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December

News and updates

Autism Central

We need your help!

We will be creating new resources next year and we need to hear which topics you need most.

Please tell us what would be useful and help shape the future of the programme.

[Take the survey](#)



New: Relationships podcast

The second series of the Autism Central podcast focuses on autism and relationships.

The first two episodes are now available, more episodes will be published every few weeks.



Episode one: Host Holly Sprake-Hill meets autistic author, public speaker and diagnostician Sarah Hendrickx to talk about romantic relationships and life with her autistic partner.

Episode two: Ashley Welton and Tom Moran chat about their experiences around dating and romantic relationships and share tips and advice for autistic young people and their parents.

[Listen now](#)

Book a one-to-one

Find help from your regional hub.

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Paul and William's story: Supporting the sensory needs of non-speaking children.

Paul shares how he discovered William's sensory needs and how he supports him, including tips for other parents.

[Read more](#)

Online course for personal assistants

This course is for paid carers of autistic people to gain a deeper understanding of autism and how to support the autistic person they work with.

"awesome content bridged my knowledge gap"

[Find out more](#)



Christmas

Many autistic people love Christmas, but for others the festive period can be stressful and overwhelming.

We have shared some links to tips on what you can do to make Christmas a more enjoyable experience for everyone.

[Read more](#)

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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.

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