a></p>

	<p>Thoughty Auti: The Autism and Mental Health Podcast <a href="https://open.spotify.com/show/6vjXgCB7Q3FwtQ2YqPjnEV?si=KQnqbGe7RW622y0AApKADA">https://open.spotify.com/show/6vjXgCB7Q3FwtQ2YqPjnEV?si=KQnqbGe7RW622y0AApKADA</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
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