

NEWSLETTER

Welcome to the March issue of the newsletter.

Wellbeing Hub February Talk



On Thurs March 13th, we hosted a talk by Mel Green and Dr Claire Malcolm from The Open University who discussed their research project *Black mothers advocating for the autistic children*.



In the talk, Mel and Claire explored the topics of intersectionality, systemic challenges, and barriers to inclusion.

If you'd like to watch the recording, you can find it - along with past talks from our previous speakers - on the [Centre for Autism YouTube channel](#)

Support Course for Parents/Carers of Autistic Children/Young People

The Wellbeing Hub are currently offering a six-week support programmes for parent/carers of children who are autistic (or are awaiting autism assessment). The course explores what autistic children tell us about their lives and offers a space for parent/carers to explore their own experiences. These courses are run in-person at the University of Reading and there are separate programmes for parent/carers of primary and secondary school aged children.

If you would like more information about this programme, please email us on autism@reading.ac.uk

Centre for Autism  University of Reading
Wellbeing Hub Monthly Talks
Free online public event

Centre for Autism  University of Reading
Special Interest Group
Free in person event for professionals

Next monthly talk:

Please note there is no webinar in April due to the Easter Holidays.
Details of the May talk are below.

Future talk dates @ 7.00 – 8.30 p.m.

Bookings are now open for our May talk:

Date: Thursday 22nd May, 7.00 – 8.30 pm

Speakers: Dr Georgia Pavlopoulou and author panel

Title: Improving mental health therapies for autistic people and their family members - book launch

Register: [click here to register](#)

Date: Thursday 22nd May, 4.00 – 6.00 p.m. Tea and coffee provided.

Speaker: Jodie Clarke, neurodivergent autism trainer

Title: Autistic burnout in children and young people

Venue: School of Psychology and Clinical Language Sciences, Earley Gate, University of Reading. Satnav Postcode RG6 7BE

Register: [Please click here](#)

An opportunity for professionals who work with autistic children and young people to come together **in-person to network** with other local practitioners and hear topical talks from a range of experts.

If you are a professional interested in attending this session, please register using the link

Charlie Murphy – New Executive Support Administrator for the Centre for Autism

I was diagnosed as autistic in my early teens, and since then I've always been interested in learning more about autism and helping others with the same condition.



I studied Psychology at GCSE and A-Level, and completed my undergraduate degree at the University of Reading from 2016 and 2020. As part of my degree, I carried out a placement at the Centre For Autism where I helped with day-to-day management. I'm really excited to be back at the new Wellbeing Hub to support the team.

Monthly Parent/Carer Meet Ups

Hosted by the Centre for Autism Wellbeing Hub and Parenting Special Children (PSC), these monthly meet-ups provide a supportive space for parents and carers of autistic children to connect, share experiences, and hear from experts.

Held in-person at the University of Reading's School of Psychology from 7-9pm, these events cost £10 per person and include parking and refreshments.

The first meet-up is on March 23rd, and features a talk by Ruth Pearse, CEO of PSC. The April meet-up is on the 24th where we will be focusing on sleep and neurodivergence with one of PSCs specialist sleep practitioners. For more information and to book your place, please use the links below:

[Parent-carer meet up: March 23rd](#)

[Parent-carer meet up: April 24th](#)

RESEARCH PARTICIPANTS NEEDED

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

Project EP-ET-WL- Gender differences in emotion, prosody perception and word learning in autism

In this study, we will be looking at gender and sex differences in autism, specifically in emotion, prosody perception, and word learning. There will be four parts to the study: 1) background questionnaires/measures, 2) an emotion perception task, 3) a prosody perception task using eye-tracking techniques, and 4) a word learning task

- We are looking for:** Autistic and non-autistic participants over 18
- What the study involves:**
- 2 hours on background questionnaires/measures
 - 1 hour on emotion perception task
 - 30 minutes on prosody perception task
 - 30 minutes on word learning task

If you are interested or have any questions, please contact: Jess Akhurst, caasd@reading.ac.uk OR <https://app.onlinesurveys.jisc.ac.uk/s/reading/registration-form>

Ethics end date is 30/11/2026

If you have any feedback for the newsletter including anything you would like to hear about then please get in touch autism@reading.ac.uk

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