

About the Project: Amplifying Autistic Wellbeing

What is this project about?



This project is called Amplifying Autistic Wellbeing.



It is about autistic people and what helps them feel happy, calm, and well.



We want to hear from autistic people who need more support.



We want to know:

What does wellbeing mean to you?

How can you help?



You can share your art with us.



Your art can be:

- a drawing or painting
- a photo or video
- a poem or story
- music or sound
- anything you create!



You can send your art online using our website's form.



The last day to send your art is the **10th of September 2025.**

What will happen next?



We will choose some art to show at our event.



The event will be in London (UK) and also online.



Some people might get money to help with travel.



You can apply online for travel money.

Need help?



If you have questions, you can email Juliette:

juliette.gudknecht@port.ac.uk



If you want updates, you can join our emailing list on the website under “Subscribe.”

Thank you for your interest!

Contact:

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