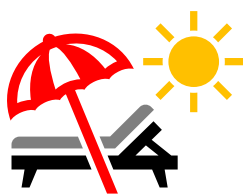


# NEWSLETTER



Welcome to the July issue of the newsletter. We hope you enjoy reading the updates whilst enjoying the sunshine. We will be taking a short break over the summer so there will be no newsletter in August.

## Wellbeing Hub July talk

On the 4<sup>th</sup> July, as well as being General Election day, we were delighted to welcome Barney Angliss who delivered a talk entitled "Breaking my silence: how I came to advocate for myself"



Barney's talk was open and reflective and was enjoyed by everyone who could be with us on the night.

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](#)



We are now using YouTube to host our speakers talks



## Parent-Carer Focus Groups

We are aware that while there is a lot of excellent support available locally and nationally, research continues to report that parents and carers of autistic children can frequently feel isolated and overwhelmed, especially when trying to advocate for their children's needs.

To help us design a range of activities focused on parental thriving, we are exploring the support needs of three groups:

1. [Parents/carers of children diagnosed/identified as autistic within the last 12 months](#)
2. [Parents/carers of children diagnosed/identified as autistic 2 or more years ago](#)
3. [Parents/carers who are autistic themselves](#)

We have already conducted discussions with the group 1 (a huge thank you to those who participated), but **if you are interested in joining groups 2 or 3**, please contact [jo.billington@reading.ac.uk](mailto:jo.billington@reading.ac.uk) for more information. We plan to expand this discussion into a survey later this year, so please watch this space!

**Centre for Autism** University of Reading  
Wellbeing Hub Monthly Talks  
*Free online public event*

**August 2024:** No talk

### Next monthly talk:

**Date:** Thursday 19<sup>th</sup> September, 7.00 – 8.30 p.m.

**Speaker:** Brian Irvine – Mentoring as Reframing - Specialist Autism Mentoring at University.

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

Brian works at UCL on CRAE's ESRC funded Superior Perceptual Capacity in Autism. His PhD investigated Specialist (Autism) Mentoring in UK Higher Education. He is an experienced university mentor and plays the ukelele for fun.

**Future talk dates @ 7.00 – 8.30 p.m.**

**October 2024:** Amy Pearson – Topic related to autistic masking.

Registration details will be available soon

**Centre for Autism** University of Reading  
Special Interest Group  
*Free in person event for professionals*

**Date:** Thursday 7<sup>th</sup> 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-7<sup>th</sup>-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](mailto:cfaevents@reading.ac.uk)

### Hear from our amazing Masters students at the Wellbeing Hub

The Wellbeing Hub has hosted placements for 4 students this year, who are now coming towards the end of their studies on the [MSc Theory and Practice in Clinical Psychology](#) programme. They have been actively participating in and supporting the work of the Wellbeing Hub and gaining practical experiences alongside their academic and theoretical learning.



**Alice Saunders**  
Research placement

“ My time working with the CfA Wellbeing Hub has been amazing, offering me a valuable insight into the world of autism. I will definitely take this experience, what I have learnt and the people I have met with me throughout my career in clinical psychology. I am extremely grateful to have been part of such an important and incredible initiative. ”

“ My experience at the Wellbeing Hub, working with neurodivergent children and their families for the first time, has been incredibly insightful, especially as an international student. It has heightened my awareness and understanding of autism, motivating me to pursue a career in this specialised field. I feel very fortunate to have worked with an exceptional team on such a meaningful, important cause ”



**Samhitha Garikaparthi**  
Clinical placement



**Liam Sagar**  
Research placement

“ I have thoroughly enjoyed working with the CfA wellbeing hub and can proudly say that it has been the best aspect of my master's degree. The CfA wellbeing hub has provided me with a valuable insight on how we can help autistic individuals thrive, which is something that I will take with me not just in my career in clinical psychology but also throughout my personal life. ”

“ I've really enjoyed my placement with the Wellbeing Hub. It was great to work with families, visit schools, and take part in research. The skills I've acquired will follow me into my careers, putting me in a great position in the future with clinical psychology. Overall, I have a greater understanding of autism and I'm incredibly grateful for this opportunity. ”



**Taliya Harris**  
Clinical placement



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

### Mapping emotional facial expressions

The aim of this study is to investigate the interactions between different face regions when people make facial expressions.

**We are looking for:** Autistic adults aged 18 and above with an autism diagnosis.

**What the study involves:**

- Tasks related to making facial expressions while a camera records your face.
- Complete questionnaires.
- Participants will be compensated for their time and travel.

If you are interested or have any questions, please contact Akanksha Mete ([a.mete@student.reading.ac.uk](mailto:a.mete@student.reading.ac.uk)), Reuben Swift ([r.w.swift@student.reading.ac.uk](mailto:r.w.swift@student.reading.ac.uk)), Dr Nick Thompson ([n.thompson@reading.ac.uk](mailto:n.thompson@reading.ac.uk)), Dr Umit Aydin ([u.aydin@reading.ac.uk](mailto:u.aydin@reading.ac.uk)), Professor Bhismadev Chakrabarti ([b.chakrabarti@reading.ac.uk](mailto:b.chakrabarti@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](mailto:autism@reading.ac.uk)

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