

NEWSLETTER

Our New Facebook Page!

The Centre For Autism Wellbeing Hub have a new Facebook page to help you keep up to date with all our latest news and events. You can find the link [here](#).



Save the Date
May 6th 7-9pm



As part of the University's centenary celebrations, we will be hosting a free public event on the evening of 6th May on the theme of ***Autistic Thriving at School and Beyond***.

You can attend either in person or online. Booking details will be shared in our March newsletter and on our Facebook page.

Centre for Autism Wellbeing Hub Monthly Talks

Free online public event

Next monthly Talk:

Date: Thursday 12th March, 7.00-8.30pm
on Teams

Speaker: Emily @21andsensory

Title: Tips and Tricks for looking after your
Sensory Self

[Click here to register](#)

Next Parent-Carer Meet Up

Date: Thursday 19th March, 7.00-9.00pm
in person at the University of Reading

Speaker: Olive Kayongo

Title: Navigating mental health services for
your autistic child: a parent's
perspective

[Click here to register](#)

Spaces Available – Family Wellbeing Course (Ages 5–11)

A few places remain on our 6-week Family Wellbeing Course for parents and carers of autistic children aged 5–11 (including those awaiting assessment).

- Thursdays 10:30–12:30 from 26th February
- In person - University of Reading
- £60 per person (financial support available)

Delivered by the Centre for Autism Wellbeing Hub in partnership with Parenting Special Children, this course has been co-developed with autistic children and young people. It includes video insights from them about what supports their thriving, alongside practical, evidence-based strategies to support whole-family flourishing and strengthen parental confidence and wellbeing.

[More details on our website](#)

Centre for Autism Special Interest Group

Free in person event for professionals

Date: Thursday 5th 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.

RESEARCH PARTICIPANTS NEEDED

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

Does your child have trouble sleeping?

Many children with autism and other neurodevelopmental conditions experience sleep difficulties. This study seeks to understand whether children benefit from sleep interventions and why some children benefit from sleep hygiene training while others may require melatonin. Your participation will help us better understand the impact of sleep interventions for children.

Who are we looking for:

Children with autism and other neurodevelopmental conditions aged 2-15.

What will the study involve:

Up to three visits to the University of Reading involving,

- questionnaires about your and your child's sleep and well-being,
- a short play-based sensory assessment with your child
- wearing sleep watches for up to 7 nights.

Families receive £20 per visit (for 2nd and/or 3rd visit).

If you are interested, please contact: Rhea Varghese (r.varghese@reading.ac.uk)

Stigma and camouflaging within autism

We are conducting a 30-minute online study investigating camouflaging and stigma with and without autism. The study explores relationships between autistic burnout, shame around autism, camouflaging behaviours, self-esteem, depression, and perceptions of media portrayals of autism.

Who are we looking for: Autistic adults aged 18 and above

What will the study involve: Participants will need to complete questionnaires; some questions may be sensitive, and support information will be provided.

If you are born on an odd-numbered date (e.g. 1st or 3rd of the month): <https://uor-redcap.reading.ac.uk/surveys/?s=JJY4TERCT888XWPM>

If you are born on an even-numbered date (e.g. 2nd or 4th of the month): <https://uor-redcap.reading.ac.uk/surveys/?s=J4DYANRNF84HPE4Y>

If you have any questions, please contact: Anthony Haffey (a.haffey@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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