

NEWSLETTER

JUNE 2026



Welcome

Hello from the Barnet Children & Families Autism Hub!

We're excited to share that the Hub has now had over 600 referrals! We want to thank all of the families and professionals who we've been able to work with so far, and we're looking forward to continuing our support through the summer and beyond.

Keep reading to learn more about activities and events over the coming months.

If you've used our services in the last year, we'd love to get your feedback. Please [click here](#) to complete our short feedback form!

Sincerely,
Barnet Children & Families Autism Hub Team

What's On for Families (Term Time Only)

OUTINGS GROUP FOR 13-18 YEARS

Engage in the community & meet peers. Build confidence whilst taking part in new experiences.

When: Fridays 5pm - 7pm

Where: 858 Finchley Road, NW11 6AB

THURSDAY CLUB FOR 7-12 YEARS

Take part in a range of autism friendly activities.

When: Thursdays 5pm - 6pm

Where: 858 Finchley Road, NW11 6AB

PARENT CARER COFFEE MORNING

Join a community of parents and carers for advice and guidance. Share your lived experience with others who understand.

When: Monday 13th 11am - 1pm

Where: 858 Finchley Road, NW11 6AB

SIBLINGS GROUP FOR 8-12 YEARS

This group is for the siblings of autistic young people. Meet peers with shared experience, gain confidence and support.

When: Thursdays 5pm - 6pm

Where: 858 Finchley Road, NW11 6AB

Sign up for these groups by following the link or scan the QR code

bookwhen.com/barnetautismhub



AUTISM DROP IN

Meet our team and ask your questions. Our Autism Drop Ins are a safe space to explore challenges, successes, and more with our experts.

When: Bookable Monday to Friday (scan the QR code)

Where: Online



[click here to book](#)



Upcoming Workshops

PRACTICING SELF CARE WORKSHOP & ANXIETY

Between exams, work, and life transitions, anxiety can feel like a constant background noise. This session explores how to silence the pressure with realistic self-care strategies.

This workshop is available to any 18-25 year old autistic person in Lewisham, Southwark or Barnet

When: Tuesday 16th June 6pm - 6:45pm

Where: Online

Access: Sign up by scanning the QR code or clicking the link.



[click here to book](#)

YOUNG MEN'S MENTAL HEALTH

In a world of constant scrolling and "perfect" filters, it's easy to lose sight of your true self. Join us to explore how to boost your self-esteem and find a healthier relationship with your body.

This workshop is available to any 18-25 year old autistic person in Lewisham, Southwark or Barnet

When: Tuesday 23rd June 6pm - 6:45pm

Where: Online

Access: Sign up by scanning the QR code or clicking the link.



[click here to book](#)

UNDERSTANDING AUTISM AND SLEEP

This supportive session will look at why sleep difficulties are common in autistic children and young people, and offer practical, autism-informed strategies to help families navigate bedtime routines, sensory needs, anxiety around sleep, and night waking.

When: Tuesday 30th June 6pm - 7pm

Where: Online

Access: Sign up by scanning the QR code or clicking the link.



[click here to book](#)

BURNOUT AND STRESS

When "grind culture" leads to total exhaustion, it's time to talk about burnout. This session explores how to spot the signs of chronic stress and introduces Kooth as your free, anonymous space to recharge and get professional support before you hit empty.

This workshop is available to any 18-25 year old autistic person in Lewisham, Southwark or Barnet

When: Tuesday 30th June 6pm - 7pm

Where: Online

Access: Sign up by scanning the QR code or clicking the link.



[click here to book](#)



Other Barnet Activities

EMOTIONAL BASED SCHOOL AVOIDANCE - SAVE THE DATE!

Barnet SENDIASS are pleased to announce, an online information session for parents/carers of children and young people with special educational needs and/or disabilities attending a Barnet educational setting.

When: Tuesday 13th October 10am - 12:30pm

Where: Online

Presenter: Dr Sophie Driver- Senior Educational Psychologist.

Sign up details will be made available soon.

AUTISTIC DISCOVERY JOURNEY WITH BELS AND AUCADEMY

The Autistic Discovery Journey is an opportunity for autistic young people aged 14-18 to take part in an online group with peers to learn more about autism, discover self-supporting strategies, and share their experience.

Young people do not need a formal diagnosis to take part. The Autistic Discovery Journey is free to access.

Scan the QR code or click the link to watch the introductory video.

Where: Online

Contact: autism.team@barnet.gov.uk



[watch the introductory video](#)

Services with Resources for Autism



SUMMER HOLIDAY SCHEME

A welcoming space for autistic children and young people – a fun and safe place to play, unmask, and be themselves.

Ages: 8 - 12 and 12 - 18 years
Dates: July/August
Time: 10.30 - 14.30
Locations: Barnet and Waltham Forest

Activities:
Creative Workshops,
Sensory Play, Cooking,
Music, Sports, Outdoor
Play, Outings, Trips and
more!



For more information
Email: scheme@resourcesforautism.org.uk Call: 02084583259



YOUTH GROUPS

Monday EP Group

Social group for autistic girls and nonbinary people to develop skills and build relationships with peers.

Ages: 14-18

When: Mondays 6pm - 8pm

Cost: £10

Where: Finchley Arts Depot

Saturday Club (LN)

Social group for autistic children to develop skills and meet new people. Take part in a variety of games, activities and trips.

Ages: 8-12

When: Saturdays (biweekly) 10:30 - 2:30

Cost: £100

Where: 858 Finchley Road

For more information and sign up for groups, please contact
amy@resourcesforautism.org.uk



Wednesday Club

Develop communication and independence skills, build relationships, take part in a range of activities.

Ages: 14-18

When: Wednesdays 6pm - 8pm

Cost: £35

Where: 858 Finchley Road

Saturday Club (HN)

Group for autistic teens and young people. 1:1 support provided by our team of Support Workers, take part in a range of activities & develop skills.

Ages: 13-18

When: Saturdays (biweekly) 10:30 - 2:30

Cost: £168

Where: 858 Finchley Road

OTHER SERVICES

Online Autism Advice Sessions

One-to-one sessions providing tailored advice and practical strategies for autistic adults and parent carers.

Cost: £65

[Click here to book.](#)

Counselling

Supportive, autism-friendly counselling sessions for autistic adults.

Cost: £40

[Click here for more info.](#)



Other Opportunities

TRAINING WITH RESOURCES FOR AUTISM

Resources for Autism has launched its July–September online training collection, featuring **three interactive sessions each month** on autism and related topics.

Whether you're a professional looking to enrich your work, you or a loved one are neurodivergent, or you're simply keen to learn more over the summer, these sessions are designed to inform, support and empower participants with deeper knowledge, increased confidence, and practical strategies to take forward.

Upcoming topics include **"Autism and Screen Time," "Navigating a Later Autism Diagnosis," "Autism and Masking,"** and **"ADHD and AuDHD,"** and more.

Scan the QR code or follow the link to explore the full collection and book your place. Professionals in Barnet can contact emily@resourcesforautism.org.uk for a 20% discount code.



[click here to register](#)



HAVE YOUR SAY - PARENT/ CARER SCHOOL AGED CHILDCARE SUFFICIENCY SURVEY



Barnet Council is inviting parents and carers to complete a short survey about childcare for school-aged children, including holiday provision.

This information has been requested by the Department for Education and will help the Council plan and improve childcare services for local families.

[click here to feedback](#)

Scan the QR code or click the link to share your views.

Share Your Views

If you've used our services in the last year, we'd love to get your feedback. Please [click here](#) to complete our short feedback form!

More Info: How to Sign Up for Activities & Events



You can **visit our website** by clicking the link for more information: **[Barnet Children & Families Autism Hub Website](#)**



Complete a referral by **[clicking here](#)**.



Get in touch via email: **barnet@resourcesforautism.org.uk** or by phone: **020 8458 3259**



Caring for people, our places and the planet