

**Welcome to the new Neurodiversity Bulletin!**

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## Studies

### [Sensory-processing informed autism practice for child-centred therapists](#)

A majority of autistic children experience sensory processing difficulties. In this paper we give concise summaries of the impact of sensory processing difficulties and baseline chronic dysregulation for autistic children.

### [Literacy support in England: comparing policy and practice for children from marginalised communities](#)

In this paper, we explore how literacy support for children from marginalised communities is expressed at policy level, and how this translates to the classroom.

### [Childhood attention deficit hyperactivity disorder traits, societal exclusion and midlife psychological distress](#)

Most research on attention deficit hyperactivity disorder (ADHD) focuses on childhood or early adulthood. Less is known about the impact of childhood ADHD traits across the lifespan.

### [‘I Couldn’t tell the Teachers About it’: Autistic Students’ Experiences of Bullying and Exclusion in Post-Primary Schools](#)

Bullying and exclusion in school environments have significant psychological, social, and academic consequences for post-primary attending students. Autistic students are disproportionately affected by bullying, particularly during adolescence, a period marked by increasing social complexity and heightened peer scrutiny.

### [Rejection Sensitivity Dysphoria in Autistic Adults: A Scoping Review](#)

On social media, autistic adults use the term Rejection Sensitivity Dysphoria (RSD) to describe extreme responses to rejection and criticism. Because RSD is not an established research construct, the evidence base is fragmented.

### [Evaluating the Preliminary Outcomes and Acceptability of a Virtual Adaptation of Acceptance and Commitment Training for Caregivers of People With Disabilities \(“I Am Not Alone”\): Mixed Methods Study](#)

Family caregivers of children and youth with neurodevelopmental disabilities report higher levels of stress, anxiety, and depression than other caregivers, yet few evidence-based mental health services are available to support them.

### [The Neurodivergent Musician: A Methodology Report on A Participatory Action Research Study](#)

According to estimates, the prevalence of various forms of neurodivergence is much higher among musicians than in the general population.

## Reports

[Independent review into mental health conditions, ADHD and autism: interim report](#)

Interim report outlining progress on the independent review into the prevalence and support for mental health conditions, ADHD and autism.

## Infographics

[Neuroinclusion – Needs and Person Centred Approaches](#)

Check out our latest infographic new for 2026.

## Blogs

[Rethinking support for Neurodivergent people: why we need an alternative to current PBS plans](#)

We have been told by practitioners that Positive Behaviour Support (PBS) plans can be implemented with good intent and in good faith, to improve quality of life and reduce distress. However, we have also been told of instances where PBS plans cause more harm than help.

[Five PBS and ABA blind spots: once you see it, you can't unsee it](#)

Despite their widespread use in educational, mental health, social care and therapeutic settings, Positive Behaviour Support (PBS) and Applied Behaviour Analysis (ABA) contain critical blind spots. Once recognised, these issues fundamentally shift how we view these approaches – especially in the context of supporting Neurodivergent and Autistic individuals.

[The SPACE Framework: how it has changed my experience of accessing mental health care](#)

Molly shares her personal insights into how learning about the SPACE Framework (Doherty, McCowan & Shaw, 2023) and using it in her own life has improved her lived experiences of mental health care and support.

[SPACE – a framework for wellbeing for all](#)

Lucy explains how Neurodivergent-affirming approaches can bring benefits to everyone: Neurodivergent and neurotypical patients, carers and staff alike.

[How SPACE helped my wellbeing at work as a Late Discovered AuDHD person](#)

When I first started my role at Neurodiverse Connection, I entered it knowing very little about adaptations and accommodations I could make for myself.

[Learning from autistic teachers could change schools for the better](#)

As a researcher in autism and education and a former secondary school teacher, it took me a while to realise that autistic school staff were rarely included in conversations about inclusion and diversity in schools.

[When a Quiz Feels Accurate... But Still Isn't Enough](#)

I did something today that I don't usually do. A personality test popped up on Facebook... and I clicked it.

## News

[Our response to the interim report of the independent review into the prevalence of autism, mental health and ADHD](#)

The Government has published its interim report of the independent review into the prevalence of autism, mental health and ADHD.

[Interim report of prevalence review confirms that rising distress is real, but questions remain about how to respond, says Centre for Mental Health](#)

This week's interim findings from the independent review are an important step in moving beyond an often divisive debate about overdiagnosis. They confirm what many people, including young people, families and professionals already know – there has been a genuine rise in mental health distress, particularly among children and young people.

[RCPsych comments on interim findings of independent prevalence review](#)

The interim findings of an independent review into the prevalence of mental health and neurodevelopmental conditions have been published by the UK Government.

[Disadvantaged pupils with SEND effectively shut out of high performing schools](#)

A new report, Selective Inclusion, from the Sutton Trust highlights the growing link between special educational needs and disabilities (SEND) and socio-economic disadvantage in school admissions and highlights the scale of change needed if the Government is to deliver its vision for more children with SEND to be educated in mainstream schools.

[Hundreds of Best Start Family Hubs open nationwide](#)

More parents can save hundreds of pounds through free services, as over 200 Best Start Family Hubs open nationwide this week, helping with the cost of living.

[Written Statement: Neurodivergence Improvement Programme Priorities 2026-27](#)

The Welsh Government set up the Neurodivergence Improvement Programme (NDIP) in 2022 to improve services and support for neurodivergent individuals and their families. We have extended the programme to March 2027, investing a further £13.7m to improve people's outcomes.

[Autism, humanity and inclusive practice](#)

Having a more informed, inclusive understanding - grounded in Autistic voices - is essential for good practice. Explore open access Research in Practice resources to support autism and humanity.

[Project announcement - Dyslexic adults in the workplace](#)

We are delighted to be working with M·E·L Research again, this time on a new study exploring the experiences of adults with dyslexia in the workplace.

[Getting Onboarding Right: What Neurodivergent Voices Are Telling Us](#)

Employee onboarding statistics reveal that a strong onboarding process is crucial for retention and productivity, with significant impacts on employee engagement and long-term success.

ADHD AUTISM  
DYSLEXIA DYSCALCULIA  
**Neurodiversity**  
DYSGRAPHIA OCD  
DYSPRAXIA TOURETTE SYNDROME



**NHS**  
Mersey Care  
NHS Foundation Trust

8 April 2026

### [We Need to Act Now for Autistic Rights this World Autism Acceptance Month](#)

Thursday 2 April 2026 marks the start of World Autism Acceptance Month (WAAM). Every year, we come together to raise awareness of autism and this year will be no different.

### [A Fundamental Question For Us All](#)

World Autism Acceptance Week (30th March to 6th April) is a vital opportunity to promote the public understanding of autism and celebrate autistic voices. This year, it has taken on even greater significance.

### ['I was in the pit of despair': Non-speaking autistic novelist Woody Brown on his journey from write-off to writer](#)

May I say that I'm very glad to meet you," Woody Brown taps on his word board. Brown is formal, funny and strikingly eloquent. He has a formidable ability to tell stories that reach into the mind of his characters and express what they are thinking, and what they think others are thinking about them. Brown is also autistic and non-speaking.

### [Love on the Spectrum proves that we still crave wholesome reality TV](#)

A new season of Netflix's dating show about neurodivergent singletons is a welcome antidote to grim reality TV headlines.

