



Neighbourhoods

Autistic Friendly Neighbourhoods Newsletter



The double empathy problem

The double empathy problem helps us to understand why autistic people and non autistic people might struggle to understand one another. The way that someone communicates is shaped by their past experiences, as well as how they perceive and process the world. We know that autistic people and non autistic people process the world differently to one another. These differences can lead to a breakdown in communication that can be uncomfortable for both the autistic and non autistic person. This theory highlights that one communication style is not superior to the other – they are just different and any communication difficulty is a shared one. To find out more about the theory [CLICK HERE](#). This [article](#) is also a good place to start to reflect on the communication skills you use when talking to your autistic friends and colleagues.

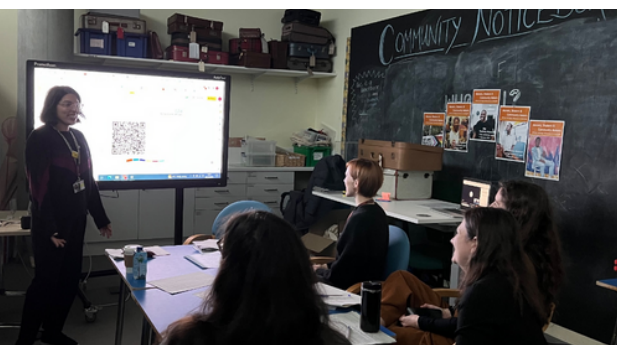
Welcome to the third edition of the Autistic Friendly Neighbourhoods Newsletter. We have been very busy since our last update in October.

Firstly, we would like to present our new Autistic friendly neighbourhoods logo:



We have started holding our Autism strategy implementation meetings again, so far discussing employment, training and criminal justice. It's been great to have our experts by experience alongside health, social care and voluntary sector partners across City and Hackney back in one room, reflecting on what we've achieved so far and what the next steps need to be!

Following the employment implementation meeting we linked up with the Hillman street Job centre team to develop some top tips for supporting autistic jobseekers during their appointments. The job centre team also hope to relaunch their quiet hour sessions for autistic job seekers early next year! Keep an eye out for updates!.



In December, the Autism coordinator and an autistic resident delivered a (codesigned) training workshop at Hackney Museum as they embark on becoming an autistic friendly community space

Congratulations to the Winner of our logo competition
Jayden Meade Wynters!
(student at ELATT college)

SUPPORT FOR AUTISTIC PEOPLE

- Hackney Council Local Offer

The Hackney Local Offer is an information directory where you can find out about what support and services are available for neurodivergent people between ages 0-25. Check out the website here: www.hackneylocaloffer.co.uk

- Hackney Council Find Support services

Find support services is where you can find out about local organisations offering support, advice and activities to Hackney and City residents.

Check out the website here:

www.find-support-services.hackney.gov.uk



- Next steps drop in Careers advice (Propsects)

The Prospects team can help you ng people to find suitable training, volunteering, work placements, apprenticeships and job opportunities. Specialist job advisors are available to talk through your next steps. Sessions run on Wednesday and Thursday afternoons at Hackney council service centre. [CLICK HERE](#) for more information.



- Wrong Planet

Wrong Planet is the web community designed for individuals (and parents / professionals of those) with Autism, Asperger's Syndrome, ADHD, PDDs, and other neurological differences. They provide a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and more.

Check out the website: <https://wrongplanet.net>

MEET THE CRISIS AUTISM NAVIGATOR - MARIA BELL



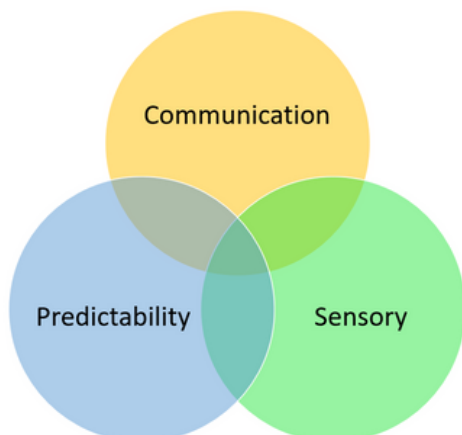
Maria is the Autism Navigator for the City & Hackney Mental Health Crisis Services. A newly commissioned post with the aim to overall access and the experiences of autistic people using mental health crisis services. Currently Maria is working on a number of projects (including collecting data on the number of autistic service users; developing staff training on autism in crisis, ensuring access to reasonable adjustments). If you would like to get in touch to share your experience of crisis services or find out more about ongoing projects, you can contact Maria via email on maria.bell14@nhs.net or by phone/text/Whatsapp on 07389 828 627.

AUTISTIC FRIENDLY PILOT – WHAT AUTISTIC PEOPLE TELL US

We know that autistic people experience poorer health outcomes than the non autistic people (Rydzewska et al., 2019). Autistic people are more likely to suffer from long term chronic conditions (Croen L, et al., 2015), mental health difficulties (Brede et al, 2022) and sleep disturbances and restricted eating patterns starting in childhood and persist in to adulthood (Weir et al. 2022) impacting on general health and wellbeing.

There is a lot of evidence to show autistic people face many barriers when trying to get the healthcare that they need. You can [WATCH THIS](#) YouTube video from Autistic Drs International to find out more.

We used a survey (as well as telephone and face to face interviews) to collect views from Autistic residents in Hackney to find out about the barriers people face when visiting their GP practice.



Barriers to visiting the GP for autistic residents



VIDEO: See some of the ideas our Autistic residents had on making it easier to visit the GP.

As shown in the current research , Autistic residents told us that they often find it difficult to manage the sensory environment of the GP practice. Many people said that they found not knowing what to expect (like knowing how long they might be waiting or who they would see) made visiting the GP anxiety provoking. Some people said using the phone to make an appointment was a big reason why they did not visit the GP. Many people also told us that interacting with staff who did not understand autism and how they could adapt their communication was a barrier.

Health Education England are looking for expressions of interest from experts by experience, education and health staff to be trained as a trainers for the Oliver McGowan Mandatory Autism and learning disabilities training. To register expressions of Interest [CLICK HERE](#)



• Paediatric Accident and Emergency training

In November, we delivered Autism awareness training with a group of Paediatric Nurses based in A&E settings across North East London NHS Trusts.

• Autism Education Trust (AET) training

Hackney Education have worked very hard this term with more than 200 staff members having attended the AET training so far! This has been an amazing effort between our parent experts by experience, Hackney Education and Health staff!



MOUTH THAT ROARS launched their 'See Us! Hear Us! Be the Change' campaign at their screening and panel discussion at the Barbican last month. They want a chance to carve successful careers in TV and Film, but in order to do so, the industry requires progressive change. You can watch In Focus' short films shown at the Barbican last month - [HERE](#)

Autism Through Cinema Conference

13th & 14th January 2023

BLOC Cinema, Queen Mary, University of London
Join us for our Autism Through Cinema Conference: a two-day in-person exploration of the relationship between autism and the moving image. There will be a curated selection of short films made by autistic filmmakers, plus an exclusive screening of a feature film programmed by Citizen Autistic. Tickets are free, but there is limited availability. Claim your ticket here: <https://www.eventbrite.com/e/autism-through-cinema-conference-tickets-474714352407>

LEARNING



- Hackney Education AET training dates for next year can all be found here - www.autismeducationtrust.org.uk/find-upcoming-aet-training
- Seedtalk: The Science of ADHD: Navigating Neurodiversity in a Neurotypical World | 17.01.23 at 6-9pm - Genesis Cinema 93-95 Mile End Road London. [Tickets on Eventbrite](#)
- Seedtalk: The Science of Autism with Dr. John Biddulph | 24.01.23 at 7 - 9.30pm. Market Hse 443 Coldharbour Lane London. [Tickets on Eventbrite](#)
- Autistica Webinar: Autistic adults' experiences in mental health services| 17.01.23 at 12:00. This sessions explores what current research studies say about what it is like for autistic adults accessing & using mental health services. [Tickets on Eventbrite](#)
- Children and Young People with Mental Health Needs, Autism or Learning Disability - elearning for healthcare staff (e-lfh.org.uk)
- **BBC podcast 1800 Seconds on Autism** is an autistic led podcast which gives an insight on what its like to navigate the world as an autistic person - there is a lot of information about accessing health support.
- Are you interested in joining a national autism practitioner network? SLaM NHS Foundation Trust are piloting a national autism practitioner network (APN); a forum for MDT health professionals working in autism (clinical) services. The broad aims of the APN are to bring together health professionals working in autism services around the country. Meetings will be held online once every three months in 2023 (starting from Jan 23). If you would like to register your interest in joining the APN, please complete this short registration form: <https://forms.office.com/r/8gCnMEykCA>

To subscribe to this newsletter, please email me: Jody.Barrientos@nhs.net



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