Earlier this month we celebrated World Autism Awareness Day. We held a week of activities to mark the occasion:

- We released four new leaflets full of practical information from our ‘Essential Guide to...’ and ‘What you Need to Know...’ series.
- We also released five infographics based on results of a parent survey.
- We ended the week with an online Q&A on stress in autism with Joe Powell.

We received very positive feedback from these activities and hope you can benefit from these new resources. We also ran a campaign appealing for vital funds for our Information Centre. Thank you to all of you who contributed. If you missed it you can read more on the back page.
We are looking forward to a brand new event in the Lorna Wing conference series. ‘Practical Strategies for Dealing with Stress in Autism’ aims to equip autistic people, parents/carers and professionals alike with the tools to manage and reduce stress. The seminar will focus on the underlying theories of stress in autism, and will include a first hand account.

Hear from three expert speakers, join in the discussions and debates, and put your questions forward.

Our new half day seminar format offers a more affordable rate than our full day conferences, and we have taken into account feedback from those who tell us it is difficult or expensive to get to a London venue for an early morning start time.

There are limited spaces available on this event. Visit our website for further information and to book.

If you missed our recent online Q&A with Joe Powell you can read the transcript here. The discussion touched on topics including stress, employment, and the care system. Joe’s answers were very thought provoking and well-received. Joe will be speaking at the stress seminar.

Planning Ahead

We are looking to hold a conference in Manchester later this year, alongside a London date, and we may even squeeze in another half-day seminar too! We hope to have some details to share with you soon. Watch this space...

The Autism Show 2016

If you haven’t yet booked your tickets for The Autism Show you can see the full programmes for The Autism Matters Theatre on their website. Once again we are partnering with the show in delivering the main seminar programme to all three locations, with speakers including Rt Hon John Bercow MP, Dr Dido Green, micro-artist Willard Wigan MBE, Dr Glenys Jones, and Carrie and David Grant.

We will also be exhibiting at all three shows - we hope to see you there.
Thank you SimplyHealth

We are very grateful to Simplyhealth for their support in raising vital funds for our information service. They raised a very generous £12,820 for Research Autism in 2015. These funds have enabled us to produce three ‘Essential Guide’ publications and have guaranteed further online Q&As with expert speakers.

Small Charity Champion

Our incredible Chairman Geoffrey Maddrell OBE was awarded Small Charity Champion at a ceremony which took place on Friday 4 March.

The awards, organised by Charity Staff Foundation, celebrate outstanding dedication and achievements made by charity staff and volunteers across the UK, recognising the endeavours of individual charity staff and volunteers who go above and beyond the call of duty in supporting the work of their charity and the people that they serve.

“This award is entirely dedicated to the autism community who were very instrumental in founding Research Autism 12 years ago. We are guided by the clear belief that autism is fundamentally another form of difference, which brings with it disabilities relating largely to a different way of understanding the world. We are all different. We are also all fallible and incomplete. I personally believe differences are an essential way of being human. The window is now open for us to make powerful progress in giving those affected and their families a better chance in the ‘race of life’.” Geoffrey.

London Marathon 2017!

Have you been inspired by the London Marathon?! Why not start your preparation now for next year's big event, or focus on one of many great summer challenges...

We have a number of exciting events on offer throughout the UK - you can shape up and do something rewarding whilst helping Research Autism to raise vital funds, enabling a better quality of life for so many families and individuals. Just some of the endless opportunities as follows:

- **Big Fun Runs** - a series of 5K Marathons and Fun Runs taking place throughout the UK.
- **Supernova Run 2016** - a series of timed 5K runs with a twist. Experience iconic venues including the famous Kelpies and Queen Elizabeth Olympic Park, at night.
- **Dog Jog** - share the fundraising efforts with your dog! This is a 5K Marathon around a local park with a wide variety of locations to choose from.

For details on any of the above events or for more options, contact Frances at frances.thurgood@researchautism.net

Cabaret in the City

On 13 October Research Autism will host Cabaret in the City 2016. The event will take place at Clothworkers’ Hall, a glamorous setting for an evening of fine food, drink and entertainment. The event is always very well received. If you are interested in booking a seat, or if your organisation might like to reserve a table - please enquire with Frances at frances.thurgood@researchautism.net or 020 3490 3091.
Earlier this month we released four new publications, you can see all of these online.

We want to ensure we are addressing the issues that really matter to you. That is why we are asking you to complete our very short survey to tell us which topics we should focus on for our next publications.

Please follow the link and rate the suggested topics or nominate your own. Thank you for your help.

Our Appeal

On World Autism Awareness Day we launched an appeal for much-needed funding to grow and develop our information service. With your help we can expand our resources, and more importantly, reach more people in need, like Charlie’s family*. You can still help:

- Fund our next Q&A session led by an expert on a key issue or topic – £200 will pay for one online Q&A.
- Kickstart a podcast series featuring interviews with specialist researchers, practitioners, and autistic people. £1,000 will get this up and running.
- Fund the production of our next ‘What You Need to Know’ publication which cost around £5,200 each to produce - future publications will focus on women and girls, and older people.

Please support us in one of the following ways:

- Make an online payment through BT MyDonate, Justgiving, or Paypal.
- Text ‘Text RESA01’, with an amount up to £10, to 70070
- Phone our office and pledge a credit/debit card amount, on 020 3490 3091.
- Post a cheque to Research Autism. 25 Nutford Place, London W1H 5YQ

Don’t forget UK tax payers can GiftAid their donation.

We are relying on your support. Thank you.

[*The name of the child has been changed to protect the family’s privacy]