



***Founder/Director Venessa Bobb
Thursday 29th September 2022***

**Autism and Mental Health-Who Cares:
My Cultural Families Perspective**

#ATAmentalhealth



A2ndvoice CIC
—Autism . Ethnicity . Culture—



AT-Autism

AUTISM: CULTURAL FAMILIES PERSPECTIVES



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Autism · Ethnicity · Culture

I am a parent who has had to navigate in a system where I have felt excluded and overlooked in many spaces. Many Black African, Black Caribbean, Asian and Dual Heritage families struggle with their child who may exhibit and demonstrate unexplained explosive behaviours to avoid spaces not to be judged and condemned.

I advocate for many families from different communities and work alongside other autistic organisations in providing safe spaces to be self if this means talking from a cultural perspective.

Over the last three years I have seen a shift in attitudes when speaking on autism and ethnicity. There are many factors that influence the decisions and choices made by many professionals, clinicians and majority of the time Black families and friends.

It will be difficult to touch on every aspects of Autism from the African, Caribbean, Asian and Dual Heritage perspective, but I hope that my presentation will give a better insight and understanding of the different layers of differences.



@BlackJoyAutism



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- Who am I and My Family
- Impact and Influences
- Challenges
- Good Practice



WHO AM I?

- Mother of three teenagers 16, 19 and 21 years old (2 youngest with autism and ADHD) and a grandmother
- Co-author to a Girls and Autism Book, released in April 2019
- Co-author to Educational Psychology Perspectives on Supporting Young Autistic People: Insights from Experience, Practice and Research, released April 2022
- Volunteer for the National Autistic Society Lambeth Branch
- Member of the All Party Parliamentary Group on Autism Advisory Group
- And have joined many Autism and Learning Disability Forums and Consultations during COVID

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ARE YOU BIAS?



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Racism is something you learn
Not something you're born with

OUR LIVES ARE DIFFERENT:

We are not the same



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Sexual Health & HIV

Family Dynamics

Skin & Hair Care

Food & Drinks

Vitamin D Deficiency

Sickle Cell Anaemia

Chronic Kidney Disease



Photos by Dom Aquiar

Mental Wellbeing

Extended Families

Drugs & Medication

Alcohol

Substance Abuse

Dental Hygiene

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OUR LIVES ARE DIFFERENT:

We are not the same



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Lack of research / poor data

Unconscious & conscious
biased views

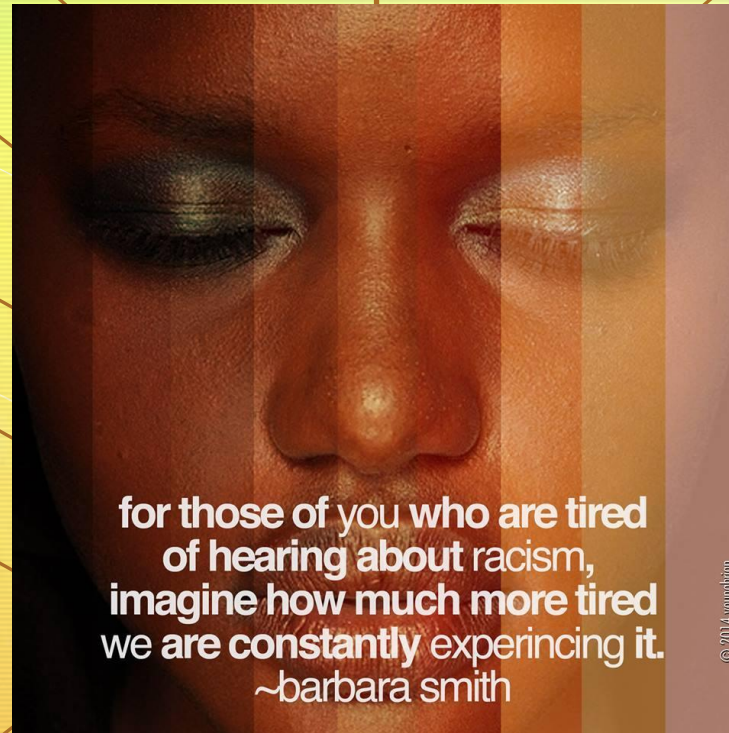
Triple discrimination

Ignore and pretend

Racial disparities

Domestic abuse & DV

Inequalities across all
sectors



for those of you who are tired
of hearing about racism,
imagine how much more tired
we are constantly experincing it.
~barbara smith

© 2014 youngtion

Stigma, myths,
stereotypes & taboos

Cultural needs and
wants unmet

Faith & Religion

Historic trauma

Understand the culture
differences, don't
compare us

Stop and Search

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CONCERNS RAISED AMONGST FAMILIES

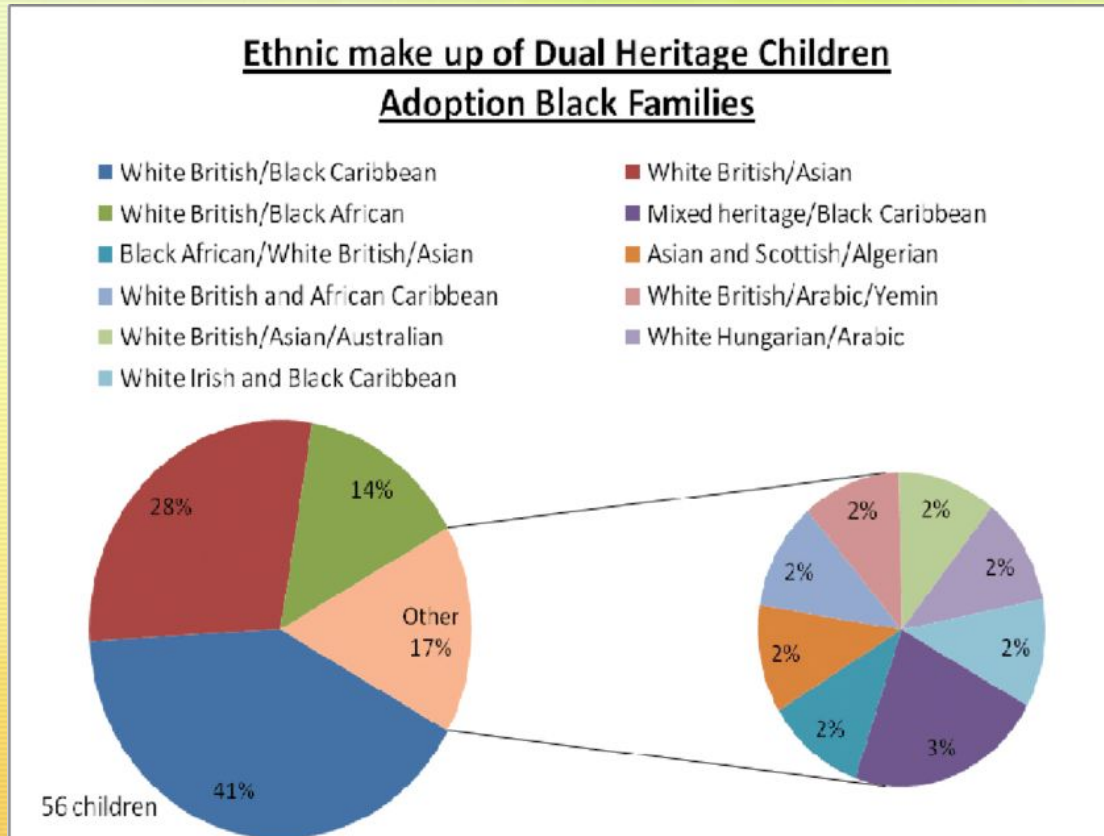
- Stimming, humming, screaming, rocking, repetitions, etc – families and professionals not accepting causing more distress to the autistic person and family members
- Bruises to dark skin can be missed and perceived as nothing is wrong – investigate?
- Mongolian spots for newborns, can be seen as bruises?
- Self-harming is overlooked, parents can be accused of abusing their children – Fabricating Induced Illness (Fii)
- Lack of qualified interpreters specialising in Autism and other related conditions
- Many Black and Brown families not aware of their local healthwatch, clinical commissioning groups to what is social prescribing





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DUAL HERITAGE CHILDREN ADOPTION BLACK FAMILIES



Black foster children and adopted children more chance of being left undiagnosed and assessed as having social, emotional and mental health issues

Black' families for 'black' children?: An Evaluation of Action for Children's Practice in Ethnically Matching Black, Asian and Dual Heritage Children for Adoption

Authors: Julie Ridley and John Wainwright – University of Central Lancashire July 2010

BLACK AUTISTIC PERSPECTIVES



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Transitioning from Child to Adulthood - Family, Cultural Values and Independence Prevention & Avoidance Webinar
for those Working with Children and Young People 0 - 25 Years with Autism, Learning Disability or Both

Young person to adulthood live independently within the community in making their own choices Prevention & Avoidance Webinar
for those Working with Children and Young People 18 - 25 Years with Autism, Learning Disability or Both

Thursday 4th February 2021 10.30 - 2pm

Thursday 11th February 2021 11.00 - 2pm

ONLINE PRESENTATION

Why Representation is the Key!

With Chidiebere Ibe, BSc - Nigerian Medical Illustrator and medical student. Promoting use of black skin medical illustration

Friday 4th March 7 - 8.30pm

Scan Me

Supported by <https://chidiebereibe.eventbrite.co.uk>
The Three Guineas Trust online@a2ndvoice.com

- Need more training across all communities to recognise the differences
- Dual heritage autistic children being mistreated by professionals
- Representation is the key in providing cultural appropriate resources, information and useful links.

A parent wrote

"Can you write a ECHP review about for child A. From when you helped as you witnessed how much the lockdown helped them, compared to when they attended that dreaded school. Remember when you heard them speak for the first time.

Hope yr ok. too racist were we have moved to. I need someone black on the ECHP review meeting because these people are not getting it, or the intersectionality and impact. So lonely here."



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POSITIVES OUTCOMES

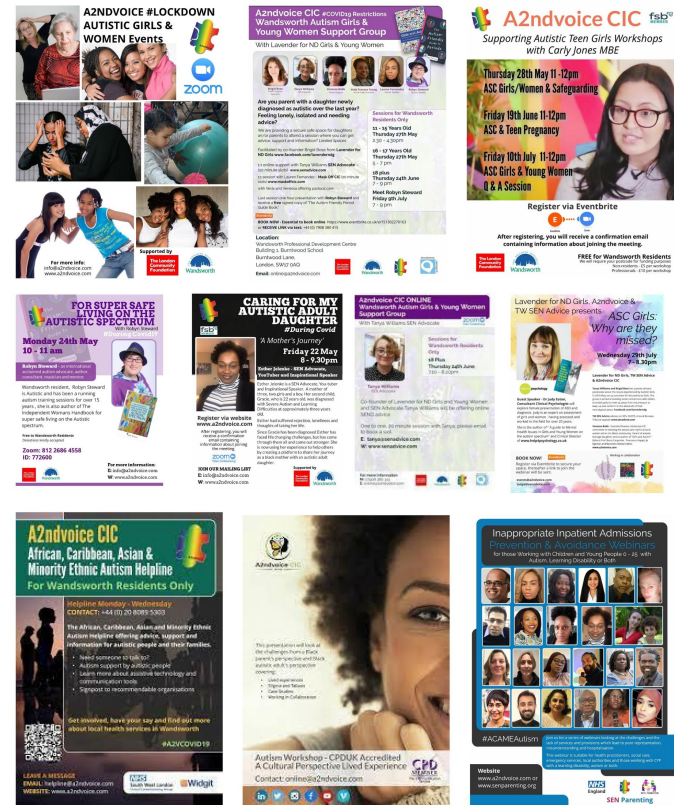
- Autistic Black and Asian voices being more visible due to online presences from the pandemic
- More diverse autism and SEND independent panel boards and consultant groups being formed relating to race, ethnicity and culture
- ACAME Families recognising their SEND child's and adults needs and seeking for assistance and support
- Requests to providing autism cultural training across emergency services, social care, education and counselling services



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POSITIVES OUTCOMES (During Covid-19)

Some of the Wandsworth projects delivered. Due to online presence focus on autism and the minority ethnic community and produced CPD training.



- Over 200 webinars and online events
- Online support nationally and internationally
- Connecting across all communities
- Breaking down barriers, stigma and taboos
- Collaborating with local and statutory organisations and local groups
- Increase of self referrals and support
- New families
- Autistic Black and Asian speakers coming forward
- Signposting and sharing information
- Borough hopping – supporting out of borough services
- More exposure,

Join us on
Saturday 1st August
from 2pm for

AMTea

An Autism Movement Therapy®
Based Session followed by
an Online Social

Book online now
www.movementworks.org/movementworks-online-sessions

Organised by

In Association with

Supported by

MOVEMENT WORKS

National Autistic Society

Lambeth Branch

AUTISM, COVID19 AND THE POLICE UK/USA I

Friday 31st July, 6.30 - 9.30pm

 groomspace.org
The online autism community



Jackie Phipps
Autism Trainer - USA



Toni-Land
Autism Trainer - USA



Jesse McQuibbin
Autistic Speaker - UK



Katy Green
Autistic Speaker - UK



Lenny F. Moore
Disability Advocate - USA



Veronica Bado
Founder Abdozine



Paul Moloney
Founder Groomfame



Mandy Disick
Aut. Theatre Lead
Parent Care Forum



Joanna Oliver
COVID19 Specialist
SIP writer - London



John Nelson
Aut. Music Educator
Aut. Musician

We will be looking at the negative impact of how the autistic community have been overlooked and why we need to stop keeping silent and deal with the real issues.

- What is autism and the impact of denying the help and support in early years?
- Police training and support
- Does social media influence the youths - exploitation and grooming
- How can we support autistic people and the vulnerable?
- The impact of COVID19 on the autistic community - mental wellbeing, coping strategies, advice and support
- Stigma, race, discrimination
- Panel Discussion with a Q&A

BOOK NOW!
Register via email to secure your space,
thereafter a link to join the webinar will present.
E: info@a2ndvoice.com

Supported by



AUTISM'S LOVE USA & A2NDVOICE CIC UK
Bringing cultural differences to the conversation
Virtual monthly meets up with Jackie & Vanessa





Jackie Pilgrim
 Autism's Love:
 The Pilgrimage

Lauren Fernandez
 Mask Off

Vanessa Bobb
 A2ndvoice CIC

Friday 30th October
 7 pm USA & 11 pm UK

Guest Speaker Lauren Fernandez

Join us with UK born Lauren Fernandez - Founder of Mask Off received a diagnosis of ASC and ADHD at 26 years old.

She will be sharing her journey and her campaign on highlighting and raising awareness around mental health and disability within the community, giving a true depiction of how people of colour present through and may present differently.

Webinar ID:
 867 5523 0296

For Passcode:

Text: +44 (0) 7715 800 059 or
Email: online@a2ndvoice.com
a2nvoice@gmail.com








Looking at the Cultural Perspective of Autism

A webinar presentation with a Q&A session



Autism and the Chinese Community UK with Chinese in Wales Association

**Tuesday 17th November
10.30 - 12.30 pm**

Hazel Lim is a multilingual autism specialist and an integral part of the senior management team at Chinese in Wales Association, a charitable organisation whose ethos is to deliver services that have a positive impact on the lives of ethnic Chinese children in Wales.

Award winner of the 'someone who changed my life' trophy at the National Autistic Society's Autism Professionals Awards 2013. she holds a master's degree in Autism and Related Conditions from Swansea University and is representative of the ABMU Welsh Stakeholder Reference group, organiser of the first Festival of Autism Swansea in 2016.

In 2019, an extremely successful project of Hazel's has been to produce the first English and Chinese Bilingual Autism booklet in the UK. This publication has provided professionals with an introductory understanding of some of the many cultural barriers, in order to more effectively assist them support their clients from Chinese ethnic minority.

For over 15 years, Hazel has served as an interpreter in the public services, supporting and advocates for families from the Chinese ethnic minority to overcome cultural and language barriers. She often invited to deliver public talks, and is both a passionate and engaging autism speaker.




Free
£5 Parents/Carers
£5 Aistic Professionals
£10 Adults

For booking details:
events@a2i.wales.com
+44 (0) 7947 198 362


A2ndvoice CIC presents

Growing Up My Way

Supporting autistic young people through change
Supported by Croydon Voluntary Action



Vanessa Bobb Sarah-Jane Crisley Sally Glesop Lynn McCann




Ruby Stewart Dean Beadle Lauren Fernandez Dean Brown


Monday 27th September, 11 - 4pm
Imperial Banqueting Suite
(Next Door to Costa, there is limited parking)
31 Imperial Way, Croydon, Surrey, CR0 4RR
T: +44 (0) 7908 380 415 / E: info@a2ndvoice.com


No Ticket/No Entry (Sorry no children allowed)
FREE for Croydon Autistic Resident (Limited Tickets)
Autistic People £20 Parents £25 Professionals £30
<https://autismcroydon.eventbrite.co.uk>

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Widgit




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**"MISSING VOICES: THE
BLACK AUTISTICS JOURNEY"**

Black Scholar and Autistic Advocate
with **Melissa Simmons - MisTAught**

Co-hosted by Marguerite Haye and Venessa Bobb

Tuesday 5th May, 2 - 4pm





SUMMER UNLOCKED AUTISM SUMMER CLUB 5 - 25 Years

FREE for free
school meal children





Tuesday 27th July to Friday 20th August

SESSIONS OVER FOUR WEEK, FOUR DAYS FOR FOUR HOURS - LUNCH AND REFRESHMENTS PROVIDED

NOTE: Meeting price for members to travel to Chertsey
Attend all four days to receive a voucher for one FREE horse riding session

4 week program a unique horse experience ground based sessions, including healthy eating workshops

Thurs for 8 - 13: Morden 9.45 - 1.30pm (Weekly)
Wed for 14 - 25: Chertsey 11 - 4pm (Weekly)

Cooking sessions with wholesome plant based food alternatives

Every Thu 29th July to Thu 30th Aug: 11 - 1pm

MovementWorkx: Developmental dance specifically for autistic children and adults

Thu 29th Jul: 2-4pm and Fri 30th Jul: 1-2.30pm
Thur 5th, Fri 6th & Thu 12th Aug: 1.30 - 3pm

Sensory arts and crafts

Fri 5th Jul: 2 - 3.30pm
Fri 19th Aug: 1.30 - 3pm

Happy drumming and dancing

Fri 13th & 20th Aug: 1.30 - 3pm



Location:

Tooting & Balham
Sea Cadet
89 Melliss Rd
London, SW17 9AS

Email for booking info:
info@2ndvoice.com

Covid restrictions still apply

A Different Joy with
Lambeth Autism Group & A2ndvoice CIC

Support for Autistic Families
Every Thursday, 9 September to 14 October, 7-8pm



IMPROVE YOUR FAMILY LIFE IN JUST 4 WEEKS WITH GROUP COACHING
Learn online with other parents
Solve issues in a safe space with people who 'get it'
FREE to Lambeth Residents. £10 per per family Non Lambeth Residents.



Bookings: 02030632965 or bookings@2ndvoice.org

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MAKING A DIFFERENCE



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- Providing cultural awareness autism programs
- Include Autistic people and families
- Connect with Black and Asian voluntary groups and self-help groups – let parents and carers know what is available, even if out of your borough
- Find an advocate that can assist families, a difficult parent? (May seem aggressive and loud, but maybe the way they express themselves)
- You need to be transparent, honest and willing to learn
- Learn to share, signpost and not be scared to say I don't understand
- Making reasonable adjustments – cultural resources, etc
- Be part of the solution, not the problem
- Check to see if you are being biased!

We have hosted, presented and participated in over 170 online sessions for parents, carers, practitioners, lived experiences and working locally to globally.

Virtual events and face to face sessions, during COVID19



Connect . Advice . Support . Network . Share information

To join our online support and events or pre-recordings.
Please visit our website: a2ndvoice.com or email: online@a2ndvoice.com



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—Autism, Ethnicity, Culture—

This presentation will look at the challenges from a Black parent's perspective and Black autistic adult's perspective covering:

- Lived experiences
- Stigma and Taboos
- Case Studies
- Working in Collaboration

Autism Workshop - CPDUK Accredited
A Cultural Perspective Lived Experience

Contact: online@a2ndvoice.com



**A2ndvoice
& Partners**
#DuringCOVID19

A2ndvoice CIC
—Autism, Ethnicity, Culture—

What we do?

- Cultural Awareness Workshops
 - ASC Youth & Parents Forum
 - ASC /SEND Under 5's
- ASC Young Women Support Group
- Healthy Relationship Workshops
 - Sensory Arts & Crafts
 - Widgit Online Workshops plus more

Join our mailing list
E: online@a2ndvoice.com
W: www.a2ndvoice.com



Venessa Bobb

Founder of A2ndvoice CIC

Director of Autism Thrive Services

www.a2ndvoice.com

www.autismthriveservices.com

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MEMBER
The CPD Certification
Service