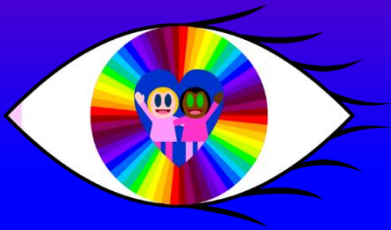


A Different Perspective CIC

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Life for an autistic person
can be like "wading
through treacle" ~ Fintan
O'Regan.

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Hi Everyone,

Welcome to the latest edition of our company newsletter. We hope you are all making the most of the summer break, with some spells of sunshine!

Remember to carve out time to pause and focus on things you enjoy 😊



Autism Conferences

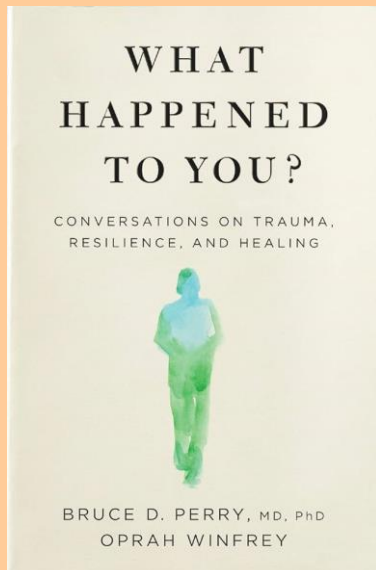
I recently attended an 'Autistic Burnout' conference hosted by Viv Dawes, an autistic advocate. Autistic burnout can be the result of too much stress with too little support for too long. Some signs of autistic burnout may include chronic exhaustion, increased anxiety and sensory sensitivities and loss of communication and self-care skills. Looking for tiny moments of joy and calm, giving yourself permission to fully rest in ways that are meaningful to you, finding likeminded people, reducing demands and being kinder to yourself may help. Helen Edgar & Viv Dawe's SAFE framework includes considering sensory needs (and your internal signals), autonomy (which is persistently needed, like oxygen), flow states and energy (linked to 'the spoon theory').

I also attended an 'Empowering Neurodiversity' conference with the Somerset Parent Carer Forum in Taunton. The importance of focusing on a person's mood and safety within the nervous system, for example, through progressive muscle relaxation, was emphasised. The SF3R framework was discussed. In some cases, structure can complement flexibility. The 3Rs include rapport, relationships and resilience. It was expressed that autistic people can be like computers without printers. They have everything in their mind but cannot provide the hard drive. Therefore, we need to be the cables.

I am excited, albeit a little nervous, to be presenting a poster about my PhD research at this year's Autism Europe Congress in Dublin.

Book

Recommendation:



What Happened to You?
Conversations on Trauma,
Resilience and Healing by Bruce
Perry & Oprah Winfrey.

“Authenticity is the daily
practice of letting go of
who we think we’re
supposed to be and
embracing who we are”
~ Brene Brown

“There are two types
of education... One
should teach us how
to make a living, and
the other how to live”
~ John Adams

What You See Vs What You May Not See

Below is a resource I’ve created to support with expressing my needs. At times, I feel misunderstandings can arise because I present well however what is truly going on under the surface can be overlooked.

What You See

Has friends
Travels independently
Studying for a PhD
Can drive
Smiling
Enjoys walking
Highly organised
Constantly on the go
Articulate
Determined
Love supporting others

What You May Not See

Need to plan social scripts
Loneliness
Constant doubt
Significant anxiety
Body conscious
Joint pain and prone to fainting
Cannot process multiple things at one time
Chronic exhaustion
Struggle to express myself verbally
Ruminating over mistakes
Difficulty swallowing
Sleepless nights
Poor memory
Lacking sense of belonging
Crippling sensitivity to rejection
Panic attacks
Migraines
Slow movements
Awkward in social situations
Hard to manage under pressure
Crippling sense of not feeling good enough
Balancing being ‘too much’ and ‘not enough’
Sense of always getting it wrong socially



Resources

Below are links to an extensive reading list of neuro-affirming books and a list of autistic-led organisations, charities and social media groups compiled by Helen Edgar, an autistic advocate and author.

<https://autisticrealms.com/reading-list-neuro-affirming-books/>

<https://autisticrealms.com/nothing-about-us-without-us-autistic-led-organisations-charities-social-media-to-follow/>

Teddy Bear on the Shelf ~ By Lauren Smith

Picture this – exuberant colours, disco-like lights, shrills of the children. You're standing in a store of kids begging their parents to spend their last penny.

At the edge of one of the shelves, a dishevelled looking teddy bear catches your eye. She has stuffing ripped out of her chest; she needs patching up. You notice her dark blue tint and her pale blue tartan dress.

Although she is most expensive, out of all the other bears, you choose her. She strikes a chord with you. Nobody else could see her value.

You excitedly take the bear home, nurture and love her. You make sure she has care, and you see her for who she really is – a beautiful, blue bear in need of a little love and care.

You sit with her, chat with her, you have fun times together. You patch her up a yellow ribbon. She goes out in the sunshine, rain and snow – she can weather all storms for she has you at her side.

This is what life's about – friendship, loyalty, making memories, expression.

Several months later, you pass by the toy store and sitting on the shelf is a rainbow bear in pristine condition. You bring back blue bear and swap her for the rainbow one.

Once again, blue bear sits on the shelf, propped up against prettier, more playful bears. All her vibrance is lost. Quickly, blue bear gets her personality stripped by the other bears on the shelf. Oh, what she would do to know what to say and know how to do the right thing.

Once again, blue bear is forgotten.

At first, a novelty. Then disposed and replaced when better bears come along.

It feels like a lifetime until she will get chosen again, her heart is tired. Once again, she gets dusty. For the first time, tears trickle down her cheek. Because she is not a bear. She is me.

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

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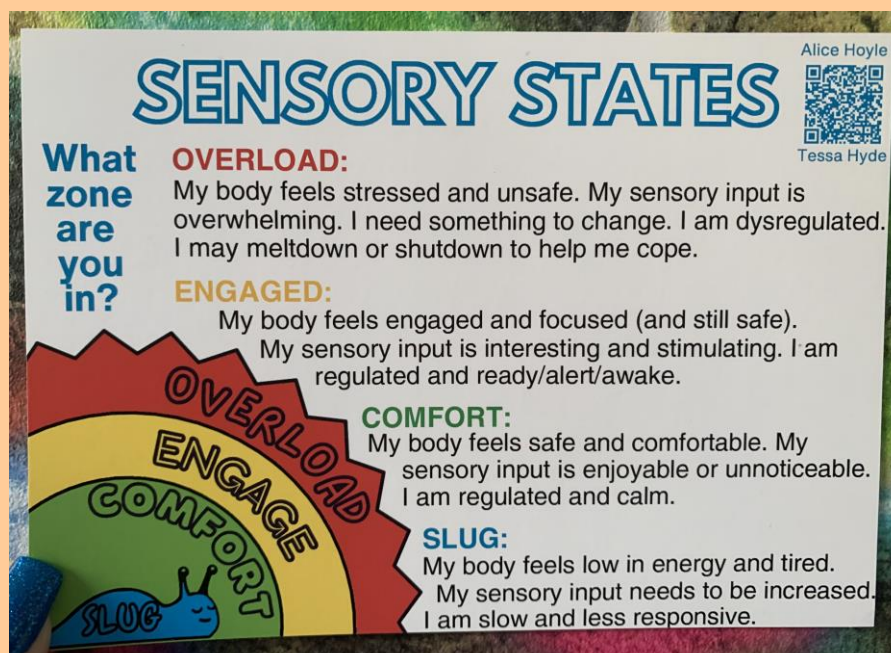
Update on our Social Group:

Recently, our social group have enjoyed a Chinese meal and a trip to the Bristol Zoo Project. We look forward to spending a day at HorseWorld, a charity who offer therapy and educational sessions to children and adults with the help of their rescue horses. We are always looking for new young people to join our social groups. Please get in touch if you would like more information.



Sensory States and Sensory Wellbeing ~ Alice Hoyle

To support sensory states, Alice Hoyle considers the importance of examining how we truly feel, identifying sensory glimmers and spending time in nature. Additional questions to ask include 'how do you like to move, what tastes, textures and smells do you enjoy, what clothes are you most comfortable in and what tweaks can you make to optimise the start of the day?



London Marathon

On Sunday 27th April, Adam braved the heat and the crowds and participated in the London Marathon. He made an incredible time of just under five hours! Adam raised £3500 for the National Autistic Society. Since the Marathon, Adam has continued his running efforts, recently completing his seventh half marathon of the year! In Adam's words, "it's not about the finishing time, it's all about the finishing line!" Keep up the good work!



Book Chapter Publication

I'm pleased that I've had a chapter published in a book based on 'Applications and Practices for Empowering Neurodivergent Learners'. My chapter is titled 'Guiding the Power of a Neurodivergent Mind'. In the chapter, I offer inclusion strategies for neurodivergent people in educational settings and the wider community. I argue that by simply listening, creating a safe presence, offering alternative forms of expression and providing reasonable adjustments, a space can be created for neurodivergent individuals to thrive. The book launch is set for Monday 6th October from 6-8.15pm in London (Canary Wharf) and online. If you would like to attend virtually, please email NeurodivergentBook2025@gmail.com for your free ticket.

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!