

# NEWSLETTER

Welcome to the October 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 16<sup>th</sup> October, 7.00 – 8.30 pm  
on Teams

**Speaker:** Alexis Quinn

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

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

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

**Date:** Thursday 13<sup>th</sup> November, 7.00-8.30pm  
on Teams

**Speaker:** Keren MacLennan

**Title:** Autistic sensory experiences and inclusive spaces

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



## Barriers to Education launch

We are proud to have contributed to [Barriers to Education](#), a new online resource launched this week by Spectrum Gaming. The website is designed to support parents, carers, and professionals with practical, compassionate approaches that make a genuine difference. At its core is the WARMTH Framework: six key areas that help young people feel safe, experience a sense of belonging, and have their needs met. Alongside this, the site offers a growing library of tools, strategies, and case studies that highlight what's possible when we focus on understanding individual needs and creating environments where young people feel safe, valued, and able to thrive.



## 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 Agriculture, Earley Gate, University of Reading. Satnav Postcode RG6 6ES

**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**

## Parent-Carer Meet-Ups- NEW DATES!

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.

[Please click here to register](#) for the Meet Up on **October 23<sup>rd</sup>** : with the theme of Autistic children's school experiences.

[Please click here to register](#) for the Meet Up on **November 20<sup>th</sup>**, with the theme of Mealtimes & Food.

**December 11<sup>th</sup>**- registration will be available soon.

## Our Recent Webinars!



**June: Pete Wharmby-  
Making an Autistic  
Living**

Pete Wharmby is an autistic writer, speaker, tutor and parent. He spoke about the experiences and challenges faces by autistic people in the workplace, and the types of accommodations that can be made to help support autistic people find meaningful and neuro-affirming employment.



**July: Jon Adams-  
A Conversation with  
Sparrows**

Jon Adams, who is also an artist and geologist, delivered our July talk, titled "A Conversation with Sparrows- Tales of autistic experience, trauma and wellbeing seen from within a personal creative narrative". Jon used artwork to discuss his lived experiences of autism, ADHD, dyslexia and synaesthesia.



**September: Jodie Clarke-  
"Stop the World, I Want to  
Get Off"**

Our most recent webinar feature Jodie Clarke, who spoke about autistic burnout in children and young people. Jodie has authored three books in the areas of Autistic experience and Autistic burnout, and has neurodivergent children of her own. Jodie's talk is available to view until October 18<sup>th</sup> 2025.

## Parenting Special Children: Annual Conference

Our charity partners, Parenting Special Children, are hosting their annual in-person conference on 18<sup>th</sup> November. The theme this year is neurodiversity and emotional regulation in children and young people and features a keynote talk from our last Wellbeing Hub webinar speaker Jodie Clarke. More information can be found here:

<https://parentingspecialchildren.co.uk/events/conference-neurodivergence-emotional-regulation>



Many of our past webinars are available to view on our website [here](#) (please note: some of our monthly talks are not recorded or are only available for a limited period depending on permissions given)

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)

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