



IN THIS NEWSLETTER

Kia ora and welcome to your Autism NZ update! It's hard to believe it is already the end of August! Thankfully, the days are getting longer again and the temperature is rising.

In this edition, you'll find a spotlight on one of our amazing funders, upcoming events, as well as a full calendar of education workshops to keep you informed!

You can also read about the latest findings of our Let's Play/MoSAIC research - hot off the press!

There's also a wonderful review of Phoebe Jordan's new book 'You, Me, and Autism'.

As always: thanks for being part of our community — your engagement helps us walk this journey, every step together.

- Ruth (Comms Manager)



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[Learn about our education programs](#)





FUNDRAISING CORNER

At Western Bay of Plenty District Council, we have a team of great bakers who bake each month for a different charity. We are pleased to be able to support Autism NZ once a year and we are sure the funds are put to good use within the Tauranga area



If you'd like to fundraise with us contact:
communications@autismnz.org.nz

UPCOMING CONFERENCE:

We are delighted to announce our upcoming Autism Research Centre Symposium focused on Autistic Partnership in Action: Weaving Research into Policy and Practice to Support Autistic Well-Being. The event will include a variety of presentations from researchers throughout Aotearoa, including autistic people and the autism community.

We are also pleased to share that Prof. David Trembath (Head of Autism Research at CliniKids, The Kids Research Institute Australia) will be providing a keynote presentation for this event.

The Symposium will be held on the 1st of September at University of Canterbury, Rehua Building Room 226 Te Moana-Nui-a-Kiwa from 9am-4.30pm.

Follow the link below to find out more about the Symposium, and to register.

<https://events.humanitix.com/autism-research-centre-symposium>





WHAT'S OUTSIDE
THE BOX?



Upcoming Events

TRANSITION EXPO WELLINGTON (2ND SEPTEMBER) AND AUCKLAND (3RD SEPTEMBER)

What comes next after secondary school? The Transition Expos in Wellington and Auckland are your chance to find out! The Expos gather together a wide range of services, organisations, and opportunities so that disabled rangatahi and their whānau can explore what life could and should be like as they take the next steps, whatever that looks like for you!

Check out Wellington info: <https://www.well-able.org.nz/page/whats-outside-the-box-transition-expo>

Check out Auckland info: <https://disabilityconnect.org.nz/annual-transition-expo/>

Please note that this is NOT an Autism NZ event



NIGHT AT AUCKLAND MUSEUM SUPERSTARS

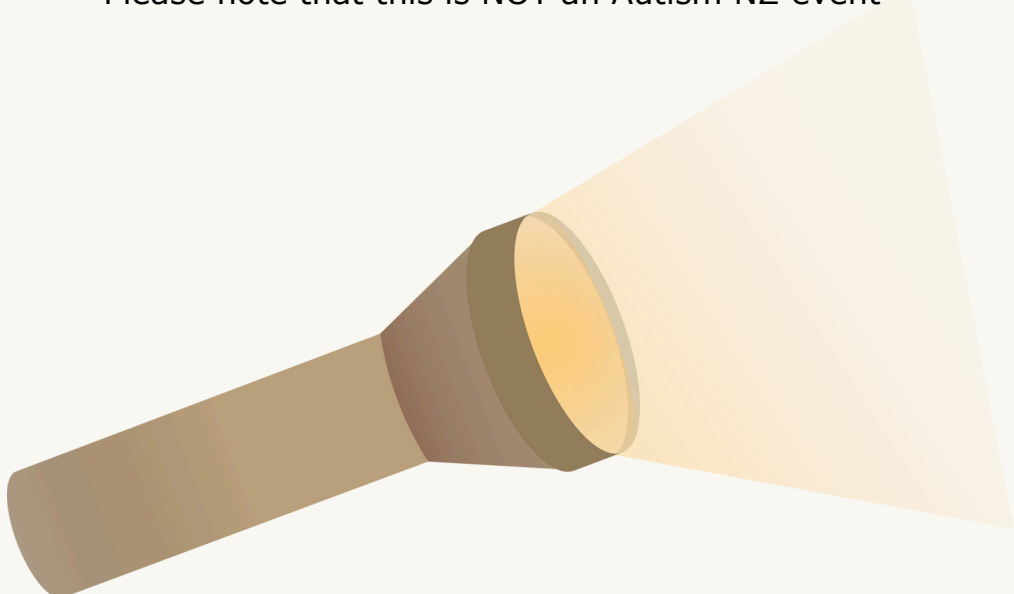
Upcoming Events

NIGHT AT AUCKLAND MUSEUM: SUPERSTARS AUCKLAND ON 24th September

This fun family event transforms the Museum into an interactive hall of fame where you can explore the galleries after dark, and meet a dazzling cast of shining stars ready to share their secrets.

Their Public Dress Rehearsal on the 24th of September are run with a reduced audience size, and may be especially welcoming to autistic and neurodivergent people, people with sensory sensitivities, and those who enjoy a calmer museum visit.

Please note that this is NOT an Autism NZ event





LET'S PLAY RESEARCH UPDATE

The research and advocacy team as well as our amazing Early Steps Team have been hard at work on a research project that evaluates the Let's Play Programme. Here is a summary of the completed project:

Early identification of autism is critical, as early support improves health and wellbeing for autistic children and their caregivers. However, in Aotearoa New Zealand, long waitlists and a shortage of trained professionals mean many families face delays in accessing diagnoses and support.

This study evaluated two programmes designed to address these gaps: MoSAIC training for educators and the Let's Play programme for caregivers.

Phase One a MoSAIC programme trained 73 Auckland early childhood educators to recognise early signs of autism. The training significantly increased their knowledge and confidence and was rated highly for cultural appropriateness.

Phase Two introduced Let's Play, a caregiver-led Developmental-Relational Intervention delivered through group workshops and 1:1 coaching with 91 families. For those families selected for the programme results showed improved caregiver-child engagement, increased caregiver confidence, enhanced child health, and reduced parental stress.

Overall, the study demonstrates that early identification and interim support are essential to improving outcomes for autistic children and their families. By combining MoSAIC educator training with caregiver-focused supports like Let's Play, it's possible to reduce misdiagnosis, offer earlier support, and ease the burden on families waiting for formal services.

You can read the community report here:

<https://autismnz.org.nz/community-report-lets-play-mosaic-research/>



YOU, ME, AND AUTISM - PHOEBE JORDAN BOOK REVIEW

Arletta van den Bosch reads Phoebe Jordan's new book "You, Me, and Autism". In the book autism scholar Phoebe Jordan combines her personal experience and academic research to build stronger relationships between allistic and autistic people.



It was a pleasure to review this book!

As a counsellor I support autistic youth, adults and families, and provide training, PD and workshops on autism for education, workplaces and communities. For counsellors, psychologists and other professionals working with autistic clients, I provide training on autism, neurodiversity and neuro-affirming practice.

I found this an easy to read book, offering lots of practical and easy-to-apply strategies and ideas, while written with a sense of humour. Terminology often used in the world of autism is very well explained, with lots of examples and perspectives and experiences from different autistics. This makes this book interesting for family members, workplaces, colleagues, friends, teachers, (mental) health providers, and anyone who wants to get a better understanding on autism from lived experience and research.

Topics are very relevant, in line with the current thinking and covers a diversity of experiences and ages and stages. Even though most examples are from autistics who can communicate their experiences, it can help to better understand those who have limited abilities to voice themselves.

(Continued on next page)



YOU, ME, AND AUTISM - PHOEBE JORDAN BOOK REVIEW

It is positively written and focusses very much on allistic (non-autistic) and autistic people working together to make experiences okay. I like the term: 'board of trustees', to emphasise the importance of having a group of support people around the autistic person. And while the book is not written for autistics, I think many of my autistic clients would benefit from reading about similar experiences and embrace all the positives that comes with being autistic and what strategies are being used by others to manage challenges.

There is no need to read chapters of the book in order; the reader can pick topics that interest them.

As a counsellor and trainer, I was pleased to read the SPACE-model being described as example of a good framework for counselling and other (mental) health supports, to accommodate for autistic clients. I do use this model in training on neuro-affirming practice for counsellors and other support providers; it does give clear guidance how to adapt practices to become welcoming and supportive to autistic clients.

Mental health providers will benefit from reading this book before working with autistic clients and I will definitely recommend it.

Arletta van den Bosch
Counselling & Autism Supports



AUTISM CONNECT

AUTISM CONNECT

Autism Connect is a tool for empowering our community to connect online. Get in touch with like-minded people and enjoy the support of others with similar experiences.

Through Autism Connect, people can access reliable, actionable, evidence-informed information from our Outreach team around Aotearoa and connect with other members of the community.

There are a number of groups: Youth Groups, Parent and Caregivers group, and an Adult group. You can also create your own groups.

Upcoming groups include:

- Tuesday September 2nd & 16th - 4pm Parent and Caregivers Group (public video event)
- Monday September 8th & 22nd - 4pm Adult group - (public video event).
- Tuesday September 9th & 23rd - 4pm Youth group – (Please note this is a private video event that requires an invitation to attend. Contact Joelle at autism connect for more information)

Contact: autismconnect@autismnz.org.nz



UPCOMING WORKSHOPS

Education Programme	Location	Date
Way to Play	Palmerston North	1st September 2025
Tilting the Seesaw for Teams	Online (waitlist)	3rd – 4th September 2025
Framework for Autism in NZ	Hamilton	3rd-4th September 2025
Tilting the Seesaw for Teams	Whanganui	10th – 11th September 2025
Online Safety for professionals	Christchurch	10th September 2025
Introduction to Autism	Online	11th September 2025
Radicalization for professionals	Christchurch	11th September 2025
Way to Play	Dunedin	15th September 2025
Framework for Autism in NZ	Christchurch	17th -18th September 2025
Tilting the Seesaw for Teams	Auckland (South)	17th – 18th September 2025
Way to Play	Christchurch	6th October 2025
Tilting the Seesaw for Teams	Christchurch (waitlist)	8th – 9th October 2025
Tilting the Seesaw for Teams	Queenstown	15th – 16th October 2025
Framework for Autism in NZ	Dunedin	15th-16th October 2025
Way to Play	Online	20th October 2025
Tilting the Seesaw for Teams	Hamilton	22nd – 23rd October 2025
Framework for Autism in NZ	Wellington (waitlist)	29-30th October 2025

THANK YOU SO MUCH FOR
YOUR SUPPORT!

