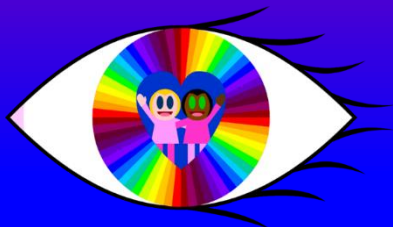


A Different Perspective CIC December 2024 Issue 15



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*"When we view our
emotions like house
guests, we recognise that
we can hold space for all
of them while they come
and go" (Andrea
Evgeniou).*

Please get in touch:
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@gmail.com](mailto:differentperspectives98@gmail.com)

Hi Everyone,

Welcome to the latest edition of our company
newsletter.

We hope you are looking forward to the Christmas
break. Please spend time to reflect on all the progress
you have made this year.

When setting intentions for 2025, please prioritise
things you enjoy and things that make you feel good
about yourself.

*"The body benefits from movement and the mind
benefits from stillness" – Sakyong Mipham.*



This PhD Life Conference.

In October, I presented at the University of Glasgow's 'This PhD Life' conference. I shared general tips to support wellbeing as a postgraduate researcher; these can also apply to anyone in any setting. Some strategies include using Google Calendar and a Trello board to plan out your week and keep track of to-do lists, blocking out time specifically for writing, varying your work environment and reflecting on three good things that happen each day or each week. I discussed the importance of highlighting how autistic people have many strengths which can be beneficial in school, academia or the workplace; these include perseverance, creativity, honesty, having a strong work ethic, being analytical and attentive. Breaking tasks into smaller chunks, having movement breaks, being guided by your interests, journaling and thinking about WIN ~ 'what's important now' can be helpful. Always remember to celebrate the small wins!

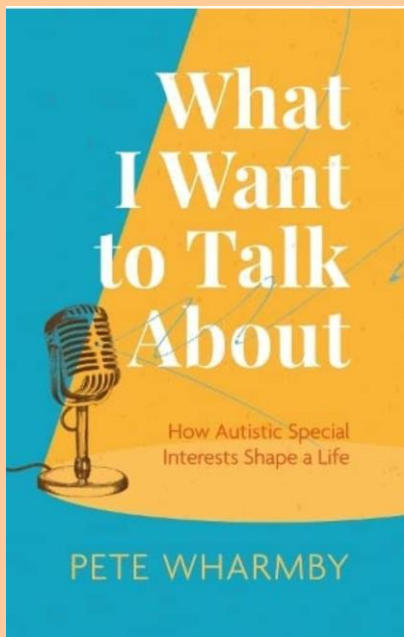
Springfield's Academy Presentation.

I look forward to delivering a talk as part of A Fest Online with Springfield's Academy. This will be held on Zoom on Thursday 27th February at 4pm. I will be sharing my lived experience of autism and education and my research on friendships. For more information, please follow The Springfields Academy on X.

Autism Arena: Tips for a Calm Christmas:

- Stick to foods you enjoy.
- Put presents in bags rather than wrap them.
- Block out time to meet guests then prioritise downtime.
 - Wear comfy clothes.
- Think about what your Christmas day will look like in advance.
- Remember that it is okay to reduce pressure from yourself – your Christmas doesn't have to look like anyone else's. The most important thing is you feel safe, and you enjoy it.

**Book
Recommendation:**



What I Want to Talk About. How Autistic Special Interests Shape a Life by Pete Wharmby.

“Autism is *not* a disability, but autistic people *are* disabled by their needs not being accommodated” (Walker, 2021).

Autistic people are doing their best right now, in the moment, based on their stress levels and the environment. People do well if they can – Andy Smith (Spectrum Gaming).

Five Principles to Guide Trauma Recovery – Hobfoll et al. (2007).

It is important to remember that any event can be traumatic. Trauma stems from how our bodies and brains respond to the traumatic event and how we are supported (Dr Sharon Twigg). Remaining calm and curious about behaviour, helping to develop relaxation techniques, making time to listen and praise the little things and building upon small steps can be helpful. The 5 principles to support trauma recovery include:

Sense of safety.

Sense of calm.

Sense of connection.

Sense of control.

Sense of hope.

For more information, please see The UK Trauma Council website - <https://uktraumacouncil.org/>

Map of Monotropic Experiences by Helen Edgar of Autistic Realms.

Monotropism can be defined as focusing attention intensely on a smaller number of things, leaving autistic people with limited energy to process other day to day activities.

For more information, please see <https://monotropism.org/>



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An Introduction to Understanding Neurodiversity and Neurodivergence – By Lauren Smith.

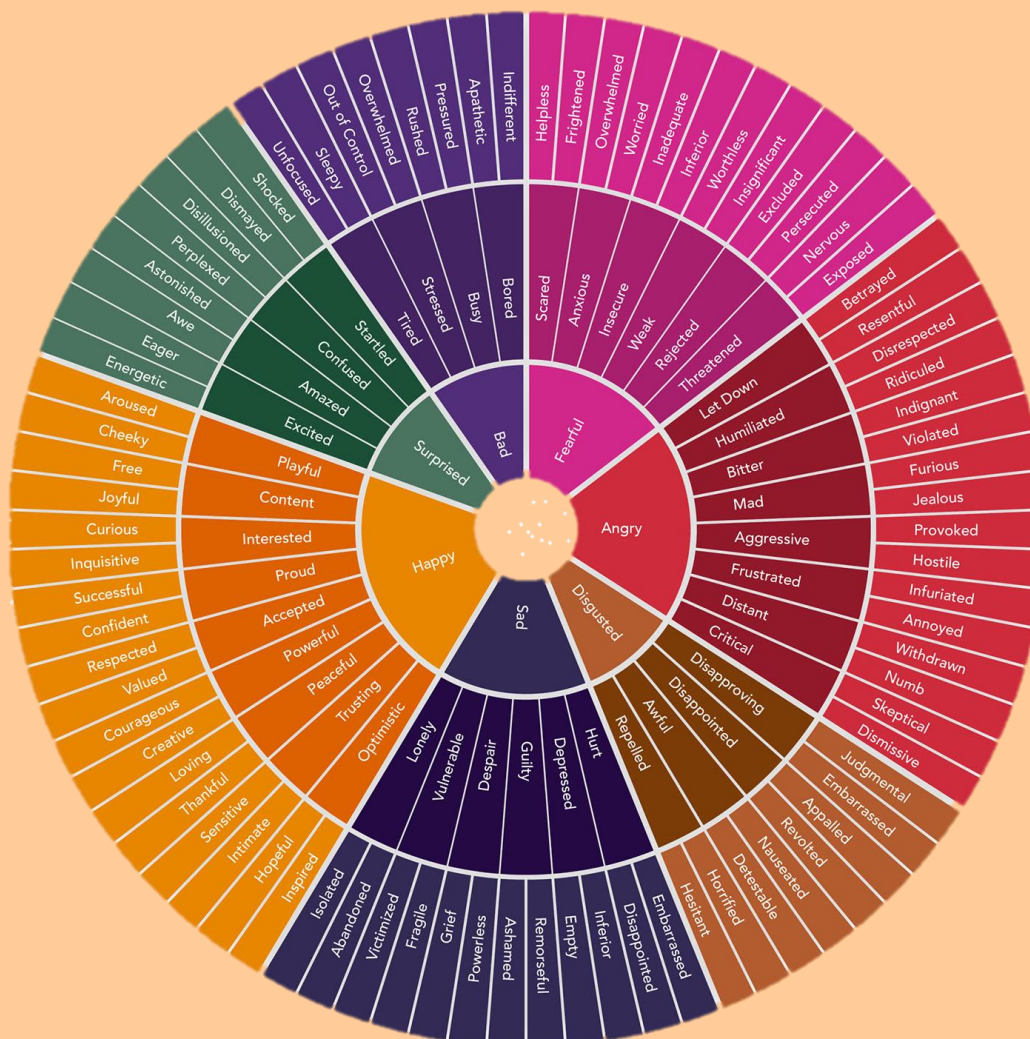
The terms neurodiversity and neurodivergence are sometimes used interchangeably, however they mean different things. Put simply, neurodiversity reflects human diversity. We are all neurodiverse; just like nature is a part of biodiversity, we all contribute to social functioning. Walker and Raymaker (2021) coined the term 'neuro-cosmopolitanism' to explain an acceptance of neurodiversity and viewing differences as we view another culture.

Being neurodivergent means having a mind that processes, learns, communicates and behaves slightly different to what is thought of as 'typical.' *"Autism is a naturally occurring part of human diversity resulting in changes in communication style and sensory processing, which can be disabling in a society that promotes neuro-normativity"* (Milton, 2012). *"No-one is superior ... and we are all are enabled or disabled according to the environment we are in"* (Jackson-Perry & Rosqvist, 2024, p. 4). There is no right or wrong way to exist and every person has something unique to offer.

Please follow me at 'A Different Perspective CIC' on Facebook and X/email me at: differentperspectives98@gmail.com

Feelings Wheel:

Approximately 50% of autistic people are alexithymic, meaning they can find it harder to identify, process and express emotions. Autistic people may express their emotions in a different way. Autistic people may struggle to recognise emotional and bodily signals due to interoceptive difficulties. Below is just one example of a feelings wheel, which may help to support autistic people to name how they feel.



Autism and ADHD Support Group

Tuesday 14th January

9.30-11.30am

The Firs, Drove Road, WSM
BS23 3NX



For parents and carers of children with any emerging need, additional need and/or disabilities- no diagnosis needed

Parent Carer Coffee at

The Firs, Drove Rd, Weston
BS23 3NX

Monday 20th January

10am-12noon



For parents and carers of children with any emerging need, additional need and/or disabilities- no diagnosis needed

Auti-ms Support Group:

Auti-ms run monthly online support groups on the 1st Wednesday of every month; these are held at 7.30pm. These support groups are for autistic ladies (or those identifying as female) aged 18+. This is a safe space to make friends and share experiences. For more information, please contact them at: enquiries@auti-ms.co.uk

Luv2MeetU:

Luv2MeetU is a friendship service for autistic adults. They run face to face and online activities and workshops. Activities include yoga, cooking, nights out and sessions on staying safe and relationships. For more information, please see:

<https://www.hft.org.uk/our-services/luv2meetu/>

Diverse:

Diverse hold regular social events run by and for those who identify as autistic. They cover North Somerset, Bristol, Bath and South Gloucestershire. Activities include a cinema group, a photography group, arts and crafts and creative writing sessions.

They have also developed a sensory calm space for neurodivergent individuals who need a safe space at public events and festivals. For more information, please see: <https://www.diverseuk.org/>

Join us for our
SEND EVENINGS

£7.00 EACH ADULTS/CARERS FREE

2024
29th September
20th October
24th November
8th December

2025
26th January
23rd February
30th March
27th April
18th May
22nd June
13th July

- Exclusive use of Brean Play including no restriction of use of toddler area
- Quiet room in one of our party rooms plus a disco in the disco room
- Cafe open for drinks and snacks
- Resident Passes available, please apply online if you live in 20 mile radius
- All ages of children and young adults welcome. No proof of disability required
- For more information email play@brean.com

PLEASE CHECK OUR WEBSITE FOR SESSION TIMES

To book visit **breanplay.com**

London Marathon in Aid of the National Autistic Society.

Adam, a dear friend and member of our group, has been given a charity place at next year's London Marathon! He will be running 26+ miles on Sunday 27th April in support of the National Autistic Society, a charity close to his heart. We look forward to watching live.

To kickstart his training, Adam has participated in numerous runs this year, including the Burnham-on-Sea Half Marathon, Cardiff Half Marathon at Bute Park, Brent Knoll Trail Run and the Christmas Cracker as well as weekly parkruns. Next year, Adam has planned to take part in the Chepstow Half Marathon, Gloucester, Bristol and Bath Half Marathon.

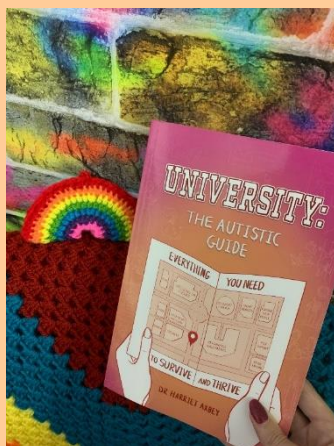
If you can, any donations would be much appreciated - <https://www.justgiving.com/page/adam-baker-1727038500599>

Thank You!



Book Contribution – University: The Autistic Guide. Everything You Need to Survive and Thrive by Dr Harriet Axby.

I am pleased to have contributed to this book on autism and university experiences. I write about understanding autism, strategies for managing the transition to university and the value of peer support. I am also currently working on another book chapter focusing on inclusion strategies for education and advocacy settings.



Please get in touch with our team if you would like more information about our work or would like to get involved with our projects. We would love to hear from you!