

***Welcome to the new Neurodiversity Bulletin!***

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## Studies

[Sex/Gender Differences in Co-occurring Neurodevelopmental and Mental Health Conditions of Autistic Adults: a Systematic Review and Meta-analysis](#)

To investigate sex/gender differences in co-occurring neurodevelopmental and mental health conditions among autistic adults, we conducted a systematic review and meta-analyses of studies reporting prevalence rates separately for autistic people referred to as female (PRF) and autistic people referred to as male (PRM).

[Predictors of reading comprehension in children and adolescents with autism spectrum disorder: a systematic review](#)

Reading comprehension is a critical academic skill that frequently presents a significant challenge for children and adolescents with an Autism Spectrum Disorder (ASD) diagnosis.

[A Pilot Study of Autism Training for Specialist Police Investigators: Development, Impact and Practitioner Perspectives](#)

There is a significant gap in the recognition and appropriate support of autistic people within the criminal justice system, highlighting the need for autism-specific training for police officers.

## Study Summaries

[Tourette syndrome: the postcode lottery hiding in plain sight](#)

The recently released film, I Swear, captures how little was understood about Tourette syndrome when John Davidson was growing up in the 1980s.

## Guidance

[Changes to the definition of deprivation of liberty](#)

Update following the Supreme Court judgment on 2 June 2026 clarifying the definition of the deprivation of liberty.

[Supporting SEND reform: developing the Experts at Hand offer](#)

Guidance and documents setting out expectations for local authorities and integrated care boards to develop and deliver their Experts at Hand offer in year 1.

## 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.



[SEND, mental health and prevention overlooked in NHS reforms, say MPs preparing amendments to Health Bill](#)

The Health and Social Care Committee has today published a report outlining amendments to the Health Bill, including legal duties for NHS services to comply with special educational needs and disabilities (SEND) tribunals.

## Podcasts

[When autistic kids grow up, Chapter 1: Those people](#)

What leads an autism researcher to publish an intentionally inflammatory paper accusing the NIH of discrimination?

[When autistic kids grow up, Chapter 2: "You need to go to college"](#)

With just a high school equivalency degree and struggling as a single mother, Tempest McDonald is forced to shift her priorities.

## Blogs

[RSD Triggers "Identity-Level Pain" for People with ADHD](#)

Rejection sensitive dysphoria informs the personalities and lives of people with ADHD, fundamentally influencing how neurodivergent people move through the world.

[The high cost of undiagnosed and untreated ADHD: Unequal mental-health access and the care economy](#)

Attention deficit hyperactivity disorder (ADHD) is a common neurodevelopmental disorder that can persist from childhood into older adulthood. It impacts individuals from all ethnic groups and socioeconomic backgrounds.

[How gaps in education, work and welfare support can push neurodivergent people into homelessness](#)

Homelessness in the UK is reaching critical levels, with more than 380,000 people estimated to be without a home in England alone as of late 2025. There is also a growing recognition that neurodivergent people are over-represented among homeless populations.

[I see you: what it means to care for an autistic young person](#)

Having lunch in Morrison's café with your grown-up child who is navigating those independent living skills of being out in the community. Whether it's being able to choose lunch, being able to order, being able to pay, being able to find a table, being able to sit at a table, being able to wait until the food arrives - and so much more.

[Living AuDHD: The Strengths, the Chaos, and the Reality of Being Diagnosed Late in Life](#)

I didn't grow up knowing I was AuDHD. I grew up thinking I was different. I knew about autism, and I knew about ADHD, but I couldn't fully align with one or the other. Being diagnosed in my forties finally gave me language for a lifetime of confusion. It explained everything and nothing at the same time.



### [Why Sensory Stress Shouldn't Be Ignored In Daily Life](#)

Modern daily routines often involve constant noise and bright lights. Many people ignore the fatigue that follows a busy day. Ignoring sensory stress creates significant health issues over time.

### [Do you lose your whole day to one appointment? 'Waiting mode' may be why](#)

You have a 3pm appointment. It's now 10am and somehow your entire day already feels out of reach. Maybe you find yourself unable to start anything properly. You feel on edge, waiting for something to begin, or end. You check the time again and again. Even a positive, planned event, like a friend visiting later, can leave you feeling stuck.

### [Dopamine menus: can small pleasures help us get unstuck?](#)

You sit down to start a task you care about. Nothing happens. You open your phone instead. Minutes turn into hours. You feel restless, flat, or oddly exhausted, even though you haven't done much at all. For many neurodivergent people, this cycle is painfully familiar.

### [Focus apps are failing neurodivergent minds, new research finds](#)

In today's attention economy, social media platforms, entertainment apps and news feeds all compete for our focus.

### [Recognising the Signs Your Child May Need an Education Health and Care Plan EHCP](#)

When a child struggles with learning, behavior, or development, parents often wonder if extra support is needed. An Education, Health and Care Plan (EHCP) can provide tailored help for children with special educational needs or disabilities (SEND). Knowing when to consider an EHCP is important.

### [Our response to Alan Milburn's review and the challenges facing young autistic job seekers](#)

The publication of Alan Milburn's interim review into young people and work comes at a critical moment. Recent figures show nearly one million young people aged 16 to 24 are now not in education, employment or training (NEET). Behind these figures are young people whose ambitions, talents and potential are being lost because the support they need simply isn't there.

### [Charlie's experience of the Supported Internships programme at Amazon Weybridge](#)

"Hi, I'm Charlie... it's been good." That simple introduction captures everything about Charlie's gentle spirit. He is a man of few words, but behind those words is a journey that has transformed not just his life, but his mum's world too.

### [Is Honesty Really the Best Policy? Disclosing Neurodiversity at Work](#)

We are told in childhood that lying is bad and there are many reasons, I think, why even a neurotypical child may be confused by such a maxim.

### [Making your job search work for your neurodivergent brain](#)

The job search process is a difficult one for most of us. The stress of uncertainty and inevitable rejection can be especially hard for neurodivergent brains who tend to thrive with consistency and predictability. All of this can make it hard to get started and maintain momentum.

### [A Guide to Raising Teenage Boys with ADHD](#)

A manual for learning when to step in and when to step back as you guide your child toward independence.

### [Do I Need a Formal Diagnosis to Identify as Neurodivergent?](#)

What do you do if you find yourself asking the question "Am I neurodivergent"? It's a question adults can find themselves asking if they feel different and were never assessed as a child or didn't recognise their traits until later in life.

### [What's Sexy? Honesty and Vulnerability](#)

Sharing your sensory needs and sensitivities can transform intimacy. Here's how.

### [Autism and languages: how multilingualism has given me a voice](#)

We are joined by Guest Contributor Abi Appleby, whose recent Autism diagnosis has led her to reflect on her experiences as a multilingual person and the role that languages have played in shaping her identity and self-expression.

### [Autism friendly summer attractions 2026](#)

Can you believe it's summertime again? With exams coming to an end, holidays being booked and the sun shining a lot more, summer is here! The summer season is a great time to relax and spend time doing things that you enjoy with your family.

## News

### [Supreme Court overrules Cheshire West: implications for deprivation of liberty law](#)

The UK Supreme Court has unanimously overruled the 2014 decision in Cheshire West in a significant judgment (UKSC 16, 2 June 2026), fundamentally reshaping how deprivation of liberty is assessed under Article 5 of the European Convention on Human Rights.

### ['The biggest rollback of disability rights in a generation' – Charities respond to Supreme Court ruling](#)

Our charity has joined Mencap and Mind to respond to today's Supreme Court ruling that removes the framework known as Cheshire West, warning that it strips fundamental human rights protections from potentially hundreds of thousands of disabled people.

### [Ruling removes 'vital' UK safeguards for severely disabled people, charities warn](#)

Severely disabled people will be at heightened risk of abuse in care homes and hospitals after the biggest upheaval in disability law in a generation overturned "vital" legal safeguards, campaigners have warned.

### [Can We Talk About Suicide Among Men with ADHD?](#)

"Asking for support can be difficult for males, as societal messages equate needing help with a diminished sense of masculinity."

### [Suffering is not inevitable: a thematic analysis of a roundtable on ADHD and mental health](#)

In January 2026, Centre for Mental Health in collaboration with James' Place convened an online roundtable around Attention Deficit Hyperactivity Disorder (ADHD) and how it intersects with mental health, with a particular focus on suicidality and suicide prevention.

### [Local areas prepare new Experts at Hand teams](#)

Local areas to begin increasing access to speech and language therapists, occupational therapists and educational psychologists from September 2026.

### [Unpaid carers and parents of seriously ill children could get new rights under Government proposals](#)

Government consults on new rights for unpaid carers and parents of seriously ill children, including whether paid leave could improve job opportunities.

### [Access to Work backlogs creating hardship and uncertainty for disabled people, PAC warns](#)

Significant failings in the Department for Work & Pensions' (DWP) administration of the Access to Work scheme are having a clear human cost for the very people it is designed to support.

### [Beyond the Label: Rethinking SEND Support Through Workforce Development and Better Transitions](#)

A new report from the Education and Training Foundation (ETF), co-authored by Professor Amanda Kirby and Dr Vikki Smith, is calling for a fundamental shift in how the Further Education and Skills sector approaches SEND support.

### [Unlocking dyslexic potential: our new strategy for 2026 to 2030](#)

This strategy sets out our direction from 2026 to 2030. It has been shaped by what dyslexic people, families, educators, employers and professionals have told us about the barriers they face, the support they need and the change they want to see.

### [Why your wellbeing strategy may be missing neurodivergent staff](#)

Many organisations now recognise that employee wellbeing is closely linked to productivity, retention, sickness absence and workplace culture.

### [Tourettes Action Partners with ITV on New Documentary Series](#)

Have a story to tell? Young voices wanted for a powerful new documentary on Tourette syndrome.

### [When Dopamine Is a Drug: The ADHD-Behavioral Addictions Link](#)

Modern technology fuels behavioral addictions by design, posing a particular danger to people with ADHD. Learn about healthier sources of dopamine here.

### [Middle-aged and older adults with autistic traits face rising anxiety over time](#)

A major UK study has found that while most middle-aged and older adults experience low levels of anxiety, a small group of people with higher autistic traits are much more likely to report that their anxiety worsens as they age.

### [Severe Chronic Pain Overlaps with ADHD Traits In One-Quarter of Patients: New Study](#)

A close association exists between chronic pain and ADHD traits, with anxiety, depression, and pain catastrophizing playing a key role, according to a new study from Japan.

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



**NHS**  
Mersey Care  
NHS Foundation Trust

16 June 2026

[Pernicious privatisation of special needs support](#)

Ian Abbott says the principle of inclusion for pupils with special educational needs and disabilities will remain illusory as long as private providers are in control. Plus, Sarah Lane and Robin Davies on the need for special Send schools.

['Autistic kids are being experimented on': inside America's booming market for unproven stem cell infusions](#)

Feeling abandoned and overwhelmed, families are turning to controversial new therapies backed by the US health secretary.

['I found my purpose after ADHD diagnosis at 39'](#)

A woman who was diagnosed with ADHD aged 39 says she has found her purpose in life after switching careers.

['My diagnosis was a blessing': composer Sally Beamish on tackling the condition that ruined every joyful memory](#)

As she prepares to mark 70 with a birthday concert, the musician talks about her destructive mindset – and the steps she took to finally make sense of her life and music's part in it.

