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May

News and updates

Welcome, this is where we'll share news about the programme and links to useful information.

[Autism Central](#)

New podcast!

The first two episodes are ready for you to listen to.

Our first series brings together autistic people, parents, carers and professionals to talk about sensory processing.



Supporting your child's sensory needs

Series host Holly Sprake-Hill, a neurodivergent occupational therapist, discusses all things sensory processing with her colleague Denise Martin. We learn more about what sensory processing is and the differences autistic people can experience.

[Listen to episode one](#)

Supporting sensory needs of non-speaking children

In episode two, Holly meets parents of non-speaking autistic children, Jade Page and Paul Anderson, who share their experiences around sensory processing and what works for their families.



[Listen to episode two](#)

Book a one-to-one

Find help from your regional hub.

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Have you seen...

The webinar series 'Finding the balance' with Dr Naomi Fisher and Eliza Fricker.

Learn about the impact of self-critical thinking, and what we can do to be more compassionate with ourselves.

Watch a clip, or sign-in to see the full episodes.



[Find out more](#)



Autism Central is designed to help families learn more about autism and how to navigate support.



Autism Central is a peer education programme, commissioned by NHS England.

Autism Central
c/o National Autistic Society
Weston House
42 Curtain Road
London EC2A 3NH
United Kingdom
www.autismcentral.org.uk

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