

NOW

**THAT'S WHAT
I CALL AUTISM**

2025

EVENT GUIDE

Organised by the:



**NORFOLK
AUTISM
PARTNERSHIP**

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Welcome

Dear Attendee,

We are so excited to have you join us for a day celebrating autistic creativity, identity, and community. Expect inspiring discussions, incredible performances, and opportunities to connect with autistic creators, advocates, and organisations. This event is all about amplifying autistic voices and providing a space where autistic people can share their talents, experiences, and passions in a supportive and inclusive environment. Whether you're a speaker, performer, exhibitor, or attendee, your presence makes this event truly special.



🌟 What's Happening Today:

- 🎤 Powerful panel discussions featuring autistic voices.
- 🎭 Performances from talented autistic musicians, poets, and entertainers.
- 🛍️ A Makers Market showcasing work from autistic creators.
- 📌 Information Stalls offering resources and support.
- 💙 Interactive displays like the Live Affirmation Wall and Just One Thing message board.

We hope you leave today feeling empowered, inspired, and connected. Thank you for being part of this celebration and for helping make autism acceptance, inclusion, and pride the focus of today!



**NORFOLK
AUTISM
PARTNERSHIP**

Timetable

SPEAKERS AND PANELS (IN THE AUDITORIUM)

11:30 - 12:15

Panel 1: Intersectionality: The Overlapping Identities of Autistic People

12:45 - 13:30

Panel 2: The Power of Special Interests: Passion as a Strength

14:00 - 14:45

Panel 3: Thriving as an Autistic Person: Strengths and Realities

PERFORMANCES (ON THE STAGE)

12:15

Kyle Davy - Singer

12:45

Paul Walker - Stand Up Comedian

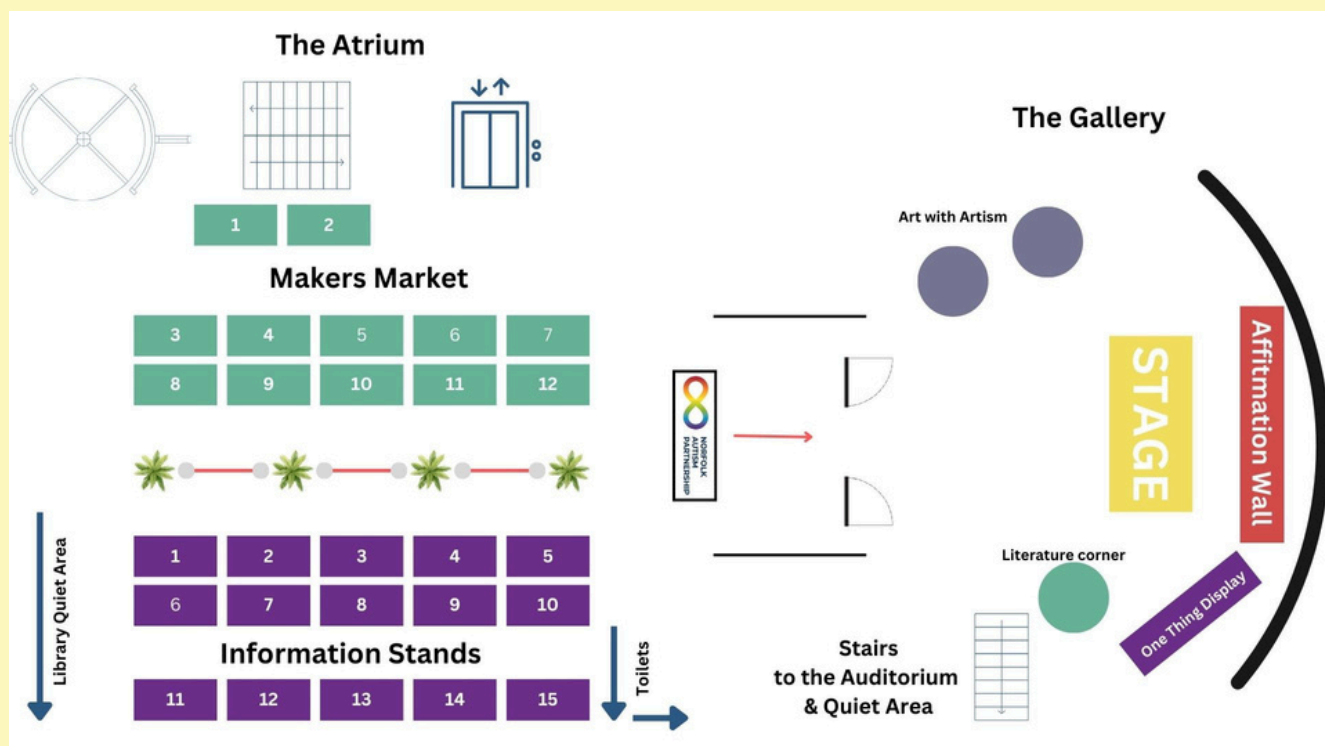
13:30

Michael Molden - Guitarist and Singer

14:15

Amy Radbourne - Spoken Word Artist

Map



Makers Market

1. Pawsome Dog Treats
2. Sunbeams Play
3. Sofelty Gifts
4. Paul Strangleman Artist
5. Kade Peregrine
6. Natty Peterkin
7. Identify with Clarity
8. Little & Big Holistic AF Rescue Kit Company
9. Moo and Roo designs
10. Sensory TaRGet
11. Recovery College
12. Thornage Hall

Information Stands

1. Healthwatch Norfolk
2. The BUILD Charity
3. Buddies Day Service
4. DRAGONS – Norfolk and Norwich SEND Association
5. NANSA
6. Autism Anglia
7. Norfolk and Waveney MIND Rest Hub
8. The Life Skills Mentoring Academy
9. DWP Disability Employment Advisor
10. S&L Safe Cut Kits
11. New-U
12. Family Voice Norfolk
13. Lingwood Care Farm
14. Norfolk Autism Partnership Board
15. ASD Helping Hands

Speakers



JULIA WEBB

Julia Webb is a neurodiverse (AuDHD) writer and collage artist from a working-class background. She has three poetry collections with Nine Arches Press, with her fourth, *Grey Time*, releasing in July 2025.

Julia was diagnosed with Autism and ADHD in her fifties. She grew up in Thetford, left school at sixteen, and later earned a first-class honours degree and a poetry MA. She now runs poetry courses, mentors writers, and is a steering editor for Lighthouse Journal.

HAZEL CUBBAGE

Hazel is a late-diagnosed AuDHD woman. She has had a successful career as an executive leader of a Norwich-based multi-academy trust, and is a qualified consultant and coach. Hazel is a Chartered Manager and Fellow of the Chartered Management Institute, and a member of the Association for Coaching where she participates in a special interest group for neurodivergent coaching.

She has three degrees, with the most recent one being her MBA studied locally, at the University of East Anglia. Hazel has lived in Norwich for the last decade, and is the parent of an ADHD daughter.



Speakers



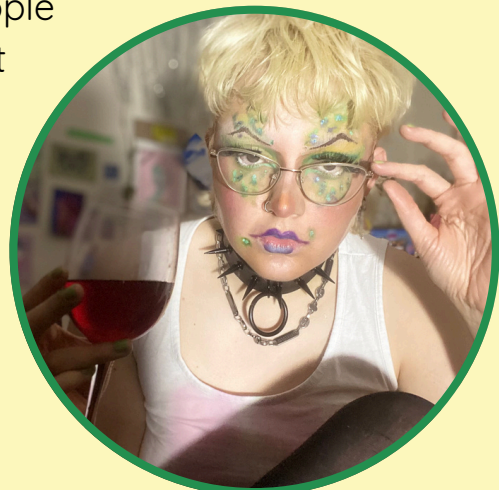
NELLIE ALLSOP

Nellie is a self employed trainer and consultant with a background of working for one of the UK's leading autism charities. A former high achiever in the education system, they went on to experience a mental health crisis as so many autistic people (and particularly those assigned female at birth) unfortunately do.

Now, they work to improve things for autistic people, including those with learning disabilities such as their younger brother (for whom they are also a part time carer to, but a sibling to first and foremost). In their spare time, you can find Nellie crocheting, watching Smosh on YouTube and having video calls with their brother's guinea pigs.

SAM MOANELLA

Sam Moanella is a 26 year old drag artist living in Norwich. They have a passion for absurdity and performance , often using their work to process the world around them in its own unique way. Taking inspiration from both special interests and thier own life journey Sam has a talent for making people laugh, making people emotional all whilst making them think a little deeper about the world around them.



Speakers



MADELINE QUINNE

Diagnosed with Autism at 20 years old, Madeline Quinne spent her whole life feeling like an alien in a human's body. Using stand up comedy as a tool, she hopes to spread awareness and light on living with autism as a woman and the effects of being a late diagnosed autistic!

LAURA EDWARDS

Laura is a late-diagnosed autistic person, with the emphasis on person. Right up until diagnosis, Laura was a qualified teacher educating the teenagers of Norfolk about the fascinating subject of science (the teenagers were less enthralled). Following on from their Wonderfilled Rebirth in their early-30s, Laura was surprised that more was not known about autism in the professional fields, so set about attempting to educate the adults of Norfolk what it is like to exist as an autistic human in a neurotypical world.

Laura is currently self-employed in what could be considered an amalgamation of side hustles, from dedicated practices of autism advocacy to self-publishing creations of instructional design. If you get the late-night munchies, you may also find Laura on your doorstep doing the delivery rounds for our fine city



Speakers



ORILLIA VAIL

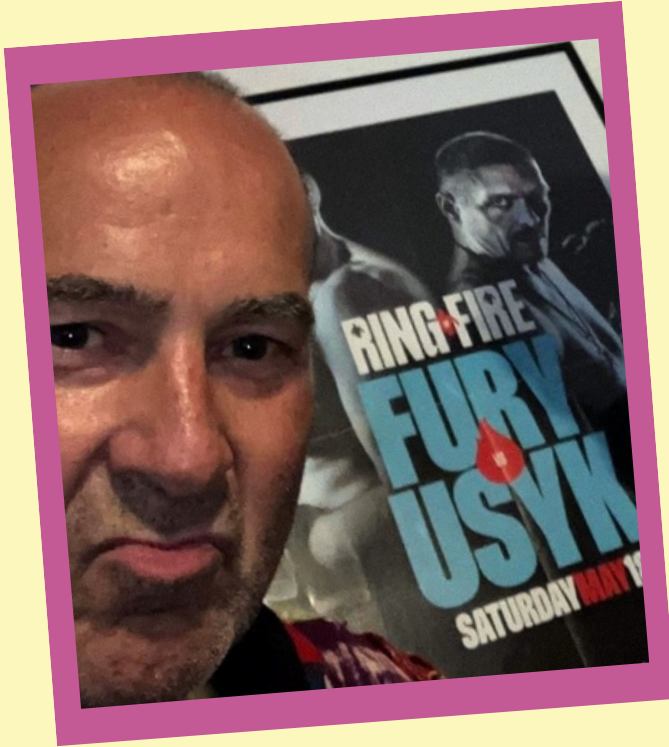
Orillia Vail is a care worker for elderly people who have varying degrees of Dementia. Orillia grew up in Hackney, where she was diagnosed with autism and dyslexia in primary school.

She moved to Norfolk six years ago and now lives in Norwich with her family. She is fascinated by the similarities between conditions like her own autism, or ADHD, and dementia. Orillia enjoys volunteering on her day off at Bicycle Links, a social enterprise which repairs bicycles for those who need them.

She is a keen knitter, a member of Norwich Speakers' Club and is often found walking on the local marshes with her dog Gonney.

Time	Topic	Panellists
11:30-12:15	Intersectionality: The Overlapping Identities of Autistic People	Nellie Allsop Laura Edwards Sam Moanella Orillia Vail
12:45-13:30	The Power of Special Interests: Passion as a Strength	Madeline Quinne Julia Webb Sam Moanella
14:00-14:45	Thriving as an Autistic Person: Strengths and Realities	Madeline Quinne Hazel Cabbage Orillia Vail

Performers



PAUL STRANGLEMAN

Paul is an autistic adult who performs observational stand-up comedy alongside his many other expressions of himself through art and performance.

KYLE DAVY

I am on the autistic spectrum, however I have learnt over my teenage and young adult life, that my autism should not hold me back from doing what I love and that is performing.

In fact, I feel proud to have autism as it has made me into the kind and nurturing person I am today, and has made me continue to pursue a career in Performing Arts.



MICHAEL MOLDEN

My name is Micheal. I am a 28 year old autistic man and I have been playing guitar for around 20 years. I have performed in band as lead guitarist and as a soloist. I spend my time writing and recording songs. I also enjoy spending time with friends and trying out new experiences. My dream is to be a professional musician and recording artists.



AMY RADBOURNE

Amy is an aspiring science-fiction/ fantasy novelist and poet from Dereham. When she's not running around the park, smiling at all the dogs (avoiding eye contact with humans), you will find her curled up on the sofa getting crafty or watching Friends (again).

Not diagnosed as autistic until her 30s, she would love to raise awareness of all the undiagnosed girls who slip unnoticed through the cracks. Having recently completed an MA in Creative Writing, she plans to pursue a PhD in the representation of autistic girls in children's/young people's literature.

Makers Market

The Makers Market celebrates autistic creativity, featuring unique handmade art, jewellery, and homeware. Explore the stalls, meet the creators, and support autistic talent!

Pawsome Dog Treats



Hello, my name is George, and I'm a 12-year-old autistic boy who makes Pawsome Dog Treats. I sell them at The Tuscan Farm Shop in Burnham Market and hope to expand in 2025.

Sofelty Gifts



I'm Sophie, 30 years old and based in Norwich. I'm an Autistic female. I make Needlefelt creatures, little friends who can be small enough to fit in a pocket, be key rings or desk buddies!

Paul Strangleman Artist



I work across many mediums including video and photography, street art I have had my work displayed in exhibitions and my videos and photography used in films and television.

Sunbeams Play



Sunbeams supports autistic people aged 6 to 75+. We showcase crafts made by our service users, from jewellery to artwork, helping them build confidence and experience.

Kade Peregrine



I'm Kade Peregrine, I'm an autistic crafter local to Norwich, been selling my crafts since 2016. My stall will sell a collection of handmade cards, stickers and badges that I have designed, in addition to hand painted ceramics, decorative items, crochet accessories and jewellery.

Recovery College



The #SunflowerChallenge, led by Recovery College, encourages well-being pledges for summer with a free pack of sunflower seeds. Sunflowers symbolize hope and optimism, and growing them serves as a reminder to nurture mental health.

Identify with Clarity



I'm Claire and I create guided meditation/relaxation recordings. Within my own journey as an autistic person, I've struggled with anxiety, sensory overload and meltdowns. I invite you to come and experience a short meditation/relaxation recording and connect with me on Youtube and Instagram

Natty Peterkin



My DIY illustration/design shop - mostly wonky comic-style artwork in various forms (pins, stickers, cards and zines).

Moo and Roo designs



I make handmade jewellery using real flowers and other naturally occurring materials

Sensory TaRGet



I'm an autistic artist from Caister, aiming to spread the autistic word as much as I can through my craft of sensory ribbons and what I had to go through. I usually have a hand-held sewing machine that allows me to craft my sensory ribbons anywhere [Even on a bus]

Thornage Hall



Thornage Hall Independent Living offers supported living as well as day services to adults (from 18 years of age) with mild-moderate learning disabilities. Thornage Hall offers a unique environment through which our service users nurture skills, knowledge and independence.

Little & Big Holistic AF Rescue Kit Company



I'm a disabled wheelchair user with AuDHD and a mum to three neurodiverse adults. As a qualified holistic practitioner, I combined my love for essential oils and crystals to create SEND Parent Rescue Kits, which include oil blends, crystals, affirmation cards, and more to support well-being.

Information Stands

ASD Helping Hands

We will support all service users affected by an Autistic Spectrum Disorder (ASD) regardless of age or what stage of life they are at. We aim to offer guidance, practical advice and support whether you are personally affected or you are a family member, carer, friend or professional. We will actively champion the rights of all people affected by ASD and aim to make a positive difference in their lives while delivering a service that is accessible, reliable and trustworthy.

Healthwatch Norfolk

Healthwatch Norfolk is the local health and social care champion for the County. We make sure NHS leaders and other decision makers hear your voice and use patient, carer and community feedback to improve care. We can also help people to find reliable and trustworthy information and advice.

Your feedback is used to better understand the challenges facing the NHS and other care providers and your experiences can help improve health and care for everyone.

The BUILD Charity

BUILD is a Norfolk based independent registered charity providing social, leisure and learning opportunities for anyone, with any disability, aged 18 or over, in Norfolk. We host around 300 community based activities in mainly the Norwich and Dereham areas, including meals out, gym sessions, ten pin bowling nights, gardening projects, countryside walks, days out short breaks and holidays, as well as a weekly social club. All our activities take place on weekday evenings and at weekends. Visit our website for further details and a copy of our latest programme.

Buddies Day Service

Buddies Day Service is set within 8 acres of beautiful countryside. We offer the perfect space to enjoy fresh air, meet friends and make new ones. We have a bright and spacious activity centre, a catering kitchen, fully equipped woodwork department, gardens and polly tunnels, some small furry animals, chickens and ducks. Through a variety of activities our members can expand their skills or learn new ones in a friendly and relaxed environment.

DRAGONS - Norfolk and Norwich SEND Association Norfolk

The DRAGONS (Disability Real Action Group of Norfolk) are a group of young people with disabilities that are looking to make sure that SEND opportunities, in Norfolk, are accessible and that young people are enjoying their services.

Children and Families Services - Norfolk and Norwich SEND Association

Nansa provides support from infancy; often working alongside families prior to any formal diagnosis of their child's condition. Nansa will collaborate with every family to ensure their child's specific needs are met, promoting development and progression through an innovative and therapeutic programme of early intervention and support.

The Nansa Family Centre is based in Norwich (Woodcock Road), it offers a safe, calm, friendly, and non-judgemental environment; for families to access specialist support and meet other inspirational parents, carers, and children facing similar challenges.

Norfolk and Waveney Mind - REST Norwich

The REST Community Wellbeing Hubs are walk in support services based in the heart of our communities.

We provide daily drop in support, 6 weeks of 1-2-1, a group provision and an out of hours Evening Sanctuary provision to people who are experiencing mental health difficulties in a non-clinical environment.

REST is a partnership project that brings together mental health support and local services creating a welcoming space for everyone.

Autism Anglia

Autism Anglia is an independent charity that provides care and support to autistic children, adults, and their families in East Anglia. Our Vision is to create an accepting society where autistic people are understood, able to access opportunities and fulfil their potential.

Through our specialist co-educational school, residential and supported living, assessment and diagnosis service and outreach programme, we're helping to ensure autistic children, adults, and their families can thrive, every day.

Department for Work and Pensions - Disability Employment Advisors

If you have a health condition or a disability that affects your ability to work, you can get assistance and advice on returning to the workplace at your local Jobcentre Plus. For additional support, you may be referred to the Disability Employment Advisor for advice on health & disability. Whether you have just lost your job or have been out of work for a long time, the Disability Employment Advisor is trained to be able to help you to find work or to gain new skills for a job. We can help with work preparation, recruitment, interview coaching and even confidence building.

S&L Safe Cut Kits

S&L Safe cut kits is a not for profit company putting together safety and prevention kits specifically designed to support individuals who are affected by self harm

NEW-U

We're a registered charity who offer individualised work experience placements in our pre-loved clothes swap shop and honesty book library in Castle Quarter, Norwich. 80% of people (mostly 18-24 but no upper age restrictions) report a disability, many of them hidden disabilities. We'd like to be able to talk to people and families about our offer which helps to build skills, confidence and self belief in a supportive environment tailored to the individual's needs.

Family Voice Norfolk

Family Voice Norfolk is the parent carer forum for families of babies, children and young people aged up to 25 who have special educational needs and/or disabilities (SEND)

The Life Skills Mentoring Academy

Our core aims are to support individuals in enhancing their mental health, building confidence, self esteem and achieving personal growth. We focus on trauma-informed care, and various other approaches to empower individuals to improve their overall wellbeing. We have an experienced and qualified team to deliver the aspects of the service they offer.

How do we do this?

We use therapeutic coaching and wellbeing sessions, which combine a number of key principles from different therapeutic approaches, including tools and techniques from my own unique blend of experience and knowledge. Any trauma you might have suffered is accounted for including its impact on your behaviour, mental health, and ability to engage in treatment. Interventions will be tailored in the context of your trauma history, triggers, and specific needs. The combination of techniques allows us to explore problems holistically, on the level of both body and mind.

Lingwood Care Farm

we are a care farm delivering day services situated 1 mile off the A47, near Acle, on an established arable and livestock farm, we offer therapeutic opportunities for people with disabilities to join us to develop new skills in a working farm environment, building confidence, self-esteem. Improving people skills, such as relationships, communication and respect.

Development of basic work skills, such as timekeeping, numeric skills, ability to understand and accept tasks, organisation and focus.

Literature Corner

Welcome to the **Literature Corner**, a space to explore books that highlight **autistic experiences, creativity, and advocacy**. Reading works by autistic writers is essential in **amplifying authentic voices, challenging misconceptions, and fostering deeper understanding**.

Members of the **Norfolk Autism Partnership** have put together a **recommended reading list** featuring must-read books by autistic authors. Whether you're looking for personal memoirs, insightful guides, or powerful fiction, these books offer **real, lived perspectives on autism**.

[Press Here to look at our recommended reads](#)



Interactive Zone

Visit our Interactive Zone to engage, create, and share! View our Just One Thing Display, contribute to the Autism Affirmation Wall, and explore creativity in the Artism Art Workshop.



Our Live Affirmation Wall

Words of Affirmation are powerful, visit our interactive affirmation wall to see what others have put and to add your own all in real time!

Art with Artism

Artism, is a Art group ran by Susan Rudling, using art to connect autistic people and to support their physical and mental well being. They will be holding a still life painting drop in throughout the day



Just One Thing...

We asked people to finish this one sentence:

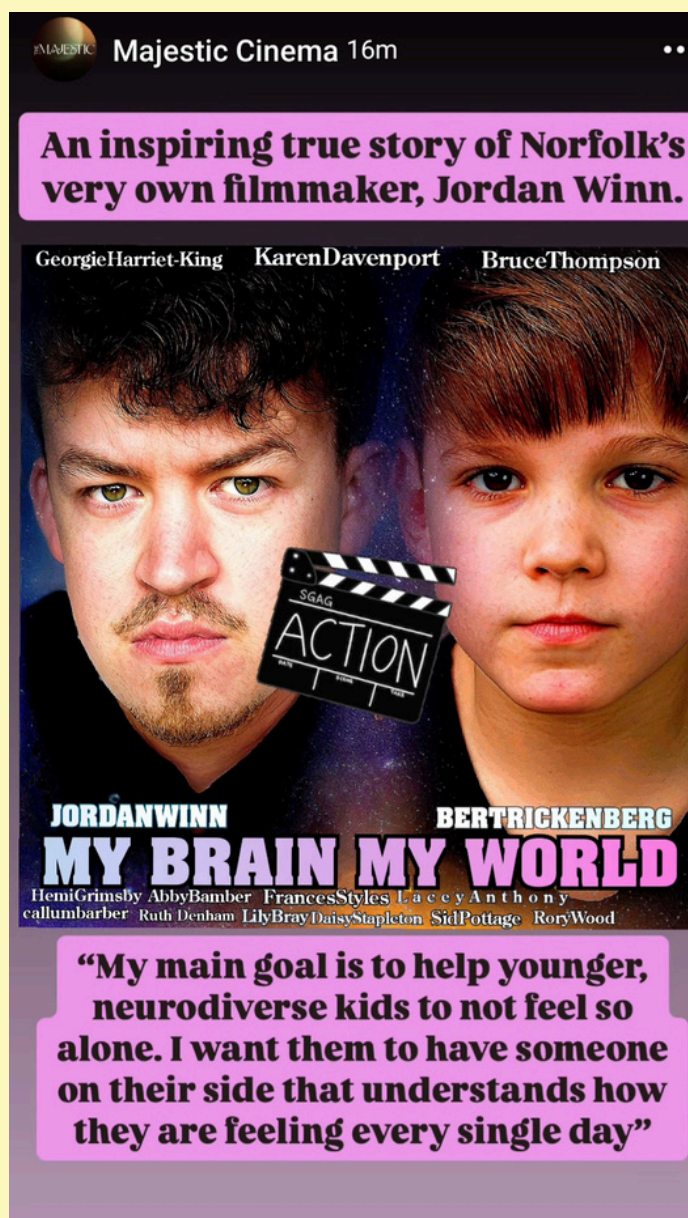
‘One thing I want people to know about Autism is...’

This display shows you their answers.

My World, My Brain

A short - film by Jordan Winn

Being shown in The Gallery at 11:30



A true coming-of-age drama following Young Jordan's journey through school and college while living with undiagnosed autism.

This powerful short film sheds light on the challenges faced by autistic individuals in education, highlighting the struggles, misunderstandings, and resilience that shape their experiences.

Created by Jordan Winn, **My Brain, My World** is a deeply personal project inspired by their own journey. After years of uncertainty, Jordan finally received an autism diagnosis bringing clarity to their past and reinforcing the importance of sharing their story.

This film aims to raise awareness and spark conversations in schools and families, encouraging a greater understanding of autism and the impact of early recognition and support.

Join us for a screening and be part of the discussion about creating a more inclusive world for autistic individuals.

Accessibility and Support

We want everyone to be able to access Now That's What I Call Autism?
We have tried our best to make this event as accessible as possible.

Quiet Spaces

We have two quiet spaces available for the day. One located next to the auditorium on the floor and one in the Millenium Library. Our quiet spaces are for those who need to take a break from the event either to regulate their sensory needs or recharge.

If you need assistance to find these please ask one of our guides or show them the breakout card and they will take you to the closest one.

Wheel Chair Access

The Forum has lifts that you can use to get to the lower form where the auditorium is located. This Lift is located in the gallery, where we are hosting out interactive zone.

Accessible Toilets

There is level access to visitor toilets on the ground floor of The Forum between the Gallery and the Norfolk and Norwich Millennium Library. There are two accessible unisex toilets to the right-hand side and a separate family room including baby change facilities. There is a Changing Places toilet on the left.

A Radar key system has been installed to minimise the abuse of the facilities. You may have your own Radar key but these are also available to borrow at Customer Services.

For the Changing Places toilet, an access card can be collected and returned to Customer Services.

Hearing

There is a fixed hearing loop in the Auditorium and Café Bar Marzano. The Norfolk and Norwich Millennium Library has an induction loop.

During this events, there may be lots of background noise, music and amplified voices in the Interactive Zone, located in the Gallery.

Details on the Gallery

The Gallery is on the ground floor of The Forum and there is step-free access.

The entrance doors are 2m wide when both are open.

The flooring is carpet and lighting varies depending on the event but is mainly LED spotlights.

Details on the Auditorium

The Auditorium is on Level -2 of

The Forum and there is step-free access via the lift (see Lift information).

The entrance doors are 90cm wide.

The flooring is carpet with laminate flooring on the stage area.

Lighting varies depending on the event. There are spotlights on the stage and adjustable LED lights. There is LED lighting in the lobby area. Seating is fold-down theatre style chairs.

There is space for wheelchair users.

If you need any support during the day please find one of our Guides or visit the Norfolk Autism Partnership Stand.

The Norfolk Autism Partnership

The **All-age Norfolk Autism Partnership** was set up to respond to the **Autism Act**. It aims to **help develop and improve services for autistic children, young people, and adults with and without a diagnosis**.

The **All-age Norfolk Autism Partnership (NAP)** is a collaboration of **autistic people, their parents/carers, autism service providers, and voluntary and statutory organisations**. Members of the Board, while not obligated, offer their resources to manage the partnership.

The Norfolk Autism Partnership has co-produced the Norfolk All Age Autism Strategy

The Norfolk All Age Autism Strategy focuses on these 6 priorities:

1

Improve understanding and inclusion of autism

2

Improve access to education and support transitions into adulthood

3

Support adults into employment

4

Tackle health inequalities for autistic people

5

Build the right support in the community

6

Improve support within the criminal and youth justice system

You can get involved in the work of the Norfolk Autism Partnership in many different ways to find out how click the button below or visit our website

Get Involved



contact@norfolkautismpartnership.org.uk



www.norfolkautismpartnership.org.uk

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