

# NEWS

## Living Well With Neurodiversity

Issue 1

It has been a pleasure to meet many of you at our events over our first couple of months. We are always looking for ways to improve our offer and would love to hear your view and ideas through our feedback form, which can be found by [clicking here](#)

Our newsletter brings together in one place all the advice and signposting to other organisations and resources. If you have any questions or queries you can contact us by email at [youngpeoplesupport@autismoxford.org.uk](mailto:youngpeoplesupport@autismoxford.org.uk)

We look forward to seeing you at our future events.



### [Autism friendly holidays](#)

The UK specialists for fun, family holiday accommodation for families with dependants on the autism spectrum.

[www.spectrum-holidays.com](http://www.spectrum-holidays.com)

**Controlled choices** - give the young person 2 choices to choose between (e.g. with holiday destinations / hotels). It gives some control and pride back to the child / young person.

For siblings of children with additional needs and disabilities.

[www.sibs.org.uk/youngsibs](http://www.sibs.org.uk/youngsibs)





### **Book List:**

- \* Queerly Autistic by Erin Ekins
- \* The Awesome Autistic Guide for Trans Teens by Yenn Purkis and Sam Rose
- \* Trans Teens Survival Guide by Owl and Fox Fisher
- \* Uncomfortable Labels by Kate Dale
- \* Gender Explorers by Juno Roche
- \* The Whole Brain by Dan Siegal and Tina Payne
- \* The Explosive Child by Ross Green
- \* Reflective parent by Redfern and Cooper

## **Aggressive, violent, self-destructive and controlling behaviour?**

NVR is a new approach, which has been specifically developed for responding effectively to aggressive, violent, self-destructive and controlling behaviour in children, adolescents and young adults.

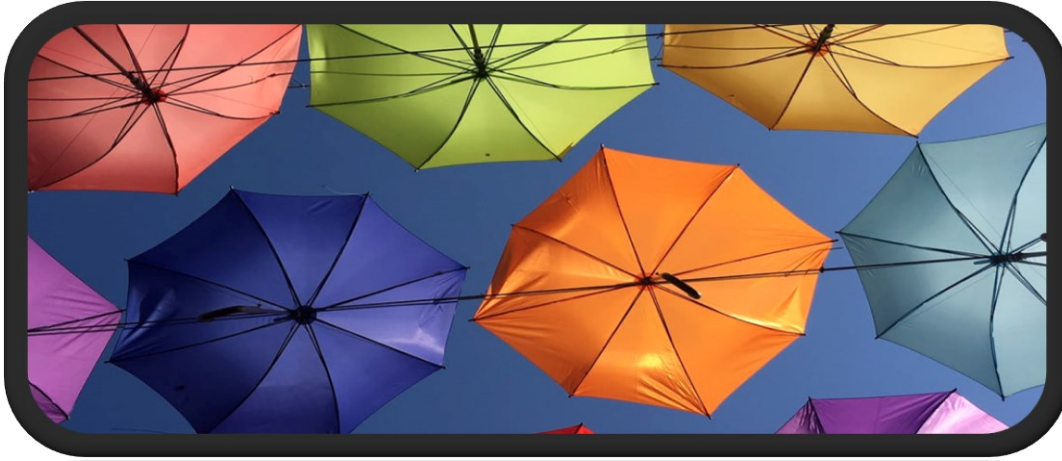
Overcoming a child's or young person's violent, aggressive, harmful or self-destructive behaviour using Non Violent Resistance (NVR) NVR is a new approach, which has been specifically developed for responding effectively to aggressive, violent, self-destructive and controlling behaviour in children, adolescents and young adults.

[www.partnershipprojectsuk.com](http://www.partnershipprojectsuk.com)



"Period Power is the menstrual bible detailing everything about your cycle that you didn't realise you needed to know." It explores the menstrual cycle, impacts on the body and emotions, as well as experiencing a period as someone who is exploring their gender identity. Further information can be found here:

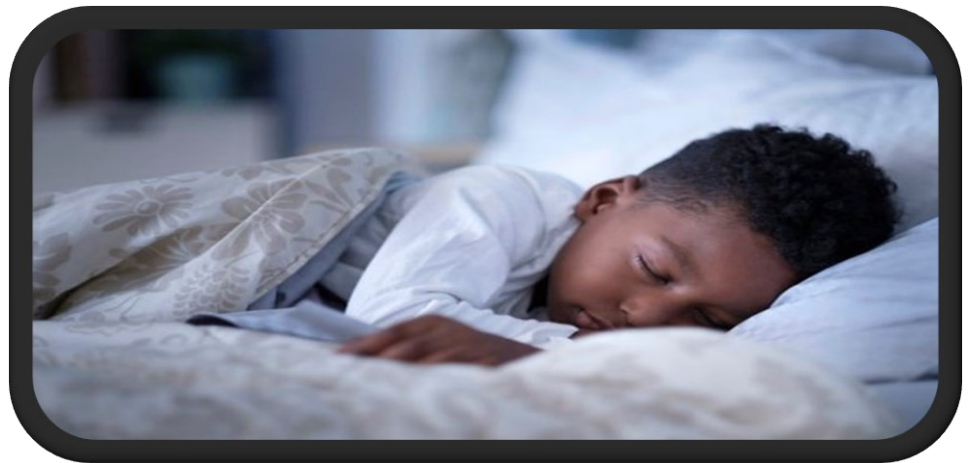
[www.maisiehill.com](http://www.maisiehill.com)



## **ADHD Foundation :**

Who we are. The ADHD Foundation is the UK's leading neurodiversity charity, offering a strength-based, lifespan service for the 1 in 5 of us who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's syndrome.

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)



## **Sleep Advice Service**

The Cerebra Network for Neurodevelopmental Disorders is a collaborative and dynamic network of researchers led by Dr Caroline Richards (University of Birmingham), Dr Jo Moss (University of Surrey), Dr Jane Waite (University of Aston) and Dr Hayley Crawford (University of Warwick). Network research hubs located at each university will focus on key themes that are central to improving the lives ...

[cerebra.org.uk/get-advice-support/sleep-advice-service](http://cerebra.org.uk/get-advice-support/sleep-advice-service)

[www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)

# Local Resources and Signposting

- \* Sunflower lanyards for identifying additional needs: [www.hiddendisabilitiesstore.com](http://www.hiddendisabilitiesstore.com)
- \* SHIFT: [www.shift-abingdon.org.uk](http://www.shift-abingdon.org.uk)
- \* Oxfordshire Parent Carer Forum: [www.oxpcf.org.uk/](http://www.oxpcf.org.uk/)
- \* OASIS: [www.oasionline.org.uk](http://www.oasionline.org.uk)
- \* Talking therapies (for parents) - [www.oxfordhealth.nhs.uk/talkingspaceplus/](http://www.oxfordhealth.nhs.uk/talkingspaceplus/)
- \* DLA: [www.gov.uk/disability-living-allowance-children](http://www.gov.uk/disability-living-allowance-children)
- \* Carer's assessment: [www.oxfordshire.gov.uk/residents/social-and-health-care/looking-after-someone/carers-assessment](http://www.oxfordshire.gov.uk/residents/social-and-health-care/looking-after-someone/carers-assessment)
- \* Selective Mutism: [www.selectivemutism.org.uk](http://www.selectivemutism.org.uk)
  
- \* [www.amazon.co.uk/Autism-Friendly-Guide-Periods-Robyn-Steward/](http://www.amazon.co.uk/Autism-Friendly-Guide-Periods-Robyn-Steward/)
- \* [www.amazon.co.uk/Whats-Happening-Ellie-conditions-Sexuality/](http://www.amazon.co.uk/Whats-Happening-Ellie-conditions-Sexuality/)
  
- \* [www.sienacastellon.com](http://www.sienacastellon.com)
- \* [www.sunshine-support.org](http://www.sunshine-support.org)
- \* [www.zonesofregulation.com](http://www.zonesofregulation.com)
- \* [www.arfidawarenessuk.org](http://www.arfidawarenessuk.org)
- \* [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)
- \* [www.partnershipprojectsuk.com](http://www.partnershipprojectsuk.com)
- \* [www.pdasociety.org.uk](http://www.pdasociety.org.uk)