

Gain insights from autistic adults sharing their lived experiences.

Fri 21 June	Title	Speaker
9.45 – 10.00	The importance of showcasing autistic voices	Connor Ward
10.05 – 10.30	A talk for my younger autistic self: what I wish I could tell myself	Remie Colledge
10.35 – 11.00	Autistic communication: how can we better communicate across neurotypes	Martine Van Driel
11.05 – 11.30	From strengths to success: empowering autistic talent for a thriving workforce	Michael Barton
11.35 – 12.00	Gift vs disability: what does it mean to be autistic	Joely Williams
12.05 – 12.30	Understanding rejection sensitive dysphoria: from daunting interactions to building confidence	Adelaide Saywell
12.35 – 13.00	Understanding the cycle: supporting autistic individuals during menstruation	Rebecca Ellis
13.05 – 13.30	Navigating the maze: healthcare challenges at the intersection of autism and chronic illness	Charli Clement
13.35 – 14.00	How the loss of my daughter led to my late diagnosis	Simon Preston
14.05 – 14.30	I don't have a personality disorder, I'm autistic: saying goodbye to my misdiagnosis	India Blakemore
14.35 – 15.00	Navigating sensory differences in a neurotypical world	Lydia Stott
15.05 – 15.30	Overcoming autistic guilt: growing up in a world not built for us	Jess Chandler
15.35 – 16.00	Autistic Ask Us Anything: Q&A Session	Panel Q&A with a selection of our autistic speakers

Sat 22 June	Title	Speaker
10.05 – 10.30	Diagnosed twice: unpacking my childhood autism diagnosis as a young adult	Finn McGwyre
10.35 – 11.00	The autistic woman's guide to taking charge (of her own narrative!)	Arveena Kaushal
11.05 – 11.30	From student to teacher: an autistic perspective on educational transition	Chris Bonello
11.35 – 12.00	Maintaining a career while being autistic	Richard Bass
12.05 – 12.30	An autistic person's experiences in school	Alex Manners
12.35 – 13.00	The transition to being my authentic autistic self: my unmasking journey	Niraj Shah
13.05 – 13.30	Being autistic and self employed: the autistic comic maker	Bex Ollerton
13.35 – 14.00	From challenges to triumphs: celebrating the autistic university experience	Victoria Ellen
14.05 – 14.30	The power of diagnosis: discovering autism at any age	Leanne Upton
14.35 – 15.00	Autistic marriage: the transition to living a two person life	Thomas Pittwood
15.05 – 15.30	The value of peer support for autistic parents	Ruth Jenks
15.35 – 16.00	Autistic Ask Us Anything: Q&A Session	Panel Q&A with a selection of our autistic speakers

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## Exhibitors include:

Aldenwasley Hall School and Sixth Form	Choice Care Group	Kisimul Group	Ruskin Mill Trust
Ali's Sensory Boxes	Coleg Elidyr	Lifeways	SENDcast
Autism Eye	Cygnnet Health Care	Mercury College	Smartbox
Awesometistic	Estate Planning Solutions	Murrays Medical UK	Tobii Dynavox
Birmingham Community Healthcare	Home From Home Care	Ofsted	Watkins Solicitors
NHS Foundation Trust	Iris Care Group/Beechwood College	Pods Play	Widgit Software
Brain in Hand	Jessica Kingsley Publishers	Queen Alexandra College	
Care Quality Commission	Home From Home Care	Rompa	

## When and Where

### Opening times

**Friday 21 June 9.30am - 4.00pm**  
**Saturday 22 June 10.00am - 4.00pm**

### How to get there

**By car** The NEC is in the perfect location for car travel – 8 miles east of Birmingham city centre, and at the heart of the UK motorway network. For Sat Nav purposes please use the postcode: B40 1NT. With 16,500 spaces available we've got plenty of room for you. Follow the electronic signage or directions provided by the traffic team to get you to the right car park for the event. Once you've parked you can either take a free shuttle bus or walk to the halls using our sign posted footpaths.

**By train** The NEC is positioned immediately next to Birmingham International rail station. The entrance into the venue is on your right hand side as you exit the station, and clearly sign posted. Many services run direct to Birmingham International. If yours doesn't, you can catch a connecting train at Birmingham New Street. There are regular services, and the journey only takes 10-15 minutes. Buses to the NEC can be caught at Birmingham Moor Street and Solihull

stations. For further information call National Rail enquiries on 08457 484950.

**By bus and coach** Coach services are operated by National Express and Megabus, with over 120 daily services from across the UK to Birmingham Airport. From here you can get to the NEC in minutes on the free air-rail link. Regular local buses depart from Birmingham City Centre. The 900 service runs every 15 mins during the day taking approximately 30 mins. The 97 service operates every 30 mins, 24hrs a day taking approximately 45 mins.

### Quiet Room

A Quiet Room is available for visitors. Please visit the Organiser's Office within the hall to gain access.



NEC, HALL 18, PENDIGO WAY, MARSTON GREEN, BIRMINGHAM, WEST MIDLANDS B40 1NT

DAY TICKET	ONLINE ADVANCE	ON THE DOOR
Parent/Family Carer	£21.00	£26.00
Professional	£27.00	£34.00
Concession (Autistic adult, receiving DLA or PIP, unemployed or student)	£19.00	£24.00
Child (Under 16)	Free	Free
Group Booking - Parents/Family Carers (10 or more)	£19.00	N/A
Group Booking - Professionals (10 or more)	£24.00	N/A

Booking fees apply on all online advance tickets • Online advance tickets will only be available until 9.30am on Friday 21st June 2024 • Tickets allow entry for one day only but can be used on either day • Children aged under 16 enter free of charge when accompanied by an adult • If applicable, proof of concession will be requested prior to entry into the event

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All information and advice expressed at The Autism Show is provided by third parties and offered by the organisers in good faith. Park View Events (Midlands) cannot be held responsible for any damage or loss caused by any inaccuracy of information therein.

The Autism Show is organised by Park View Events (Midlands) Ltd T: 020 8882 0629 E: [info@autismshow.co.uk](mailto:info@autismshow.co.uk) W: [www.autismshow.co.uk](http://www.autismshow.co.uk)



## The National Event for Autism

21-22 June 2024 | NEC, Birmingham

## Show Preview



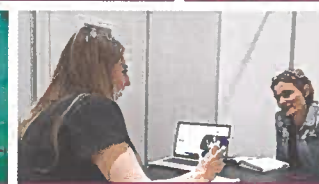
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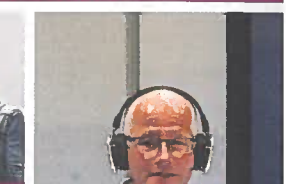
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GAIN INSIGHTS FROM AUTISTIC ADULTS

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# The Autism Matters Theatre



Hear leading autism specialists explore key topics and offer trusted advice.

Fri 21 June	Title	Speaker
9.50 - 10.30	Empowering autistic students to find their voices, identity and the confidence to self-advocate: the Autism and Me project	Zoe Taylor, Assistant Service Lead in the Communication and Autism Team at Birmingham City Council
10.40 - 11.20	Smoothing the path: strategies for successful transitions in education and life - a panel discussion	Rachel Babbidge, Senior Engagement Manager at Brain in Hand
11.30 - 12.10	Meltdowns and the search for the magic wand in autism and ADHD	Andrew Whitehouse, SEND Consultant, Trainer and TEDx Speaker
12.20 - 13.00	Sensory processing and distressed behaviour in autistic students: adaptations to reduce distress and support learning	Alison Neal, Consultant Occupational Therapist at Midlands Occupational Therapy
13.10 - 13.50	Strategies for supporting PDA-ers in the classroom	Clare Truman, Founder of Spectrum Space Education, Training and Consultancy
14.00 - 14.40	Reducing stress for autistic students in the classroom and wider school environment	Gareth D Morewood, Educational Advisor at Studio III
14.50 - 15.30	How to be the best champion for your autistic children! Empowering parents to have a voice and access support after diagnosis	Laura Henry-Allain MBE, Producer, Storyteller, Educationalist and Consultant

Sat 22 June	Title	Speaker
10.10 - 10.40	Overcoming and living with mental health challenges, depression and anxiety - practical advice from my personal journey	Richie Bow Grace, Managing Director of Awesometistic
10.50 - 11.25	Missed and misdiagnosed, identifying, understanding and supporting diverse autistic identities	Dr Judy Eaton, Clinical Psychologist and Research Associate at Kings College, London
11.30 - 12.10	Empowering autistic talent to start, stay and succeed at work	Rachel Babbidge, Senior Engagement Manager at Brain in Hand
12.15 - 12.55	Understanding and supporting young people with autism and ADHD	Maria Stebbing, Specialist Counsellor and Trainer at the ADHD Foundation - The Neurodiversity Charity
13.00 - 13.40	The cost of fitting in - masking, camouflaging and the impact on mental health and wellbeing	Helen Ellis, Equality, Diversity and Inclusion Co-ordinator at the National Autistic Society
13.45 - 14.25	Connecting and communicating with your autistic verbal or pre-verbal child: the Attention Autism and Curiosity programmes	Lorraine Scott, Co-Owner and Director of Attention Autism
14.30 - 15.00	My wild journey: my experiences of growing up with ASD, a generalized anxiety disorder and an obsession with the natural world	Alfie Bowen, Autistic Wildlife Photographer, Author and Activist
15.10 - 15.50	Understanding anxiety for PDA-ers and what you can do to help	Tigger Pritchard, Neurodivergent Advocate, Consultant and Trainer at Tigger Training

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## Speakers include:



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# The Hub: Theatre 2

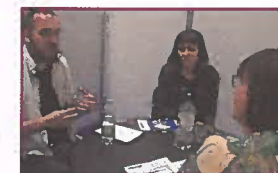


Learn practical strategies and approaches for the home and classroom.

Fri 21 June	Title	Speaker
9.50 - 10.10	Grief, loss and bereavement - ways of supporting people with a diagnosis of autism through their bereavement	Dimitrios Charizanis, Clinical Lead at Choice Care
10.20 - 10.40	CQC and Ofsted: the parent, carer and child voice on area SEND inspections	Louise Holland, Childrens Services Manager at CQC and an Ofsted representative
10.50 - 11.10	Positive Behaviour Support: improving quality of life, health and wellbeing	Anna Selby-Wells, Communications Manager at Home From Home Care
11.20 - 11.40	Night time safety for those with no sense of danger	John Cousins, Director of Murrays Medical UK
11.50 - 12.10	Make your own kind of music - a mix of video and live discussion	Staff and students from Mercury College Choir
12.20 - 12.40	Handy tips to prepare for an SEN tribunal	Beverley Watkins, Education Solicitor and Managing Partner of Watkins Solicitors
12.50 - 13.10	The science of fun: how play and LEGO brick-based therapy can be used to support child wellbeing	Dr Elinor Brett, Child and Educational Psychologist, and Director of Play Included CIC
13.20 - 13.40	Tips for conversation partners working with Gestalt Language Processors (GLPs), with a focus on sensory regulation	Natasha Ward, Assistive Technology Specialist at Smartbox
13.50 - 14.10	Modelling like no-one is watching! How to use Widge Symbols in aided language input to learn and play	Sue White, Senior Education Specialist at Widge Software and Jo McNulty, Speech and Language Therapist at The Speech Bubble (paediatric speech and language therapy practice)
14.20 - 14.40	Innovative education: engaging students through individualised approaches to develop essential life skills	Rachel Newman, College Principal at Beechwood College
14.50 - 15.10	Unlocking communication: the power of symbols	Alice Langley, Training and Events Manager at Tobii Dynavox
15.20 - 15.40	Active support - bridging the gap of engagement from children's to adult services	Joanna Lourmpa, Group Lead Specialist Support Manager and Bethany Johnson, Specialist Support Practitioner at Lifeways

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- **Access free personalised advice in the One to One Clinics**  
Here you can sit down in private with a specialist advisor for 30 minutes on topics including Managing Distressed Behaviour, Sleeping Difficulties, SEN Legal Advice, and Securing Your Child's Long Term Financial Future. Clinics sessions are offered on a first come, first served basis.



- **Brain in Hand will be running free one to one coaching sessions for autistic individuals aged 14 years and above**, along with parents and caregivers interested in exploring how the integration of coaching and digital tools could work for them. During the session you'll learn how their coaches can guide a young person to identify barriers and develop custom-support plans to overcome them. Visit the Brain in Hand Coaching Experience on stand D12 to find out more.



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# The Hub: Theatre 2 continued



Learn practical strategies and approaches for the home and classroom.

Sat 22 June	Title	Speaker
10.50 - 11.10	Positive Behaviour Support: improving quality of life, health and wellbeing	Anna Selby-Wells, Communications Manager at Home Care
11.20 - 11.40	Estate planning for vulnerable beneficiaries	Phil Ogden, Senior Estate Planning Consultant at Planning Solutions
11.50 - 12.10	Sensory seekers versus sensory avoiders	Deborah Tolley, Founder and Owner of Ali's Sensory
12.20 - 12.40	The best approach to supporting your child - sharing strategies from the relational approach developed by Act For Autism, the 3 C Pathway	Tessa Morton, Founder of Act for Autism
12.50 - 13.10	Active support - bridging the gap of engagement from children's to adult services	Jo Lourmpa, Group Lead Specialist Support Manager and Bethany Johnson, Specialist Support Practitioner
13.20 - 13.40	Unlocking communication: the power of symbols	Alice Langley, Training and Events Manager at Tobii Dynavox
13.50 - 14.10	Night time safety for those with no sense of danger	John Cousins, Director of Murrays Medical UK
14.20 - 14.40	Grief, loss and bereavement - ways of supporting people with a diagnosis of autism through their bereavement	Dimitrios Charizanis, Clinical Lead at Choice Care

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- **Join the Unlocking Communication Workshops run by Tobii Dynavox on stand A22**, to delve into the power of symbol-based communication for autistic students. During the sessions you'll learn the fundamentals of symbol-based communication, its implementation in the classroom, and the positive impact it can have on students. Discover how embracing this approach can create a more inclusive and supportive learning environment where every student has the opportunity to thrive.



- **Visit PODS Play on stand E2**, to step into an immersive experience for all ages, from the rhythmic crashing of waves to the melodic chirping of birds in their PODS range - safe, portable spaces designed for inclusive, imaginative play, sensory relaxation, and creative learning.



- **Visit the Awesometistic Super Car on stand B15 with your autistic young person**, to find empathy, inspiration and positivity at the heart of The Autism Show. While sitting in the drivers seat and having their picture taken, Richie Bow Grace and his team from Awesometistic, will engage with the young person, building their confidence and encouraging them to share their feelings around autism. This might be the first time they've spoken about their needs and the start of viewing autism in a more hopeful and positive light. Awesometistic have visited over 250 schools across the UK to spread the message that "Autism can be awesome" and "It's okay to be me".



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