

NEWSLETTER

Welcome to the May issue of the newsletter. We hope you enjoy reading the updates.

Wellbeing Hub May talk

On the 16th May, we were delighted to welcome Nic King who delivered a talk entitled “Young Autistic People and the Importance of Self-Understanding”



126 people joined us, and the talk was well received, ending with an extensive Q & A session.

If you would like to view the recording of this talk, you can access it, along with those from previous Wellbeing Hub talks on the Centre for Autism website – [Previous Monthly Talks](#)

“Being Me” project update

On the 4th April, we collaborated with 7 autistic children and young people for our “Being Me” project, with the aim of creating a video library documenting their everyday experiences. We’re currently editing the footage and will provide an update on our progress later in the year.

Thanks to all participants!



I have been working in the NHS with children and families for more than 10 years, and I am excited to be part of the Centre for Autism Wellbeing Hub team! I completed my doctorate in clinical psychology with Cardiff University, and I have since specialised in autism.

I am experienced in undertaking diagnostic assessments, and then providing post-diagnostic and therapeutic support for autistic young people and their families.

I have learnt so much about autism from autistic individuals and think it is essential to recognise the expertise people have about themselves. I’m excited to help shape the Wellbeing Hub, and to be part of a team where the autistic voice is at the heart of what we do.



Date: Thursday 13th June, 7.00 – 8.30 p.m.

Speaker: Elaine McGreevy – How to create enabling communication environments for autistic children and young people

Register: [CFA-Wellbeing-Hub-Jun-talk](#)

Elaine is a neurodivergent-affirming Speech and Language Therapist and trainer, specialising in supporting the communication needs of Autistic children and young people/young adults through her independent SLT practice. She is passionate about supporting non-speaking and semi-speaking autistic children and young people.

Future talk dates @ 7.00 – 8.30 p.m.

4th July 2024: Barney Angliss – Breaking my silence: how I came to advocate for myself

August 2024: No talk

Registration details will be available soon



Date: Thursday 6th June, 4.00 – 6.00 p.m. Tea and coffee provided.

Speaker: Dr Jiedi Lei, Clinical Psychologist and Senior Research Fellow, University of Oxford

Title: Exploring strength-based approaches in autism

Venue: School of Psychology and Clinical Language Sciences, Earley Gate, University of Reading. Satnav Postcode RG6 7BE

[SIG-6th-June-2024](#)

An opportunity for professionals who work with autistic children and young people to come together **in-person to network** with other local practitioners and hear topical talks from a range of experts.

If you are a [professional](#) interested in attending this session, please email cfaevents@reading.ac.uk

Supermarket Guide Launch



The Centre for Autism at the University of Reading were delighted to launch a new guide that gives practical advice to supermarkets and other retailer venues on how to make them more autism-friendly. The hybrid event included presentations by the lead researchers at the University of Reading, the John Lewis Partnership and lived experience experts. It welcomed an audience from the retail industry and autistic community.

Bright lights, loud noises, strong smells and changing temperatures have been found to be among the top issues affecting autistic people in supermarkets, researchers found.

The new guide is a culmination of years of research and has been co-designed with autistic people.



It highlights six principles from the research that supermarkets should apply to create calmer and more predictable environments for autistic shoppers and employees:

Reduce sensory input	Give more space	Increase predictability	Improve understanding	Use suitable adjustments	Allow for recovery
Remove/reduce sources of sensory distress	Manage areas that get crowded in store	Provide a store map	Train all staff in autism and sensory processing differences	Provide training on existing initiatives e.g. sunflower lanyard. More "quiet hours"	Provide designated quiet area / seating for autistic people

An interactive session, including supermarket representatives, at the end of the event, facilitated idea sharing on how the 6 identified principles can be brought to life and implemented.

To read the published Supermarket Guide, click on the link [Supermarket Guide](#)



Please consider supporting work at the Centre by making a donation. You can choose to donate to the research effort focussed on autism assessment and interventions or support work at the well-being hub.

RESEARCH PARTICIPANTS NEEDED

All advertised studies have been granted ethical approval by the University of Reading's Research Ethics Committee

How do autistic and non-autistic children process visual information? Help us find out! Still recruiting

We are looking for: Children (6-14 years) with:

- an autism spectrum diagnosis, OR
- no diagnosed developmental conditions

What the study involves: Children will play computer games and simple language/reasoning tasks. Parents/guardians will complete questionnaires. Families will receive a voucher as thanks.

If you are interested or have any questions, please contact **Hodo Yusuf**, h.yusuf@reading.ac.uk

If you have any feedback for the newsletter including anything you would like to hear about then please get in touch autism@reading.ac.uk

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