

NEWSLETTER

Welcome to the November 2025 issue of the newsletter.

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 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 **November 20th**, with the theme of Mealtimes & Food.

[Please click here to register](#) for the Meet Up on **December 11th**, with the theme of School Attendance and Mental Health.



Parenting Special Children: Annual Conference

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



Centre for Autism Wellbeing Hub Monthly Talks



Free online public event

Next monthly Talk:

Date: Thursday 13th November, 7.00 – 8.30 pm on Teams

Speaker: Keren MacLennan

Title: Autistic sensory experiences and inclusive spaces

Register: [Please click here](#)

Future talk dates @ 7.00 – 8.30 p.m.

Date: Thursday 14th December, 7.00-8.30pm on Teams

Speaker: Stephen Unwin

Title: Beautiful Lives: How We Got Learning Disabilities So Wrong

Register: [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 Agriculture, Earley Gate, University of Reading. Satnav Postcode RG6 6ES

Register: [Please click here](#)- places are still available

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

Our Latest Webinar!

Our October talk featured Alexis Quinn, of the Restraint Reduction Network, who gave a talk titled *The Path to Belonging: Overcoming coercion and cultivating connection*. As the parent of children with additional needs, Alexis discussed the profound



impact of both physical restraint and the often invisible world of *soft restraint* or *informal coercion*, within the framework of human rights. Alexis also discussed the importance of human connection and the creation of safe, understanding communities across the human lifespan.

Our YouTube Channel

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



The theme of this year's Disability History Month is *Disability, Life and Death*; focussing on the challenges faced by disabled people, both throughout out history, and in the modern day. The campaign emphasises that disabled people must be central to conversations about their rights, whilst ensuring dignity, inclusion, and equal access to life and opportunity.

Our December webinar features Stephen Unwin, who will be discussing these themes, alongside his recent book: *Beautiful Lives: How We Got Learning Disabilities So Wrong*. You can find the link to Stephen's talk [here](#).

You can find out more about Disability History Month here: [UK Disability History Month](#) Information about other events can be found here: [Events](#)

Resilience Rucksack for Autistic Individuals

The Resilience Rucksack project aims to support autistic young people in building resilience and promoting mental health and wellbeing. We are adapting the original resource developed by the University of Reading to better reflect the experiences and strengths of autistic individuals. Through a short survey, we are exploring how autistic young people define resilience and the strategies they use to cope with challenges. The insights will guide the co-production of a tailored Resilience Rucksack: a practical toolkit designed with autistic young people to foster wellbeing, confidence, and self-understanding. By centring autistic voices, this project ensures the resource is inclusive, relevant, and useful for the autistic community and their allies. We invite autistic young people, parents/carers, and school staff to complete our survey and help shape this resource.

You can find the link to our survey here:

- <https://forms.office.com/e/bKY8eUmW99>

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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