

NEWSLETTER

Welcome to the July 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. Please note there is no meet up during August however they will resume in September- dates and themes have not yet been confirmed. The link to the last meeting before the summer holiday is below:

[July 17th - Siblings](#)

Centre for Autism

Wellbeing Hub Monthly Talks



Free online public event

Next monthly Talk:

Date: Thursday 10th July, 7.00 – 8.30 pm on Teams

Speaker: Jon Adams

Title: A Conversation with Sparrows- 'Tales of autistic experience, trauma and wellbeing seen from within a personal creative narrative'

Register: [Please click here](#)

Future talk dates @ 7.00 – 8.30 p.m.

Please note, there is no talk scheduled for August due to the summer holidays.

Date: Thursday 18th September, 7.00-8.30pm on Teams

Speaker: Jodie Clarke

Title: "Stop the world, I want to get off":
Understanding Autistic Burnout in
Children and Young People

Register: [Please click here](#)



Charlie Waller and University of Reading Event:

Connect together. Stronger together. Thrive together

Join us for a collaborative event highlighting the vital importance of working together to promote and nurture the mental health and wellbeing of children, young people, and everyone who supports them, through a whole-community approach.

All are welcome to attend.

This event is held on **Thursday 10th July 2025**, 1.00-4.30pm at the University of Reading (Whiteknights campus).

For more information and to register your interest, please click [here](#).

Centre for Autism

Special Interest Group



Free in person event for professionals

Date: Thursday 13th November 2025 , 4.00 – 6.00 p.m.
Tea and coffee provided.

Speaker: Staff from Prior's Court School, a setting for autistic children and young adults with complex needs

Title: Research and practice updates. Short talks will include developing a pain book and story massage.

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

RESEARCH PARTICIPANTS NEEDED

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

Investigating Motion in Emotion in Autism Spectrum Conditions

Take part in our in-lab study (Harry Pitt Building) where we investigate how motion is perceived from people's facial expressions and how this relates to the ability to read faces.

Who are we looking for: Autistic adults 18-55 years old, normal or corrected-to normal-vision, native or equivalent English language proficiency.

What will the study involve: 1hr computer task where you indicate seeing movement in a face and judge facial expressions in videos, provide information on personal characteristics, complete a brief task on seeing patterns, and fill out questionnaires on autism traits, identifying emotions, and sensory judgements. Compensation: Amazon voucher prize draw or 1 SONA credit.

If you are interested, please contact:

Stephanie.ng@student.reading.ac.uk and w.a.cwiklinska@student.reading.ac.uk or sign up on SONA.

Investigating Inclusive Practices and Mitigating Factors for Children Exhibiting Demand Avoidant Behaviours: A Mixed-Methods Study

This study explores demand avoidant behaviours in children and their relationship with anxiety, autistic traits, and educational experiences. It aims to identify effective strategies from the perspectives of children, parents, and teachers to improve support at home and school. It is the first study to include the child's voice directly.

Who are we looking for: Parents, teachers, and children aged 7–12

What will the study involve: A 20-minute online questionnaire for parents and teachers, with an optional 30–60-minute follow-up interview. Children aged 7+ are also invited to be interviewed with parental consent, this would be online. Participants have the option to be entered into a prize draw to win a £10 Amazon voucher.

If you are interested, please contact: Isabelle Graham – i.graham@student.reading.ac.uk

Or use [this link](#) for more information and to access the questionnaires

Autistic children's voices matter

Hey, I'm Anna—a psychology student at the University of Reading—and I'm running a research project that's really close to my heart.

Who we are looking for: I'm looking to speak with autistic children (ages 7–11) in mainstream schools about how they feel about school—what they enjoy, what's tricky, and what they wish could be different.

What will the study involve: The interviews are short, fun, and flexible (online or in person), with drawing, social stories, and breaks whenever needed. Each child receives a free fidget toy as a thank-you. Autistic children's voices are often missing from research—and I'd love to help change that.

If you are interested, please contact: a.rainer@student.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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