

NEWSLETTER

Autistic Thriving at School and Beyond: We want to hear from you!



Thank you once again to almost 600 of you who joined us online and in person for our Centenary Event on 6th May. There is still time to let us know what you thought of the event itself - you can provide that feedback here:

<https://app.onlinesurveys.jisc.ac.uk/s/reading/autistic-thriving-at-school-and-beyond-event-feedback-survey>. We would really appreciate your contributions as this helps us to plan and deliver future events. Thank you!

Centre for Autism Wellbeing Hub Monthly Talks



Free online public event

Thursday 18th June 7.00pm, Warda Farah: "Manifesto for Metamorphosis"

Warda is a Speech and Language Therapist, Writer and Lecturer. Her work sits at the intersection of Race, Language and Disability, and her approach is guided by her own experiences as a neurodivergent Black woman.



Warda's talk, *Manifesto for Metamorphosis*, is a personal conversation about building your own framework for living in systems that were never designed for you.

Please register on Eventbrite [here](#):



You can now follow us on Facebook!

Centre for Autism Special Interest Group (SIG)



Free in person event for professionals

The Wellbeing Hub: current work and future directions

Thursday 25th June 2026
16:00-18:00

The Wellbeing Hub team will present an overview of the current activities of the Wellbeing Hub.



Attendees will be invited to share their perspectives and ideas to help shape the future direction of the Hub.

Tea and coffee will be provided.

School of Psychology, Earley Gate,
University of Reading. Satnav Postcode
RG6 6ES

Register: [Please visit our Eventbrite page](#)



Coming Soon: July Online Talk: 16th July 7.00pm - From Overwhelm to Independence: An AuDHD Student's Journey into University Life.

Join us for an honest and hopeful conversation with Harrison, a 19-year-old university student with autism and ADHD, as he shares his journey from early childhood overwhelm to navigating transition to university and independent living.

You can register on Eventbrite: [here](#)

Centre for Autism

Autistic Thriving: A Family Wellbeing Course for Parents and Carers

Meet other families, share experiences, and learn more about what helps autistic children and their families live well. The course is run by members of the Centre for Autism Wellbeing Hub team with autistic parenting practitioners from our partner charity, [Parenting Special Children](#). It is based on three things we know can make a real difference:

1. Listening to autistic young people

Hearing autistic children and young people talk about what helps them feel understood, accepted and valued

2. Understanding what autistic children need

Learning about the things that help autistic children feel safe, supported, and able to be themselves

3. Understanding what helps people live well

Exploring ideas from wellbeing research and thinking about how they can help children and families thrive together

- 6 sessions (once a week, for six weeks). Sessions are 2 hours long with breaks and refreshments
- Delivered in person at the University of Reading Whiteknights campus, parking available
- Separate groups for parents and carers of children aged 5–11 years and 11–16 years
- Small group format with time for discussion

For parents/carers of children aged 5-11:

Wednesdays 19.00 – 21.00

Session 1: June 17th

Session 2: June 24th

Session 3: July 1st

Session 4: July 8th

Session 5: July 15th

Session 6: July 22nd



For parents/carers of children aged 11-16:

Wednesdays 19.00 – 21.00

Session 1: September 30th

Session 2: October 7th

Session 3: October 14th

Session 4: October 21st

(Break for half term)

Session 5: November 4th

Session 6: November 11th

Email autism@reading.ac.uk to register or [see our website](#) for more details.

For parents/carers of children aged 5-11:

Tuesdays 10.00 – 12.00

Session 1: November 10th

Session 2: November 17th

Session 3: November 24th

Session 4: December 1st

Session 5: December 8th

Session 6: December 15th

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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