

NEWSLETTER

Welcome to the May 2025 issue of the newsletter.

Monthly Parent-Carer Meet-Ups

Hosted by the Centre for Autism Wellbeing Hub and Parenting Special Children (PSC), these themed meet-ups provide a supportive space for parents and carers of autistic children to connect, share experiences, and hear about the latest research.

Held in-person at the University of Reading's School of Psychology from 7-9pm, these events cost £10 per person and include parking and refreshments. Upcoming themes include:

[May 15th - Autistic Thriving](#)

[June 26th - Neurodivergent Parenting](#)

[July 17th - Siblings](#)

Centre for Autism

Wellbeing Hub Monthly Talks



Free online public event

Next monthly Talk:

Date: Thursday 22nd May, 7.00 – 8.30 pm on Teams

Speakers: Dr Georgia Pavlapoulou and author panel

Title: Improving mental health therapies for autistic people and their families – book launch

Register: [Please click here](#)

Future talk dates @ 7.00 – 8.30 p.m.

Bookings are now open for our June talk:

Date: Thursday 19th June 7.00 – 8.30 pm on Teams

Speaker: Pete Wharmby

Title: Making An Autistic Living (rescheduled from November 2024)

Register: [Please click here](#)

Giving Day

The Centre For Autism was selected by the University of Reading as one of the causes featured in the first Giving Day - an event to raise awareness and money for different initiatives within the organisation.

Over £1200 was raised for the Centre For Autism, which will make a huge difference to our team and help us to fund our support for autistic young people and their families.

Thank you so much to everyone who donated or helped to share the campaign. More information about Giving Day can be found [here](#).



Centre for Autism

Special Interest Group



Free in person event for professionals

Date: Thursday 22nd May, 4.00 – 6.00 p.m.
Tea and coffee provided.

Speaker: Jodie Clarke
Neurodivergent autism trainer

Title: Autistic burnout in children and young people

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

Register: [Please click here](#)

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

Support for Autistic Children/Young People and their Families

The Wellbeing Hub is currently running a support programme for parent/carers of children who are autistic (or are awaiting autism assessment). It consists of a 2-hour group session per week (12 hours total) co-facilitated by Dr. Jo Billington from the Wellbeing Hub an autistic parenting practitioner from the charity Parenting Special Children. The course provides an opportunity to learn about autistic culture by exploring what autistic children tell us about their lives, and for parent/carers to explore their own experiences of parenting an autistic child..

Our next course for parents and carers of children aged 5 – 11 years runs starts on **Thursday 12th June 10.30am – 12.30pm and runs until the 17th July.**

We also run courses for parents and carers of children aged 11 – 16 and this will run again in the autumn term.

If you would like more information about this course or inquire about the dates of upcoming courses, please email us on autism@reading.ac.uk

Our YouTube Channel

If you missed any of our previous monthly webinars, or you would like to watch them again, they are available on our [YouTube channel](#).

RESEARCH PARTICIPANTS NEEDED

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

The effects of high dose vitamin B6 on anxiety and sensory differences in autistic adults			
Participants would be asked to attend two in-person lab visits separated by 30-35 days. They would be asked to complete a series of questionnaires, visual perception tasks and a blood draw. In between the visits, they would be asked to take either a vitamin B6 or placebo tablet daily.			
Ethics ref:	UREC NUMBER: 23/27	Ethics end date:	01/12/2025
We are looking for	Autistic adults aged 18 to 60		
The study will involve	Two lab visits, questionnaires, visual perception tasks, a blood draw, and supplement taking. They will be compensated for their time.		
If you are interested, please contact	Alex Cameron at a.cameron@pgr.reading.ac.uk		

Project EP-ET-WL- Gender differences in emotion, prosody perception and word learning in autism.			
In this study, we will be looking at gender and sex differences in autism, specifically in emotion, prosody perception, and word learning. There will be four parts to the study: 1) background questionnaires/measures, 2) an emotion perception task, 3) a prosody perception task using eye-tracking techniques, and 4) a word learning task.			
Ethics ref:	2024-206-FL	Ethics end date:	30/11/2026
We are looking for	Looking for autistic and non-autistic participants over 18		
The study will involve	2 hours on background questionnaires/measures 1 hour on emotion perception task 30 minutes on prosody perception task 30 minutes on word learning task		
If you are interested, please contact	Jess Akhurst, caasd@reading.ac.uk OR https://app.onlinesurveys.jisc.ac.uk/s/reading/registration-form		

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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