Autism Central

NHS

Autism Central online group learning timetable

November 2026



Delivered by Anna Freud

Session guidance

How to register and join online Autism Central sessions - England's Peer Education Programme | Autism Central

1. Go to the **Autism Central events page** or use this monthly learning timetable to find a session/sessions you would like to attend.

2. Navigate the webpage to find a session or sessions you would like to attend, you can use filters to filter by different session types.

Alternatively, you can use this learning timetable to go to the webpage of a session by clicking "link".

3. Once you find a session to attend, click "book now".

4. You'll be prompted to provide your details and create an account (optional).

5. A member of our team will send you a Zoom registration link on the day of the session.

Please note – once registered via the Zoom registration link, you will receive an automated email from Zoom containing the actual link to follow to join the Zoom meeting.

For any help on joining or enquires, please email:
neurodiversity@annafreud.org

In Conversation and Masterclass Sessions

Masterclass series: Communication (Morning) with Ruth Moyse			
Date	**Time**	**Session title**	**Booking link**
Monday, 9 November	10.30-11:30	4. AAC and alternative communication	All session link AM
Monday, 16 November	10.30-11:30	5. Semi-speaking experiences	All session link AM
Monday, 23 November	10.30-11:30	6. Social interaction and masking	All session link AM
Monday, 30 November	10.30-11:30	7. Communication support in school	All session link AM

In Conversation and Masterclass Sessions

Masterclass series: Communication (Afternoons) with Ruth Moyse			
Date	**Time**	**Session title**	**Booking link**
Monday, 9 November	17.00-18:00	4. AAC and alternative communication	All session link PM
Monday, 16 November	17.00-18:00	5. Semi-speaking experiences	All session link PM
Monday, 23 November	17.00-18:00	6. Social interaction and masking	All session link PM
Monday, 30 November	17.00-18:00	7. Communication support in school	All session link PM

In Conversation and Masterclass Sessions

In Conversation			
Date	**Time**	**Session title**	**Booking link**
Friday, 13 November	12.00-13:00	Autism and employment with Dr Mel Romualdez	Link
Friday, 20 November	12.00-13:00	Talking to autistic children about puberty with Dr Aimee Grant	Link
Friday, 18 December	12.00-13:00	Transitioning to adulthood with Olive Kayongo	Link

Reflective Sessions

Series: Play in childhood: Neurodivergent-affirming play and how to support it			
Date	**Time**	**Session title and session number**	**Booking link**
Tuesday, 3 November	09:30-10:30	2. Why play matters for regulation and connection	Link
Thursday, 5 November	17:30 - 18:30	2. Why play matters for regulation and connection	Link
Thursday, 5 November	09:30-10:30	3. Following your child's lead	Link
Wednesday, 11 November	16:00-17:00	3. Following your child's lead	Link
Wednesday, 11 November	20:00-21:00	4. Sensory play and the body	Link
Thursday, 12 November	12:00-13:00	4. Sensory play and the body	Link
Thursday, 12 November	16:00-17:00	5. Play, socialisation, and peer relationships	Link
Tuesday, 17 November	12:00-13:00	5. Play, socialisation, and peer relationships	Link
Wednesday, 18 November	13:30-14:30	6. Protecting play in a busy, performance-driven world	Link

Series: Healthy habits around video gaming: Joys & boundaries			
Date	**Time**	**Session title and session number**	**Booking link**
Tuesday, 3 November	12:00-13:00	1. Understanding why gaming matters	Link
Wednesday, 18 November	13:30-14:30	1. Understanding why gaming matters	Link
Tuesday, 10 November	10:30-11:30	2. When gaming supports wellbeing	Link
Tuesday, 10 November	16:00-17:00	3. When gaming becomes a struggle	Link
Wednesday, 18 November	13:30-14:30	1. Understanding why gaming matters	Link
Wednesday, 25 November	17:30-18:30	2. When gaming supports wellbeing	Link
Thursday, 26 November	13:30-14:30	3. When gaming becomes a struggle	Link

Reflective Sessions

Series: Child-parent violence, behaviours of concern and de-escalation			
Date	**Time**	**Session title and session number**	**Booking link**
Wednesday, 4 November	13:30-14:30	1. Understanding behaviours of concern through a neurodivergent lens	Link
Thursday, 5 November	12:00-13:00	1. Understanding behaviours of concern through a neurodivergent lens	Link
Wednesday, 11 November	12:00-13:00	2. When home feels unsafe: Acknowledging child-parent violence	Link
Thursday, 12 November	13:30-14:30	2. When home feels unsafe: Acknowledging child-parent violence	Link
Thursday, 19 November	16:00-17:00	3. De-escalation in the moment: Staying safe during crisis	Link
Tuesday, 24 November	12:00-13:00	3. De-escalation in the moment: Staying safe during crisis	Link
Wednesday, 25 November	12:00-13:00	4. After the Storm: repair, reflection, and reconnection	Link
Tuesday, 1 December	10:30-11:30	4. After the Storm: repair, reflection, and reconnection	Link
Wednesday, 2 December	12:00-13:00	5. Preventing escalation: Identifying triggers and patterns	Link
Thursday, 3 December	13:30-14:30	5. Preventing escalation: Identifying triggers and patterns	Link
Tuesday 8, December	12:00-13:00	6. Getting support without blame	Link
Wednesday, 9 December	12:00-13:00	6. Getting support without blame	Link

Reflective Sessions

Series: Parents of autistic or neurodivergent children under 5			
Date	**Time**	**Session title and session number**	**Booking link**
Tuesday, 17 November	13:30-14:30	1. What's surprised me most	Link
Wednesday, 18 November	12:00-13:00	2. Sensory worlds	Link
Thursday, 19 November	12:00-13:00	1. What's surprised me most	Link
Thursday, 19 November	13:30-14:30	2. Sensory worlds	Link
Thursday, 19 November	16:00-17:00	3 .Communication before words	Link
Tuesday, 24 November	12:00-13:00	3 .Communication before words	Link
Thursday, 26 November	10:30-11:30	4. Parental fear, grief, and hope	Link
Thursday, 26 November	20:00-21:00	4. Parental fear, grief, and hope	Link
Thursday, 26 November	16:00-17:00	5. Regulation is relational	Link
Wednesday, 2 December	12:00-13:00	5. Regulation is relational	Link

Series: Identity, growth and flourishing			
Date	**Time**	**Session title and session number**	**Booking link**
Wednesday, 4 November	16:00-17:00	4. Navigating Schools, Services, and Systems	Link
Thursday, 5 November	10:30-11:30	4. Navigating Schools, Services, and Systems	Link
Thursday, 5 November	16:00-17:00	5. Relationships, Boundaries, and Consent	Link
Wednesday, 11 November	09:30-10:30	5. Relationships, Boundaries, and Consent	Link
Thursday, 12 November	16:00-17:00	6. Celebrating Identity and Imagining Thriving Futures	Link

Reflective Sessions

As this programme is designed as a series of connected sessions, participants are encouraged to attend the majority of dates wherever possible.

Places are limited, and regular attendance helps ensure participants gain the full benefit of the programme.

Series: Future thinking: growing older as a parent or sibling			
Date	**Time**	**Session title and session number**	**Booking link**
Thursday, 5 November	10:30-11:30	1. Autonomy vs independence	Link
Thursday, 5 November	17:00-18:00	1. Autonomy vs independence	Link
Thursday, 12 November	10:30-11:30	2. Building a village around me	Link
Thursday, 12 November	17:00-18:00	2. Building a village around me	Link
Thursday, 19 November	10:30-11:30	3. Belonging vs disconnection	Link
Thursday, 19 November	17:00-18:00	3. Belonging vs disconnection	Link
Wednesday, 25 November	10:30-11:30	4. The struggle to get other people to understand	Link
Wednesday, 25 November	17:00-18:00	4. The struggle to get other people to understand	Link
Thursday, 26 November	10:30-11:30	5. Supporting meaningful connections in everyday life	Link
Thursday, 26 November	17:00-18:00	5. Supporting meaningful connections in everyday life	Link
Wednesday, 2 December	10:30-11:30	6. Thinking about the future in autism	Link
Wednesday, 2 December	17:00-18:00	6. Thinking about the future in autism	Link
Wednesday, 9 December	10:30-11:30	7. A different question about the future	Link
Wednesday, 9 December	17:00-18:00	7. A different question about the future	Link

Educational Family Guide Sessions

Series: Daily living, sensory needs and regulation at home and school or college			
Date	**Time**	**Session title and session number**	**Booking link**
Thursday, 5 November	12:00-13:00	1. Understanding sensory processing	Link
Thursday, 5 November	16:00-17:00	1. Understanding sensory processing	Link
Thursday, 12 November	10:30-11:30	2. Eating, interoception and daily living	Link
Thursday, 12 November	17:30-18:30	2. Eating, interoception and daily living	Link
Wednesday, 18 November	17:30-18:30	3. Sleep and rest	Link
Thursday, 19 November	12:00-13:00	3. Sleep and rest	Link
Thursday, 19 November	17:30-18:30	4. Daily routines and energy management	Link
Tuesday, 24 November	13:30-14:30	4. Daily routines and energy management	Link
Thursday, 26 November	12:00-13:00	5. Hygiene, healthcare and everyday participation	Link
Thursday, 26 November	17:30-18:30	5. Hygiene, healthcare and everyday participation	Link

Educational Family Guide Sessions

Series: Education, learning and school or college experience			
Date	**Time**	**Session title and session number**	**Booking link**
Tuesday, 10 November	17:30-18:30	1. Understanding learning differences	Link
Wednesday, 11 November	10:30-11:30	1. Understanding learning differences	Link
Tuesday, 17 November	16:00-17:00	2. School/ college attendance and distress	Link
Wednesday, 18 November	10:30-11:30	2. School/ college attendance and distress	Link
Thursday, 19 November	10:30-11:30	3. Relationships with education staff	Link
Tuesday, 24 November	10:30-11:30	4. Supporting educational transitions	Link
Tuesday, 24 November	16:00-17:00	3. Relationships with education staff	Link
Wednesday, 25 November	13:30-14:30	4. Supporting educational transitions	Link
Thursday, 26 November	12:00-13:00	5. Building confidence, identity and belonging	Link
Thursday, 26 November	13:30-14:30	5. Building confidence, identity and belonging	Link

Series: Adolescence, identity and growing up autistic			
Date	**Time**	**Session title and session number**	**Booking link**
Tuesday, 10 November	13:30-14:30	1. Understanding adolescence	Link
Wednesday, 11 November	12:00-13:00	1. Understanding adolescence	Link
Tuesday, 17 November	10:30-11:30	2. Puberty and healthy relationships	Link
Wednesday, 18 November	16:00-17:00	2. Puberty and healthy relationships	Link
Wednesday, 25 November	16:00-17:00	3. Identity and self-understanding	Link
Thursday, 26 November	09:30-10:30	3. Identity and self-understanding	Link

Educational Family Guide Sessions

Session: Autism in the early years, parenting and family life - Family dynamics and sibling wellbeing			
Date	**Time**	**Session title**	**Booking link**
Tuesday, 3 November	13:30-14:30	Afternoon	Link
Wednesday, 4 November	10:30-11:30	Morning	Link

Session: A neurodiversity-affirming look at emotional wellbeing, stress and mental health - Building wellbeing, hope and self-compassion			
Date	**Time**	**Session title**	**Booking link**
Wednesday, 4 November	09:30-10:30	Morning	Link
Thursday, 5 November	13:30-14:30	Afternoon	Link

Session: Understanding AuDHD - Identity, strengths and self-understanding			
Date	**Time**	**Session title**	**Booking link**
Wednesday, 4 November	12:00-13:00	Morning	Link
Thursday, 5 November	17:30-18:30	Afternoon	Link

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For more information visit
www.autismcentral.nhs.uk



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