

NEWSLETTER

Welcome to the September issue of the newsletter. We hope you had a lovely summer and enjoy reading the updates as we head into autumn.

Wellbeing Hub September talk

On the 19th September, we were delighted to welcome Brian Irvine who delivered an informative and entertaining talk entitled “Mentoring as Reframing - Specialist Autism Mentoring at University”.



72 attendees joined us for the talk and it was an interactive session with an active chat and Q & A.



linktr.ee/brianirvine

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](#)

Update on activities for young people

We are developing two projects to support autistic young people.

ASSIST (Autism Spectrum Service for Information Support and Training)

We have partnered with the Wokingham-based autism service, ASSIST, who support autistic children and families. We are planning to meet with the young people who access ASSIST to explore the possibility of co-developing a group with them, based on topics which they would find helpful to know more about. More updates to follow!

NeuroBears – pilot study

NeuroBears is a programme for autistic children aged 8-14 years, to support them with learning more about autism and autistic identity in a neuro-affirmative way. We are hoping to invite some families to participate in the programme with a clinical psychologist later in the year, allowing us to develop some training resources, and train students in the Wellbeing Hub to support other families to complete NeuroBears. NeuroBears was created by autistic individuals and has already had lots of positive feedback from families who have used it, so we are very excited about this development!

Centre for Autism 
Wellbeing Hub Monthly Talks
Free online public event

Next monthly talk:

Date: Thursday 10th October, 7.00 – 8.30 p.m.

Speaker: Amy Pearson – Understanding autistic masking as a response to stigma.

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

Dr Amy Pearson is an Assistant Professor in Psychology at Durham University and part of the Centre for Neurodiversity and Development. She is a late-diagnosed autistic adult, and her research focusses on understanding autistic identity, masking, and victimisation.

Future talk dates @ 7.00 – 8.30 p.m.

14th November 2024: Allán Laville – Make Your Own Kind of Music: A reflection on being autistic and navigating

Registration details will be available soon

Centre for Autism 
Special Interest Group
Free in person event for professionals

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

Register: [SIG Nov Registration](#)

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

RESEARCH PARTICIPANTS NEEDED

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

Links between self-reported and caregiver-reported sensory questionnaires and alexithymia traits

We are gathering responses from children about what sensory experiences they prefer in their daily lives and comparing this to what parents/caregivers perceive as the child's sensory preferences. We are interested in how some children's difficulties with understanding and labelling emotions affects their ability to report on their sensory preferences.

We are looking for: Children aged 7 to 15 years and their parents/carers

What the study involves: 50-minute parent and child questionnaires about child's autistic traits, sensory preferences, and understanding and labelling of their and other's emotions

If you are interested or have any questions, please contact:

Rain Jefferis (b.jefferis@student.reading.ac.uk)

Dr Cathy Manning (c.a.manning@reading.ac.uk / 0118 378 3454)

You can take part in the study here: <https://forms.office.com/e/SngfBFJKMG>

Ethics conduct's end date is the 22/11/2024.

Investigating the perception of negative stimuli

The aim of this study is to examine how people perceive and respond to negative social and non-social images

We are looking for: Autistic adults aged 18+

What the study involves:

- Viewing negative social and non-social images on a computer screen while an eye-tracker records your gaze behaviour
- Completing questionnaires

If you are interested or have any questions, please contact:

Dr Elin Williams (e.h.williams@reading.ac.uk)

Ethics conduct's end date is the 31/12/2024.



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.

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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