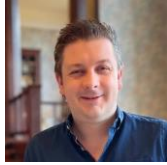


NEWSLETTER

Welcome to the November issue of the newsletter.

Wellbeing Hub November talk

On the 14th November we were delighted to welcome Al Laville to deliver his talk "Make Your Own Kind of Music: reflections on being autistic & navigating life".



Al spoke about his own journey of self-discovery and how being autistic has helped him flourish in the workplace.

The talk, which was 1 of 2 that the CfA Wellbeing Hub has embedded into the University of Reading's Disability History Month schedule of events was well attended.

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](#). All of our available monthly talk recordings are hosted on our [YouTube channel](#).



UK Disability History month runs from 14 November to 20 December to recognise the history of disabled people's struggle for equality and human rights with the theme 'Disability Livelihood and Employment'.

The Centre for Autism Wellbeing Hub's November and December online talks are included in the University's exciting schedule of events that are taking place.

[Events calendar](#)

Centre for Autism 
Wellbeing Hub Monthly Talks
Free online public event

Next monthly talk:

Date: Thursday 12th December, 7.00 – 8.30 p.m.

Speaker: Pete Wharmby – Making an autistic living

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

Pete Wharmby is an autistic speaker, writer, tutor and parent, who is working to improve autism acceptance in society by sharing insights and experiences of autism to the widest possible audience.

Future talk dates @ 7.00 – 8.30 p.m.

16th January 2025: Eliza Fricker – Themes from her latest book: [A different kind of parenting](#)

Registration details will be available soon

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

Date: Thursday 27th February, 4.00 – 6.00 p.m.
Tea and coffee provided.

Speaker:  Thrive     

Title: Thrive and Utilising Gardens and Nature to Support the Health and Wellbeing of Autistic People

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

Register: [SIG Feb 2025 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 register using the link

Happy 1st Birthday to the Wellbeing Hub!



It has been a busy year of activity since the CfA Wellbeing Hub launched in November 2023.

You can read some of the detail in our [Year 1 annual report](#)

Please consider supporting work at the Centre for Autism by making a donation.



Aims:

1. Provide impactful services for autistic children, families & their support networks to increase autistic thriving
2. Train future professionals
3. Advance autism research

Funding: University of Reading Alumni

LAUNCH & COMMUNITY ENGAGEMENT

- Launch event
- Scoping study
- Newsletter & Website

WELLBEING ACTIVITIES

- Monthly online talks
- Planning for developing a group jointly with a local organisation
- Planning for pilot study of an intervention for young people

PARENT SUPPORT

- Focus groups with parents
- Anxiety workshops for schools & families

TRAINING & PROFESSIONAL DEVELOPMENT

- Placement for 4 MSc students
- Practitioner Special Interest Group

RESEARCH INITIATIVES

- Won funding for 'Being Me' project creating videos of autistic young people sharing their experiences

KEY PLANS FOR YEAR 2

- Survey with autistic people and advocates
- Further anxiety workshops
- Development & delivery of NeuroBears programme
- Advisory groups with autistic children and professionals

Statistics:

- £ Funding: University of Reading Alumni
- 4 x part-time staff
- 600 Attendees at the 9 November launch event
- 1000 Subscribers to the monthly newsletter
- 287 new visitors to the Centre for Autism website in July 2024
- 3 focus groups with parents of autistic children
- Hearing 15 autistic voices through our scoping study & 7 autistic young people in our Being Me project
- 8 Anxiety workshops delivered (2 cohorts attending 4 sessions each), supporting 26 autistic children
- Planning commenced to deliver the NeuroBears programmes for autistic families
- 6 public online monthly talks, attended by 150 people on average
- 60 Attendees at our Special Interest Groups for professionals
- 4 Practitioners of the future trained – four placements provided to MSc Students
- Partnership with a local organisation (ASSIST) to develop a group for young people

RESEARCH PARTICIPANTS NEEDED

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

Gender differences in emotion and prosody perception in autism

In this study, we will be looking at gender and sex differences in autism, specifically in emotion and prosody perception. There will be two parts to the study, the first being an emotion perception task, and the second being a prosody perception task using eye-tracking techniques.

- We are looking for:** Looking for autistic and non-autistic participants over 18.
- What the study involves:** 1 hour on eligibility tasks/questionnaires, 1 hour on Emotion task, 30 minutes on Eye tracking

If you are interested or have any questions, please contact: caasd@reading.ac.uk or <https://app.onlinesurveys.jisc.ac.uk/s/reading/ep-et-ja-registration-form>

Ethics conduct's end date is the 30/11/2024. (to be extended)

Identifying Challenges in Hiring and Supporting Autistic Employees

This study explores the barriers autistic individuals face in employment and the support provided by organizations. It aims to identify strategies for improving workplace integration and professional success, focusing on interviews with managers who employ autistic individuals and experts who provide support services to autistic employees.

- We are looking for:** Managers who employ autistic & experts who provide support services to autistic.
- What the study involves:** The study will involve 60-minute interviews regarding employment experiences and support services
Participants will receive a £20 voucher as compensation.

If you are interested or have any questions, please contact:
Zahi Al-Shammari (zahi.al-shammari@reading.ac.uk)

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

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

Unsubscribe from the Centre for Autism newsletter at any time by sending an email with "Unsubscribe Newsletter" in the subject heading to autism@reading.ac.uk