

TIME FOR AUTISM

Family newsletter

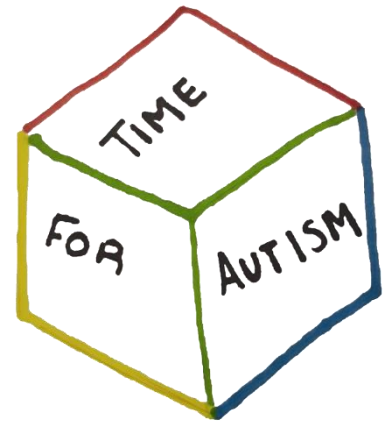
Dear Time for Autism families,

We hope this newsletter finds you well. As we embrace the academic year 2023-2024 and our third cohort of students, we are excited to share some significant improvements and updates that we hope will enhance the Time for Autism programme.



In this edition:

- Improvements for Cohort 3
- Team News
- TfA Family and Student Conference Date Change
- BSMS 20th Anniversary
- TfA's Permanent Integration
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- Collaboration with Dr Jessica Eccles and Dr Seb Shaw
- LEAG Update
- Key Contacts & Useful links



KEY DATES

Visit 1 window:

11th September 2023 -
30th November 2023

Visit 2 window:

3rd January 2024 -
15th March 2024

Visit 3 window:

15th April 2024 -
7th June 2024

FORTHCOMING EVENTS

TfA Family & Student Conference

Thursday 11th January
2024

Health Passport

This will be returned to
families by the end of
August 2024.



Improvements for Cohort 3

Extended Teaching Session: In response to feedback from both students and families, we extended our teaching session for the students at the beginning of term. This adjustment has allowed for deeper engagement with our programme and more comprehensive learning experiences focusing on in-depth learning about autism with specialist speakers and interactive learning activities. We were thrilled to have with us on the day:

David Burns MBE - A distinguished figure in autism advocacy, David brings a wealth of experience and insight to our programme, talking about his lived experience of autism and healthcare, and why TfA is so important.

Kaajal Khimasia Morgan - Highly Specialist Speech and Language Therapist from Sussex Community NHS Foundation Trust who led an inspiring and interactive talk on communication.

Jane Epthorp - Specialist Nurse from Sussex Community NHS Foundation Trust. Jane gave the students a real insight into how carefully they plan and conduct appointments for autistic children. This included preparation of personalised social stories to send out to the children prior to their appointment, which she shared with the students.

From the TfA team: Dr Ann White, Dr Stephanie Daley and Alison Smith shared their wealth of knowledge and practical experience of autism, from diagnosis criteria to discussing the differences of autistic presentations in girls vs boys with case studies and films of different children along the way.

The students also took part in a live Q&A session with the above speakers and TFA team.



David Burns MBE



Kaajal Khimasia Morgan



Jane Epthorp



Dr Stephanie Daley & Dr Ann White

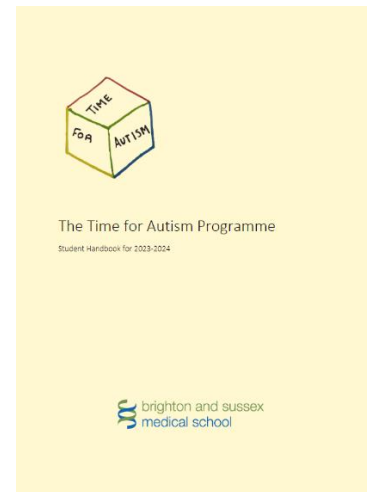
Clearer Instructions and Expectations: To enhance the students learning journey, we have revamped our instructions and expectations for students. Clarity is key, and we want every participant to have a clear understanding of what is expected, fostering a more focused and enriching learning environment. Our Development Manager Alison Smith talked this through with the students at the teaching session in detail. Our students also had a half-day teaching session on intellectual disabilities on Friday 8th September, which we believe will also enhance their Time for Autism visits.

Team News

- Congratulations to one of our Founders **Professor Sube Banerjee MBE** who has secured a new position of Pro-Vice Chancellor for Medicine and Health Sciences at the University of Nottingham. See our Staff spotlight interview to find out more. [Staff spotlight: Professor Sube Banerjee - BSMS.](#)
- With the success of the programme and increased level of work, we are delighted to welcome **Katie Campbell**, our new team member.
- We welcome our new **student representatives Charlotte Haigh and Abraham Sharif** who, together with existing representative **Mohamed Shahin**, will be this year's voices of our student community. Their role is pivotal in ensuring that the students' feedback, ideas and concerns are heard and addressed effectively.

TfA Family and Student Conference Date Change

After careful consideration, we have moved the date for our 2024 conference to **11th January 2024**. This adjustment provides ample time for preparation and ensures that the conference does not clash with crucial exam periods, allowing everyone to participate fully. The event will be at the Jubilee Building at the University of Sussex. Full details to follow soon...



Professor Sube Banerjee
Honorary Visiting Professor
at BSMS



Jubilee Building at University of Sussex



BSMS 20th Anniversary (BSMS20)

Time for Autism proudly celebrates BSMS 20th year. [Click here](#) to read about their journey, highlighting the milestones achieved over the years and exciting new work to come. As part of BSMS20, we are planning an open event in central Brighton for the general public to showcase Time for Autism in 2024, more details to follow.

Permanent Integration

We are thrilled to announce that Time for Autism is now a permanent and integral part of the curriculum at BSMS. This demonstrates the ongoing commitment of BSMS to provide high quality autism education to all its students, so they are well-equipped to work with autistic patients from day one of their working lives as doctors. As far as we know, this is the first initiative of its kind in a British medical school, and we know from work that has been undertaken by Dr Stephanie Daley that many medical schools in the UK offer very limited autism education to their students. We will be working to share our experience of running Time for Autism, so that we can expand the programme across other training sites.

Family Recruitment

We continue to be thrilled and humbled by the response of local families who are willing to give up their time to teach our students. Alison has recently enrolled the 164th family into the programme!

We are always keen to hear from new families, and we are actively engaging in family recruitment initiatives and expanding our support network. Your referrals and connections are invaluable in reaching out to families who can help with our programme. Alison will be driving recruitment forward after the conference, however if you know of anyone who would be interested in joining, please get in touch today.



Contact **Alison Smith**,
TfA Development Manager,
for more information:

T: 07717 450954

E: sc-tr.timeforautism@nhs.net



Collaboration with Dr Jessica Eccles and Dr Seb Shaw

For those who attended our family conference back in June, you would have heard from two of our wonderful colleagues, Dr Jessica Eccles and Dr Seb Shaw.

Dr Jessica Eccles - Reader in Brain-Body Medicine. Jessica trained in medicine at University of Cambridge and University of Oxford, completing a BA in The History and Philosophy of Science, sparking a keen interest in philosophy of mind and brain-body interactions, and since graduation from medical school has pursued a combined academic clinical path at Brighton and Sussex Medical School. She is now Reader in Brain-Body Medicine at BSMS. She holds an honorary clinical contract with Sussex Partnership NHS Foundation Trust where she works in the Neurodevelopmental Service. [Click here](#) for more information about Dr Jessica Eccles' work and publications.

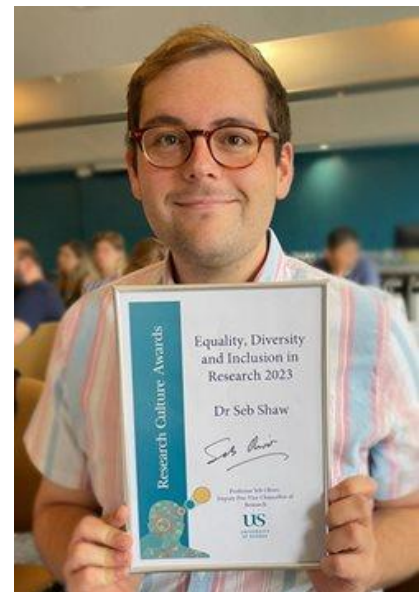


Dr Jessica Eccles

X (Twitter): [@bendybrain](#)
Instagram: [@drbendybrain](#)

Dr Sebastain Shaw

Seb is multiply neurodivergent, identifying as autistic, ADHD, dyslexic, and hypermobile (hEDS). He is passionate about improving experiences for neurodivergent people in relation to healthcare - both for neurodivergent people accessing healthcare, and through the promotion of inclusive medical education for neurodivergent students and healthcare professionals. Seb currently splits his time between teaching/research and part-time clinical work. He is currently the Research Lead for Autistic Doctors International.



Dr Sebastian Shaw

X: [@Autistic_Doc](#)

For more information about Dr Seb Shaw's work and publications please [click here](#).

LEAG Update

Our Lived Experience Advisory Group (LEAG) meets online three times a year. We recently welcomed new members Fleur Tindal and David Wallach who bring with them diverse perspectives and expertise. Their contributions will help to support the continuing development of the Time for Autism programme. We are grateful for the ongoing support of all our members: Mimi Banks, Louise Howe, David Burns MBE, Nicole Monney, Charmaine Kohn-Willbridge, Ami Read, Claire Robinson and Sophie Longley. We would also like to thank departing members David McDonald and Jon Mason for all their support since the group was founded in 2019. If you are interested in joining the group, please contact Francesca at timeforautism@bsms.ac.uk.

Handbook Highlights

Don't forget to explore the updated family handbook. It contains valuable resources and guidelines that will assist your Time for Autism experience. Printed copies are available. Please contact Francesca at timeforautism@bsms.ac.uk if you would like to request a copy in the post.

We are excited about the journey ahead and grateful for your ongoing support and enthusiasm. Together, we are creating a more inclusive and understanding world for autistic individuals. If you have any suggestions, queries or feedback please do not hesitate to reach out.

Warm regards,

Time for Autism Team

Meet the team



Programme Lead



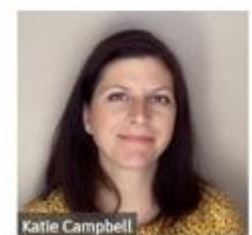
Academic Lead



Development Manager



TFA Administrator



TFA Administrator

CONTACT US

If you would like to get involved, please contact: **Alison Smith**, TfA Development Manager.

T: 07717 450954

E: sc-tr.timeforautism@nhs.net

For all other information please contact **Francesca Rigby**, TfA Administrator

T: 07826 549523

E: timeforautism@bsms.ac.uk

You can keep up to date with the Time for Autism Team

www.bsms.ac.uk/time-for-autism



@Time4Autism



[linkedin.com/company/time-for-autism-bsms](https://www.linkedin.com/company/time-for-autism-bsms)



/TimeforAutism



Time for Autism BSMS

Useful links & Further Reading

Other useful links:

[AMAZE](#)

[mASCot](#)

[Reaching families](#)

[East Sussex Parent Carer Forum](#)

[West Sussex Parent Carer Forum](#)

[The Autism Community Research Network Sussex \(ACoRNS\)](#)

[Autism Central](#)

Further reading and resources:

[Oliver McGowan Mandatory Training on Learning disability and Autism](#)

[Pulse - The Brighton and Sussex Medical School Magazine \(bsms.ac.uk\) Celebrating 20 years of BSMS](#)

[Brighton and Sussex Medical School](#)

