

Autistic Thriving at School and Beyond: Audience Perspectives



We have now collated and reviewed the hundreds of audience responses we received during our Autistic Thriving at School and Beyond event held in May.

We would like to extend our thanks to everyone who took part in answering our polls. Your ideas were interesting and insightful and will be essential in shaping our future work at the Wellbeing Hub.

See overleaf for a visual summary of the ideas and feedback we received and visit our blog [here](#) for a more detailed analysis.

Autistic Thriving: A Family Wellbeing Course for Parents and Carers - New Dates for Autumn 2026

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](#).



For more details about how to register, and dates for the Autumn term, [see our website](#) or email autism@reading.ac.uk

Centre for Autism Wellbeing Hub Monthly Talks



Free online public event

Upcoming Webinars:

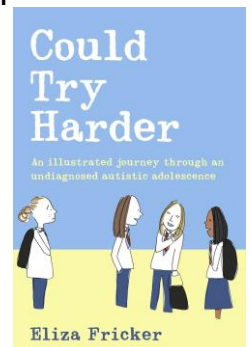
16th July 7.00pm: From Overwhelm to Independence: AuDHD Student's Journey into University Life

Don't miss our 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.

Register on Eventbrite [here](#)

15th September 7.00pm: Eliza Fricker: Rethinking Struggle, Expectations and Neurodivergence in Children

Illustrator and author Eliza Fricker explores the hidden experiences behind "struggle," drawing on themes from her new book *Could Try Harder*.



This session invites you to pause, reflect, and reconsider what "effort" really means and how we can better support children who are so often misunderstood.

Register on Eventbrite [here](#)



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Autistic Thriving at School and Beyond: Audience Perspectives

We asked:

What one change would most help autistic children and young people to thrive at school?

You said:

School training and practice,
Systemic change and influencing policy,
Parent/carer support,
Peer and community connection
and more

We asked:

What should the Wellbeing Hub focus on next to best support autistic children and families?

You said:

Flexibility,
Staff training,
Getting the environment right,
Understanding and accepting autistic young people,
and more

If you missed the Event, you can watch the recording on YouTube [here](#)

RESEARCH PARTICIPANTS NEEDED

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

Autistic Peer Support and Mental Health: The role of Autistic Community Connectedness

This is an online study exploring the relationship between autistic peer support and mental health. It is being conducted by an autistic researcher and is focused on improving the lives of autistic people, rather than attempting to 'fix' them.

Who are we looking for:

Adults who have an autism diagnosis or self-identify as autistic. You do not need to be part of a peer support group to take part.

What will the study involve:

Completing a short online survey that takes around 20 minutes.

You will be presented with multiple choice questionnaires that ask about autistic peer support, social identity, depressive symptoms and your wellbeing.

Enter the survey here:

<https://uor-redcap.reading.ac.uk/surveys/?s=LT4XLXCJHPPFKXHA>

If you have questions, please contact:

Crystal Man, c.man@student.reading.ac.uk



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