

# NEWSLETTER

Welcome to the September 2025 issue of the newsletter.

## Parent Support Course – NEW DATES!

The Wellbeing Hub offers an in-person 6-week support programme for parents/carers of autistic children or those awaiting assessment. Each week includes a 2-hour group session (12 hours total) co-facilitated by Dr. Jo Billington and an autistic parenting practitioner from Parenting Special Children. The course explores autistic culture through children's experiences and provides space for parents/carers to reflect on their own wellbeing. Cost: £60 per person.

Our next course for parents and carers of children aged 11 - 16 begins on **November 5<sup>th</sup>** and will run each Wednesday evening from 7-9pm until December 10<sup>th</sup>.

To book your place on this course or enquire about upcoming courses for the parents/carers of children aged 5-11, please email us:

[autism@reading.ac.uk](mailto:autism@reading.ac.uk)

**Centre for Autism**  
Wellbeing Hub Monthly Talks



*Free online public event*

### Next monthly Talk:

**Date:** Thursday 18<sup>th</sup> September, 7.00 – 8.30 pm  
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](#)

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

**Date:** Thursday 16<sup>th</sup> October, 7.00-8.30pm  
on Teams

**Speaker:** Alexis Quinn

**Title:** The Path to Belonging: Overcoming  
coercion and cultivating connection

**Register:** [Please click here](#)

## University of Reading celebrates Ruth Pearce with honorary doctorate

We are delighted that Ruth Pearce, CEO of our charity partner Parenting Special Children, has been awarded an honorary doctorate from the University of Reading. Ruth is a passionate supporter of the Wellbeing Hub, collaborating with us to deliver activities for families and offering invaluable placement opportunities to our students. Read more in the [official press release](#).



**Centre for Autism**  
Special Interest Group



*Free in person event for professionals*

**Date:** Thursday 13<sup>th</sup> 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

## October Parent-Carer Meet-Up: Autistic children's school experiences

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 autism research from the University of Reading and beyond.

Held in-person at the University of Reading from 7-9pm, these events cost £10 per person and include parking and refreshments. Our next meet up is on **October 23<sup>rd</sup> 2025** and this session will be held in the Henley Business School, with the theme of Autistic children's school experiences.

[Please click here to register](#)

## Parenting Special Children's Transition to Adulthood group visit to the School of Psychology and Clinical Language Sciences

As part of our partnership with local charity Parenting Special Children, we were pleased to welcome their Transition to Adulthood group to the School. Six young people joined us to explore our facilities, including the chance to observe a live MRI scan. They also toured our student halls to get a feel for life at university and visited our lecture theatres and other central spaces. We had a wonderful time showing them around our campus and are especially grateful for their brilliant questions and enthusiastic engagement throughout the visit. [Find out more about PSC's Transition to Adulthood group.](#)



## RESEARCH PARTICIPANTS NEEDED

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

### Investigating the impact on autistic adults of not being empathised with

Research has found that autistic people's emotions are not being empathised with as easily as non-autistic people's emotions. We want to know if this impacts their mental health and contributes to the high rates of suicidality amongst this population. The outcome of the study will help inform targeted interventions.

**Who are we looking for:** Formerly diagnosed Autistic adults without an intellectual disability

**What will the study involve:** The study involves filling in an online survey, which takes approximately 30 minutes to complete. The questions will be about mental health, and some questions will be about suicidal thoughts and behaviours, which may cause some distress. Participation is entirely voluntary. Participants will be compensated for their time.

**If you are interested, please contact:** Rachael Cheang, [r.cheang@pgr.reading.ac.uk](mailto:r.cheang@pgr.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)

**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](mailto:autism@reading.ac.uk)**