

# NEWSLETTER

**Wishing all our subscribers a very happy New Year from everyone at the Wellbeing Hub!**

## 5th February - Parent/Carer Meet Up

We're pleased to announce that our postponed December Parent/Carer Meet-Up will now take place in person on **Wed 5th February 7–9pm**, on the University of Reading Whiteknights campus.

We're delighted to be joined by **Dr Ruth Moyse**, an autistic researcher, trainer and mentor, who will discuss her work on **school attendance and mental health**. This session will be especially relevant for parents and carers of autistic children who struggle with school attendance or experience school-related distress.

Our meet-ups offer a supportive space to connect with others, share experiences, and hear about current autism research.

Cost: £10 per person (parking and refreshments included).

[Click here to register](#)

## Family Wellbeing Courses

We offer a 6-week programme for parents and carers of children who are autistic or awaiting an autism diagnostic assessment.

Grounded in evidence-based approaches to thriving and informed by a rich library of resources created by autistic children and young people, the programme aims to deepen your understanding of autistic flourishing and whole family wellbeing.

Full details about the programme's content and structure are [available on our website](#).

Cost: £60 per person. Please get in touch if cost is a barrier to participation.

### Upcoming courses:

#### Parents/carers of children aged 5–11:

Starts 26 February, Thursdays 10:30–12:30

#### Parents/carers of children aged 11–16:

Starts 22 April, Wednesdays 19:00–21:00

To book a place or to find out more, please email [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 15<sup>th</sup> January, 7.00-8.30pm  
on Teams

**Speaker:** Mike Karasinski

**Title:** Why We Need a Space For NaDDs  
(Neuroaffirming Dudes 'n' Dads)

[Click here to register](#)

### Future talk date

**Date:** Thursday 12<sup>th</sup> February, 7.00-8:30pm  
on Teams

**Speaker:** Jon Adams

**Title:** A Conversation with Sparrows  
(Broadcast of last July's talk with  
live introduction and Q&A session)

[Click here to register](#)

## Centre for Autism Special Interest Group



*Free in person event for professionals*

**Date:** Thursday 5<sup>th</sup> March 2026  
4.00 – 6.00 p.m.  
Tea and coffee provided.

**Speaker:** Sue Allen (Oxford Brookes University)

**Title:** The Impact of Sensory Differences on  
Everyday Life

**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.