

AUTISM FORWARD'S  
FIFTH  
RECRUITMENT  
ROUNDTABLE WITH  
ADJUST SERVICES

AS MENTORING  
ANXIETY & WELLBEING  
WORKSHOPS  
FOR  
AUTISTIC ADULTS

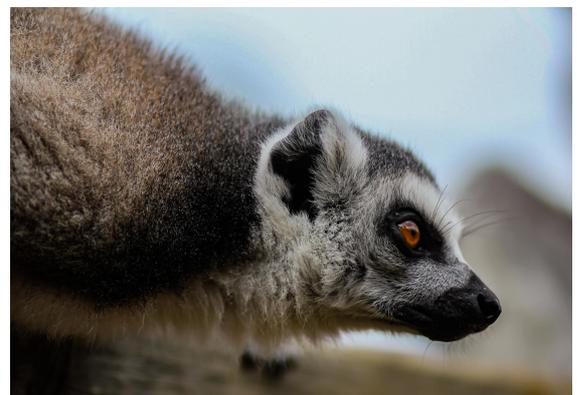
RAISE FUNDS FOR  
AUTISM FORWARD BY  
SHOPPING WITH  
AMAZON SMILE

TEAMS HARE,  
TORTOISE, FOX,  
HOUND & GAZELLE  
REUNITE FOR  
VIRTUAL CYCLE EVENT

# AUTISM FORWARD NEWS

## Eliza Reynolds: Photographer

Eliza Reynolds, one of Autism Forward's grant holders, will be launching her own website in September ([www.elizareynoldsphotography.co.uk](http://www.elizareynoldsphotography.co.uk)). With the support of her mentor, [Faraday Fearnside](#), Eliza explains how she has been able to pursue her dream career in photography. "Photography has always been a part of my life in some way, but my passion for photography really started to grow, about 10 years ago. I have tried many different jobs, and passions and started a few different career paths. But I have always come back to photography.



Instead of writing myself off because of my Asperger's, through photography I have been able to see myself and my uniqueness in a positive way, it is something to be celebrated and is something good. My photography has provided me with light in my darkest times and opened my eyes to how incredible, intricate and colourful our world is.

The mentoring with Autism Forward has helped me to recognise my talent and creativity and given me confidence to pursue it. Working with my mentor Faraday has challenged and encouraged me to be true to myself and to work towards where my talent lies. She has helped me to see things differently and see my own talent, rather than just ticking the box and taking a job for the sake of it. I believe it is important to choose a career option that is suited to who you are, and not let our Asperger's or society hold us back."

Eliza's website ([www.elizareynoldsphotography.co.uk](http://www.elizareynoldsphotography.co.uk)) will be live in September and further examples of her work can be found on Instagram – @ERPhotography20 and Facebook – Eliza Reynolds Photography.

Thank you to all our supporters who make it possible for us to enable Eliza and other autistic adults to fulfil their potential in life and find rewarding careers.

**AUTISM  
FORWARD**

## Raise funds with Amazon Smile

Autism Forward is now registered with Amazon Smile, so you can raise funds for us every time you shop with Amazon. You can use your existing Amazon account to make your purchase, but you will need to access the site via [smile.amazon.co.uk](https://smile.amazon.co.uk). On your first visit to the site you need to select Autism Forward Cio as your chosen charity before you begin shopping. From then on, every eligible purchase you make through AmazonSmile will result in a donation to Autism Forward to support our work.

## Anxiety & Wellbeing Workshops

Our mentor partner AS Mentoring are holding a series of online workshops to support autistic adults and provide strategies to deal with anxiety in the current crisis. Autism Forward is subsidising the cost of these workshops. The feedback has been consistently excellent, with participants welcoming the opportunity to speak with others in the same situation and develop techniques to help them cope with anxiety and focus on their wellbeing. Details of the workshops can be found on the [AS Mentoring Website](#) or email [workshops@asmentoring.co.uk](mailto:workshops@asmentoring.co.uk).

## Recruitment Roundtable with Adjust Services

Autism Forward's fifth recruitment roundtable took place via Zoom on 11 June 2020. The event brought together senior executives, HR teams and autistic employees and professionals to discuss the impact of unwritten social rules in the workplace. The webinar was hosted by Daniel Aherne of [Adjust Services](#), who provides consultancy and awareness training to employers and other organisations in relation to all aspects of neurodiversity and development of inclusive workplaces. The presentation included contributions from Hannah Reading and Luke Poulton giving examples from their own experiences.

National Autistic Society research shows that 43% of autistic adults have lost their job or left because of a factor related to their autism. Autistic people face enormous barriers to employment due to the nature of recruitment processes, managers and colleagues not understanding them, not receiving the right support and the workplace environment or culture being unsuitable. The impact of unwritten rules is one of the most significant areas causing autistic people to be ostracised or misjudged in the workplace, but without any awareness training, people are unlikely to understand how this affects their autistic colleagues. Full notes from the discussion can be found [here](#).

Please email [jane@autismforward.org.uk](mailto:jane@autismforward.org.uk) for further details of our work with employers and future employer events. Notes from our previous roundtable events can also be found on our [website](#).

## Virtual Cycle Event

In June 2019 four teams of cyclists, Tortoises, Hares, Foxes & Hounds, took part in a sponsored cycle from London to Cafe Track in Northampton to raise funds for Autism Forward.

As a live event was not possible this year, 36 cyclists, including a new all female team - the Gazelles - took part in separate socially distanced 120km cycles to mark the event.



Mario from Team Tortoise was the fastest individual rider, covering 120km in a remarkable 3 hours 31 mins.

Fastest team were the Hares at 4 hours 21 mins, while the Hounds covered a total of 1500km up and down the country and the Foxes spent over 65 hours in the saddle.

Thanks to all the riders (plus Juno the dog) who took part. We very much look forward to getting you all together for next year's cycling challenge.

