

NEWSLETTER

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

Wellbeing Hub June talk

On the 13th June, we were delighted to welcome Elaine McGreevy who delivered a talk entitled "How to create enabling communication environments for autistic children and young people"



83 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 and accompanying slides, you can access it, along with those from previous Wellbeing Hub talks on the Centre for Autism website – [Previous Monthly Talks](#)

Centre for Autism Website

You can access latest information about the Centre for Autism including the Wellbeing Hub via the website [Centre for Autism](#)



Following a lengthy career in the commercial world in various customer and data roles I recently joined the University of Reading's Centre for Autism to provide administrative support for the new Wellbeing Hub on a part time basis. As a product management specialist, I have helped develop and manage many successful products and services (which use data science and analytics to help business customers understand and get insight from retail data). Working collaboratively with others and supporting users of products and services so that they are relevant and add value is what really floats my boat. I was thrilled to be asked to use my skills and experience to support the team to deliver the exciting initiatives aimed at supporting autistic thriving.



Date: Thursday 4th July, 7.00 – 8.30 p.m.

Speaker: Barney Angliss – Breaking my silence: how I came to advocate for myself

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

Barney is a consultant and trainer in education, now retired from classroom teaching but still working with children, teenagers and adults on a variety of challenges which they face. Barney became interested in self-advocacy about ten years ago.

Future talk dates @ 7.00 – 8.30 p.m.

August 2024: No talk

19th September 2024: Brian Irvine – Mentoring as Reframing - Specialist Autism Mentoring at University.

Registration details will be available soon



Date: Thursday 7th November, 4.00 – 6.00 p.m.
Tea and coffee provided.

Speaker: Olive Kayongo, Parenting Special Children – parenting practitioner and peer supporter. Equality, Diversity and Inclusion advisor.

Title: Our family's lived experience of autism

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

[SIG-7th-November-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

Anxiety workshops at Addington School

Autistic children and young people commonly experience high levels of anxiety, which significantly affect their quality of life, including access to education and enjoyment of everyday activities.

To provide early help for anxiety, I have developed a series of workshops for parents and teachers of autistic children. The workshops consist of four linked sessions, combining talks and practical activities to give parents and school staff information about anxiety and autism, to enable them to understand the child's anxiety and to work together to develop a toolbox of strategies for use at home and school.

Since January, I've delivered three anxiety workshop series to around 30 parents and staff at Addington School, a local special school for children with intellectual disability.

Our placement students attended the workshops and are helping us to evaluate them.

Parents and staff have told us how much they appreciate the chance to talk together in detail and to devise strategies that are helpful across both settings. We hope to roll this program out to other schools in future.

Dr. Fiona Knott

Activities to support thriving in autistic children and young people

Our long-term vision is to offer autistic young people a choice of different activities, based on what they would find helpful.

Our first step in working towards this is to find out what autistic children and young people want, and what support they would like from the Wellbeing-Hub.

We want to ensure that young people's voices are informing everything we do, and that autistic individuals have helped co-create activities.

We are currently developing a project which involves hearing from autistic young people (in a way that feels accessible and safe to them).

Currently we are busy in the planning stages, but we are hoping to start speaking with young people later in the year, and we are excited to hear what they will tell us. We will be keeping you updated as the project progresses!

Dr. Emma Harris



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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