

NOT ALONE MENTORING

March 2023

MONTHLY NEWSLETTER

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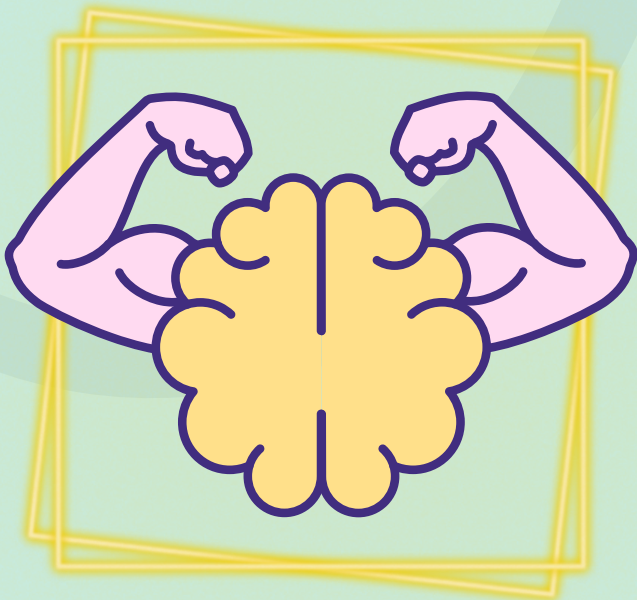
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NEURODIVERSITY CELEBRATION WEEK

13th-19th March was Neurodiversity Celebration Week, a worldwide initiative to challenge stereotypes and misconceptions about neurological differences.

Whilst it is essential to raise awareness of neurodivergent struggles to improve accessibility, I want to take this opportunity to celebrate our strengths!!!

- Logic and Problem Solving
- Reliable
- Loyal
- Highly Empathetic
- Curious
- Hyper-focus
- Eye for Detail
- Honest
- Creativity
- Reasoning
- Passion



Everyone can succeed in the
right environment!!!

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CAN YOU DANCE? 2023

TEACHERS CONVENTION

5th March 2023

This month saw my first event with CYD?.

It was great to meet so many teachers working to better what they can provide to their students! I was also able to deliver a workshop helping teachers accommodate Autism in the performing arts classroom.



Congratulations Hannah at Invisible Threads for winning the CYD? Prize Draw for a free online workshop!!!

UPCOMING REGIONALS

I am super excited to be partnering with CYD? to provide well-being support for all students at their regional conventions as well as providing a safe space for students who may be struggling with the environment, self-doubt, and any other overwhelming emotions.

I have also advised on an accessibility website page for CYD? to help neurodiverse students know what to expect. Check it out here:

<https://www.canyoudancelive.com/accessibility-page/>

If you're at CYD? come and say Hi at the Not Alone Mentoring stand.



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AUTISM REPRESENTATION IN THE MEDIA

Recently there have been a couple of new TV shows on the BBC which I feel have really helped to raise awareness of the autistic experience particularly in adults and women. For anyone looking to understand more about autism I would highly recommend watching the below shows. (both on iPlayer)



‘Inside Our Autistic Minds’ with Chris Packham follows four autistic adults over two episodes exploring different elements of their autism and helps them create videos to explain their experiences to their family and friends. Watching this made me feel quite emotional and so well represented!

Watch Here -

<https://www.bbc.co.uk/iplayer/episodes/p0bbnh47/inside-our-autistic-minds>

Christine McGuinness’ ‘Unmasking My Autism’ has a particular focus on autism in girls and women and the impacts of late diagnosis. I was especially moved by the story of Leanne who describes her mental health journey and struggle to in regards to gaining an autism diagnosis.

This closely mirrors my own story.

Watch Here -

<https://www.bbc.co.uk/iplayer/episode/m001k31t/christine-mcguinness-unmasking-my-autism>



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MIND IN CROYDON - LEAP

I have had the privilege of being invited to sit on the new Lived Experience Panel (LEAP) for Mind in Croydon. We had our first meeting this month and it was incredible to meet other inspiring people and to see what Mind are doing to improve their services including listening to our experiences of mental health and using their services.

It is extremely interesting for me to hear others who experience mental illness talk about what they need from their support services. Not only does this help me see what I may benefit from but also how I can use this information to better my support services both at Not Alone Mentoring and English National Ballet School.

I am also excited to see how I can use this platform to better advocate for neurodiversity in mental health services.

The logo for Mind in Croydon is centered within a yellow double-line square frame. It features a stylized blue icon of a brain with a circular arrow around it, followed by the text "mind" in a blue script font and "in Croydon" in a blue sans-serif font below it.

mind
in Croydon

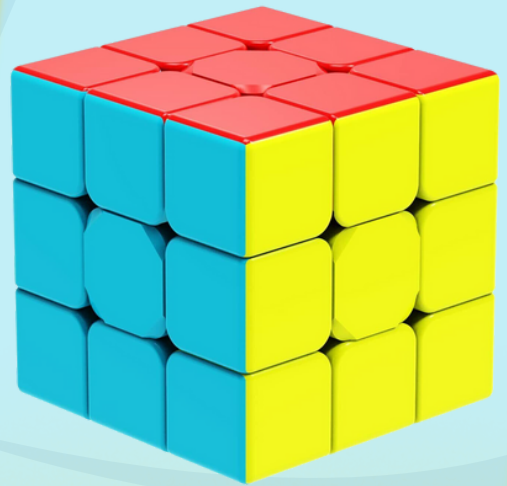
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...OF THE MONTH

QUOTE OF THE MONTH

"Not Alone....well
that's great
because
everybody needs
somebody!!!"
My Nan
(Win Smith)

PRODUCT OF THE MONTH (my favourite fidget)



MINDFUL ACTIVITY OF THE MONTH

This month I challenge you to
find time to stop and notice the
changes in nature as we move
into spring.



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CONTACT

To find out more about Not Alone Mentoring, support for students, and workshops for teachers visit get in touch via the details below.



Website

www.notalonementoring.com



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