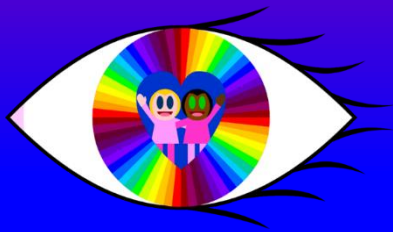


A Different Perspective CIC

April 2025

Issue 16



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Where do you sit within the learning zone – the comfort zone, stretch zone or panic zone?

Please get in touch:
differentperspectives
98@gmail.com

Hi Everyone,

Welcome to the latest edition of our company newsletter. We would like to wish you a happy Autism Acceptance Month!

We hope you all enjoyed the Easter break, with the sunshine and lots of chocolate!

This is a slightly shorter newsletter since April is a busy month of preparing for my PhD annual review.



The Tree of Life Reflection:

Pause and focus on the image below. You may like to ask yourself the following questions to reflect:

What do the colours mean to me?

When I look at this image, what aspect of my life do I think about?

Does the thought of change and growth scare or excite me?

Is there something I could do today to connect with nature?

What is one thing I could do today that will make a positive difference to my life?



Autism Training – Written by Lauren Smith:

I recently delivered a webinar as part of A-Fest Online with Springfield's Academy. I shared my lived experience of navigating the education system and shared my research on friendships and support in mainstream schools. I also provided strategies to support communication and wellbeing for autistic people. These include connecting with likeminded people and using social media as an interaction tool (with caution). Wellbeing strategies include using deep breathing techniques (an example being the 3-3-6 breath), allowing yourself ample downtime to rest and keeping a daily journal of thoughts and feelings.

Additionally, I have attended online training from Act 4 Autism, a Coventry based community interest company providing workshops and free, online seminars. In this training, they explore the four areas of difference which include interaction, communication, information processing and sensory differences. Autistic people may find it harder than their non-autistic peers to develop relationships, organise their thoughts and regulate their sensory system. All these differences can impact each other and can influence how an autistic young person responds to day-to-day activities. Some support strategies that Act 4 Autism explain include ensuring playtimes are structured, using clear language in a calm tone, providing additional processing time, praising people regularly, using visuals and creating sensory soothing spaces.

I also attended a webinar based on young people's perspective of neurodiversity. Some key points that were highlighted include that diagnosis can either be a label or an enabler. Although, it is important to learn about ourselves and be self-compassionate. Additionally, people's strengths can compensate for their challenges. For example, neurodivergent people can be tenacious, resourceful and resilient, being able to empathise with others because of their challenges.



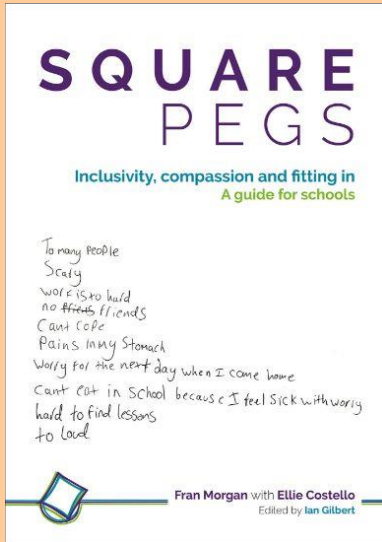
Photographs by Lauren Smith.

Please follow me at 'A Different Perspective CIC' on Facebook and X/email me at:

differentperspectives98@gmail.com

Book

Recommendation:



Square Pegs. Inclusivity, compassion and fitting in – a guide for schools. By Fran Morgan & Ellie Costello.

“I feel confident in my own world, but not in this one” (An autistic girl in Honeybourne, 2024).

“Be weird, be random, be who you are. Because you never know who would love the person you hide” – CS Lewis.

Get Involved in my PhD Study:

I am still looking for autistic adults to take part in my PhD research study focusing on their views and experiences of alternative provision settings in England.

If you meet the eligibility criteria, please do scan the QR code or click on the link to take part in my questionnaire.

Link to questionnaire:

https://uofg.qualtrics.com/jfe/form/SV_8pJq80RGTh3BQRo

If you have any questions or would like further information, please do get in touch.

Participants Needed for a Research Study:

What are the Views and Experiences of Autistic People in Alternative Provision Settings in England?

I am looking for participants who are:

- Aged 18+.
- Autistic (diagnosed or self-identifying).
 - Living in England, UK.
 - Of any gender identity.

AND

- Who have attended a mainstream school for any length of time.
- Have attended an alternative provision setting for any length of time.

The study will involve:

Completing an **online questionnaire** and answering questions about your school experiences.

You can take breaks. Someone can help you if you need.

You can take part in different ways.

Access this by scanning the QR code.



This research has been reviewed and approved by the University of Glasgow Ethics Committee.

If you have any questions, please email me or my supervisors:

2880972s@student.gla.ac.uk
nicki.hedge@glasgow.ac.uk
rebecca.wood@glasgow.ac.uk
christine.mckee@glasgow.ac.uk



College of Social Sciences

Autism Act 2009 – A Call for Evidence.

The House of Lords Committee are looking for autistic people to share their experiences and comment on public understanding of autism, autism diagnosis processes and healthcare, education and employment for autistic people. An audio and easy-read version of documents is available. These experiences will help to form Government recommendations and to ensure that all autistic people are appropriately supported. For more information or to take part, please see: [Call for Evidence - Committees - UK Parliament](#)

Magdalen Farm.

Magdalen Farm near Chard, Somerset regularly organise funded family day trips and sleepovers for families with children or young people with additional needs aged up to 25 years. There are a range of activities to get involved in including orienteering, pond dipping, singing round the campfire and learning about animal care. For more information, please see: <https://magdalenfarm.org.uk/you-your-family/>

A Better Life Service – North Somerset People First.

North Somerset People First run a series of wellbeing workshops for people aged 16+ with learning disabilities and/or autism. These workshops include anxiety and anger management, relationships and sex, grief and bereavement and self-esteem. This service is free for those who live in North Somerset. Additionally, North Somerset People First also run regular walking groups and friendship groups in and around Weston-Super-Mare. To get involved, please see: <https://nspf.co.uk/what-we-do/>

Youth Voice Census 2025.

If you are aged 11- 30, you can share your views on school, work and life in the 2025 Youth Voice Census. This is an opportunity for you to speak up about matters that affect you and to drive change. The deadline is the 6th of June 2025. To take part, please see: <https://www.youthemployment.org.uk/youth-voice-census/>

Update on our Social Group:

Due to limited capacities, we have been unable to run as many social activities as we'd hoped this year. However, so far, we have organised a walking group and a trip to Airhop. We are looking forward to our upcoming activities, including spending a day with Horse World in the summer. We are always looking for new young people to join our social groups. Please get in touch if you would like more information.

Achievements:

On 22nd April, Adam will be delivering an autism presentation for the INSET day at a special school. He will be covering topics including stimming, meltdowns and shutdowns, the importance of structure, sensory sensitivities, communication differences and reasonable adjustments.

We're also incredibly proud that Adam will be running the London Marathon on Sunday 27th April in support of the National Autistic Society. On Friday 21st March, Adam organised a fundraising quiz and games evening at Uphill Cricket Club. This increased the monies raised to over £3,100.

Any donations would be much appreciated - <https://www.justgiving.com/page/adam-baker-1727038500599>

Thank You!



Book Contribution – Growing Up Autistic by Dr Harriet Axby.

I previously contributed to a book on autism and university by Dr Harriet Axby. I am pleased to have recently been accepted to contribute to a book on autism and growing up. I look forward to sharing my experiences of autism and sex education, self-regulation and school-based anxiety.

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!