



Being Us

a 'Being Me' newspaper

for and by autistic folk and friends



art

a ghost story

creative community

kaleidoscopes

info dump about ROCKS!

and more...

#1 (November 2025)

BEING
ME

map...



**Being Me /
Being Us**
an intro to us and
this newspaper-land!

autistic joy
resonate with
the vibes of what
you love!

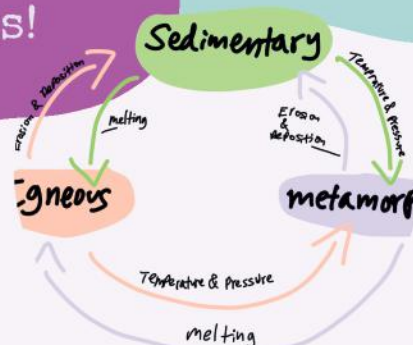


jellyfish
(just because)



**info dump:
rocks**

Hope tells us
about rocks!



puzzles

a Witches Wordsearch, a maze
and a tangly string thing



a ghost story

‘The Flickering Lights at
the Observatory: Hannah’s
Very First Adventure’

by Alexandra



...to the observa-
. started flickering .
started feeling uneasy.
gh, she started invest
light flickered again
She ran up to th
time ch

**communication:
signing**

Hollie tells us about
learning British Sign
Language



**satisfying
sensory stuff**
ooblek & featured
fidget



gallery

photography, drawings,
colouring sheet



**interview with
Jess Garner**

autistic community,
mentoring and
glimmers!



kaleidoscopes
how to make one



books

by autistic
writers



**neurodivergent
artists**

creative community



say hi!

if you want to –
no social
pressure!



welcome :)

this newspaper-space is a place for...

- looking at pictures
- reading things
- doing puzzles
- doodling
- cutting or ripping bits out and sticking it on something else to make your own picture
- being on your own and being connected to others at the same time (because other people are looking at this same newspaper!)

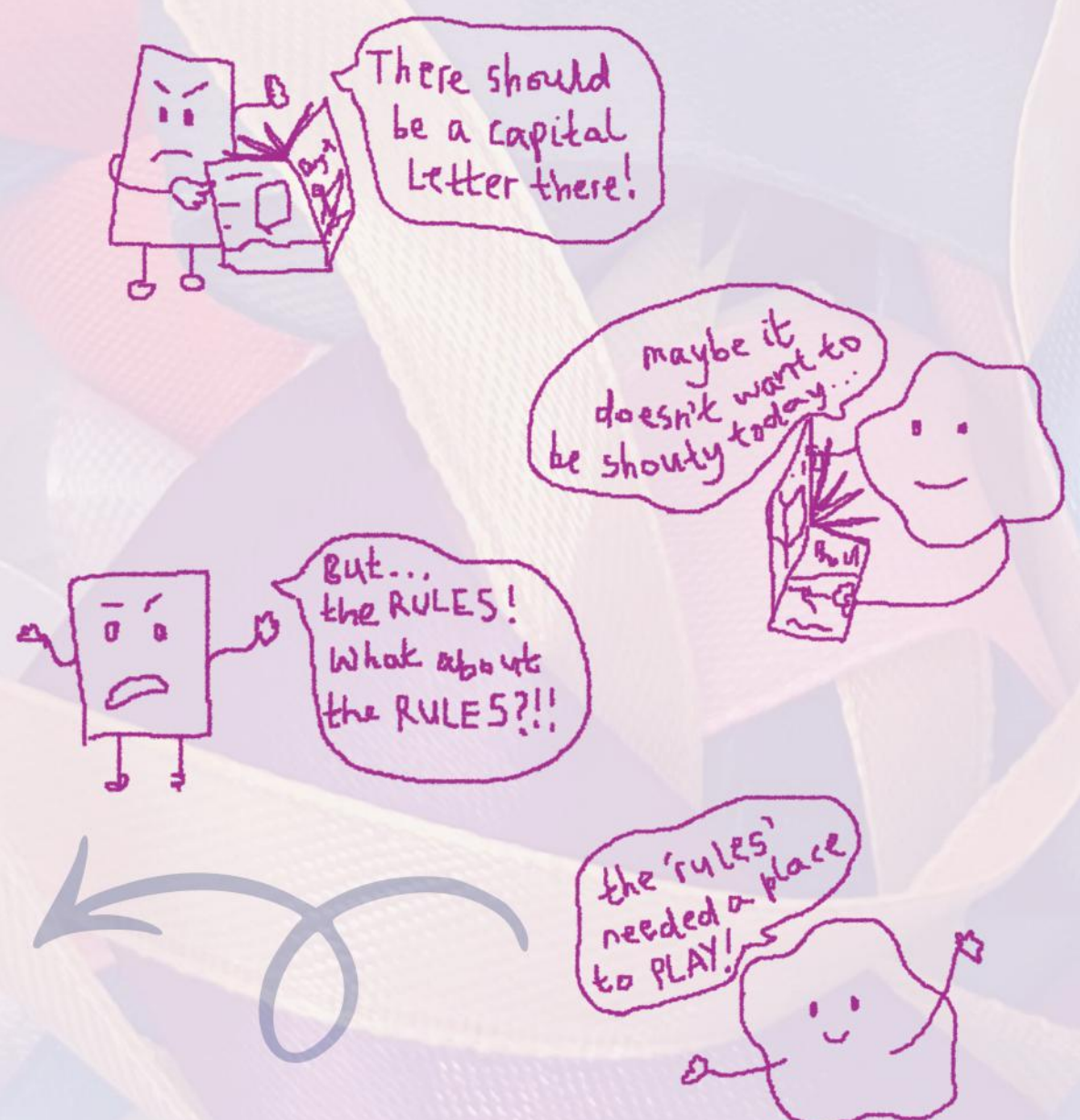
make yourself a comfy den and explore what's on these pages, in whatever way you'd like to (backwards / forwards / upside down / rolled up like a telescope...)

'Being Us' newspaper-land...

'Being Me spaces' are spaces to play and places to Be, where 'rules' might be different to some other kinds of spaces. We understand that moving around or doodling helps some people listen better, we feel the joy in creative chaos, and we're curious about creating spaces that suit neurodivergent ways of being. We'd love 'Being Us' to be like that, too.

this 'Being Us' newspaper is joyfully and unapologetically itself. it might not have the same rules as some other kinds of newspapers, because it's not the same as those kinds of newspapers!

we can use alphabets however we like - LIKE THIS, like this or LiKE tHiS. we combine different styles together, to reflect the similar and different ways we express and process. some places think things have to be done a certain way to be respected and listened to. we want to DISRUPT that!



awkwardness is welcome in this space (:

Being Me

Can't Sit Still's Being Me Clubs started in Autumn 2022 with two groups: one in Kingswood and one in Yate. They were clubs for autistic girls and non-binary / gender non-conforming folk aged 11-16 to have a low social pressure, neuroaffirmative, creative space to be themselves in, with neurodivergent facilitators and optional creative offerings.

In Autumn 2023 we began clubs in Cheltenham, for 11-16 year olds and for 16-25 year olds (which are still ongoing in 2025).

We've also held one-off Being Me Club experiences such as an animation club, a pom-pom-making space (making pom-poms for one of Can't Sit Still's shows, 'The Snowy Day'), a Being Me Digital club - and a Being Me Newsroom (and now here we are in newspaper land!)

Being Me Clubs initially had a focus on girls and women, as a response to long waiting lists for autism assessments and mental health support. It used to be not thought of that girls and women could be autistic, and lots of people had their experiences dismissed, or felt unable to be their authentic autistic selves. We wanted to create a space where people could feel safe to explore their identities, through creative play and beingness, and to discover what it can be like to unmask amongst other autistic people. Mostly, though, we hoped to create a space where people could just Be.

creative play and beingness:
doing whatever creative thing
you want to, and being you



joining out is fine!

what is Being Me?
(where it started, why, where we are now)



Being Us

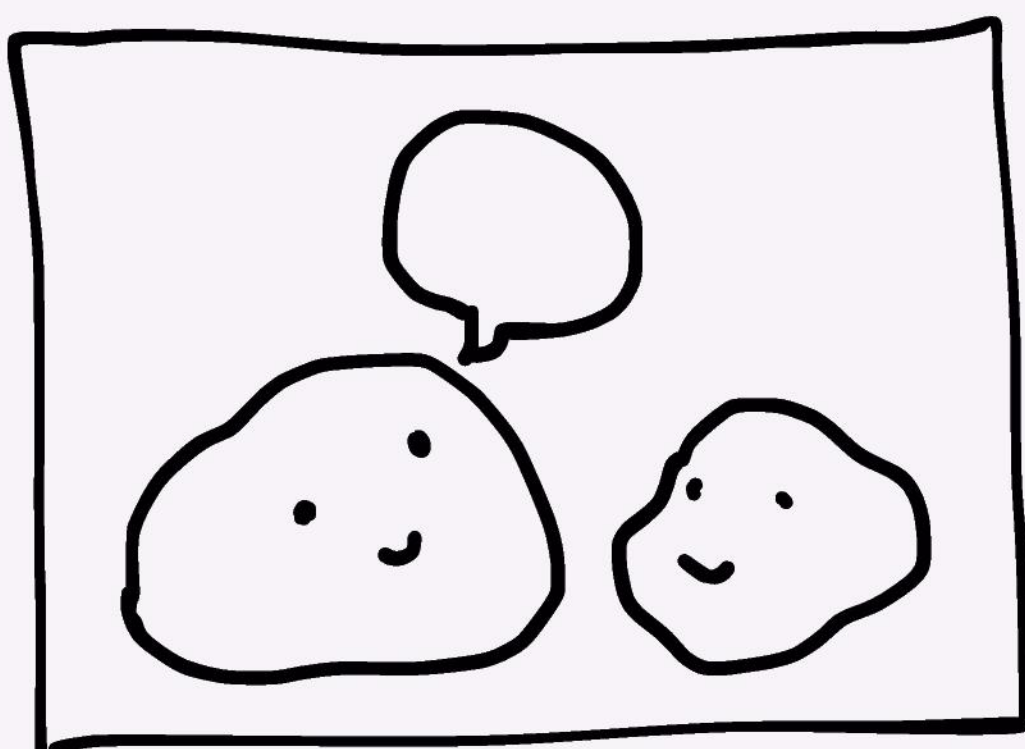
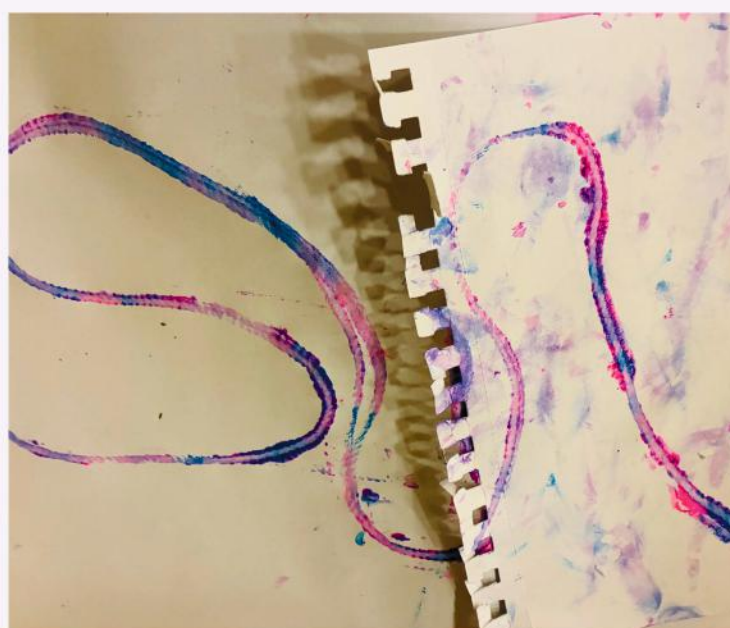
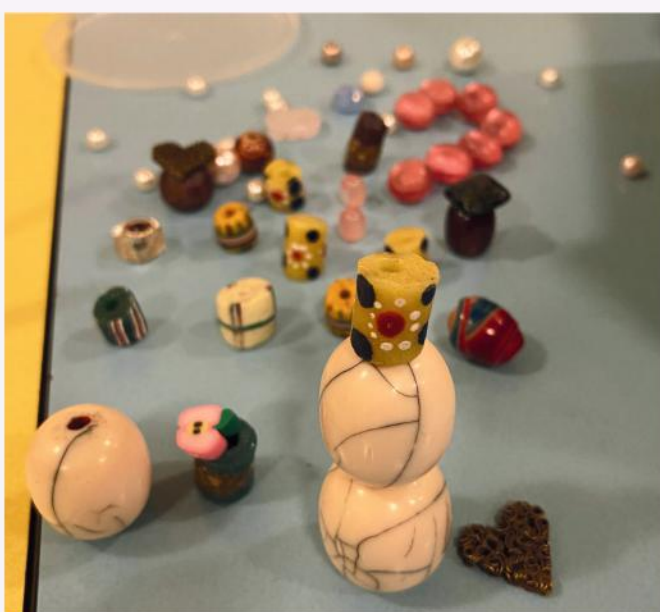
-what is 'Being Us'?

Being Us (this newspaper) is a community-place for autistic expression and connection. It's a celebration of neurodivergent people in Gloucestershire and BEYOND - however far this newspaper can travel!

'Being Us' invites you to be you, amongst people holding one of these newspapers who might be similar and different to you, older or younger.

'Being Us' is a co-created space, by and for autistic folk and their friends. What this newspaper is, depends on who contributes to it. There's no one way of being autistic, so whether you relate to something in here, or whether you don't, you belong. We're excited to see what it will become!

celebrating autistic joy!



is there a topic you'd love to share about in our next newspaper?

maybe there's something you've enjoyed hyperfocusing on, that you love learning about, and thinking about,
and telling people about, and... dressing up as?

sometimes it's easy to find people who are interested in the same things, but sometimes it's really hard.
that's okay though. if something's SUPER INTERESTING to you, there are probably others on the planet who
also find that thing interesting, even if you don't know who those people are...

...and just because someone else isn't interested in something, it doesn't mean you can't be!

If it brings you good energy, it's brilliant to keep resonating with the vibes of the stuff you love.

do you know any jellyfish facts?



picture by Lucy

info dump feature: rocks

by Hope

Rocks!

1. Rocks are made up of many different minerals!

2. All rocks belong to 3 different groups; sedimentary, igneous, and metamorphic. These rocks can change between what type they are in what's known as the rock cycle.

3. A geode that was found, when cracked open, inside it looked like the face of Cookie Monster from Sesame Street!

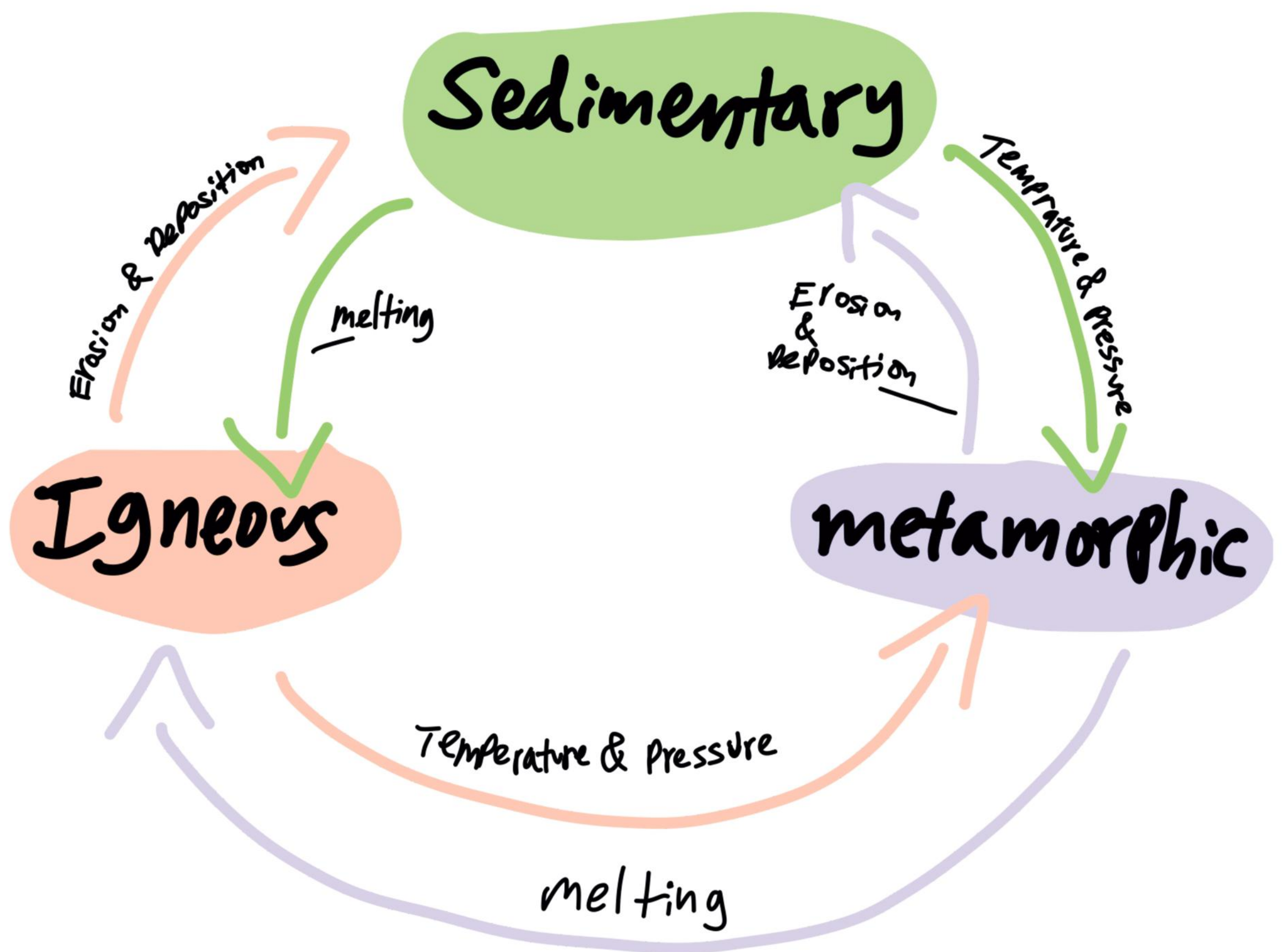
4. Fossils of dinosaurs are created when minerals seep into the bones of the dead dinosaurs, and turn them to stone!

5. Rocks and ice make up Saturn's rings, and can be 10 meters thick in some places!

6. The oldest rocks in the Grand Canyon are nearly 2 billion years old

7. The world's biggest rock is Uluru in Australia, and is taller than a 114 story building

The Rock cycle



do you have any favourite rocks / minerals / crystals / stones, or something to tell us about them?

Sedimentary rocks are arranged in **layers**, and are made up of **little bits of rock** (or sediments) that become joined together. Rivers or flowing bodies of water will carry little bits of broken rock along (**transport**). When a river reaches the sea, or a lake, the little bits of rock will settle on the bottom (**deposition**). These form layers of sediment. The weight from other rocks and sediments above, compresses the ones at the bottom, in what's known as **compaction**. The weight of all these bits of rock squeezes the water out from between them, and salt crystals form. The salt crystals that form stick the rocks together in what's called **cementation**. This is how Sedimentary rocks are formed.

Please note: Any metal and non metal compound is called a salt. The salts sticking the rocks together are different from table salt (sodium chloride).

Igneous rocks are made from **molten rock** that has cooled and **solidified**. Igneous rocks are made up of randomly arranged **interlocking** crystals, with no gaps in between them. There are two subcategories to igneous rocks; **Extrusive** and **Intrusive**. **Extrusive** igneous rocks are formed when magma has come out as lava, and **cooled quickly**. The lava cooling quickly means that the crystals formed are **small**, and are so small that you can't see them with the naked eye. An example of an extrusive igneous rock is **obsidian** - which if you have a look at without a microscope, you'll see that it's impossible to make out any crystals in it. **Intrusive** igneous rocks are formed when **magma stays underground**, and **cools slowly**. The magma cooling slowly causes the crystals that are formed to be **larger** than if it's cooled above the surface. These larger crystals, unlike the small crystals of Extrusive igneous rocks, **can be seen by the naked eye**, and are easy to make out. An example of an intrusive igneous rock is **granite**, which crystals you can easily see.

Metamorphic rocks **initially formed as either sedimentary or igneous** rocks. When the qualities of igneous or sedimentary rocks are **changed** due to **extreme heat** and **pressure**, metamorphic rocks are then formed from them. For a sedimentary or igneous rock to change to become metamorphic, the sediments or crystals that it's made up of get **squashed**. The rocks get pushed down closer to the Earth's core, and as they do, they get **hot** and **crushed**. The sediments and crystals **do not melt**, but the **minerals in the rock change chemically**, therefore **forming metamorphic rocks**.

For example, **shale** is a **sedimentary rock**, but **when it gets heated**, it **becomes metamorphic** and turns to **slate**. **Granite**, a type of **igneous rock**, when it **becomes metamorphic**, turns to **gneiss**. **Limestone**, another type of sedimentary rock, when under the right heat and pressure, **becomes marble**.

puzzles

would you like to make a wordsearch, maze, spot-the-difference, crossword, riddle, or any other type of puzzle for our next newspaper?

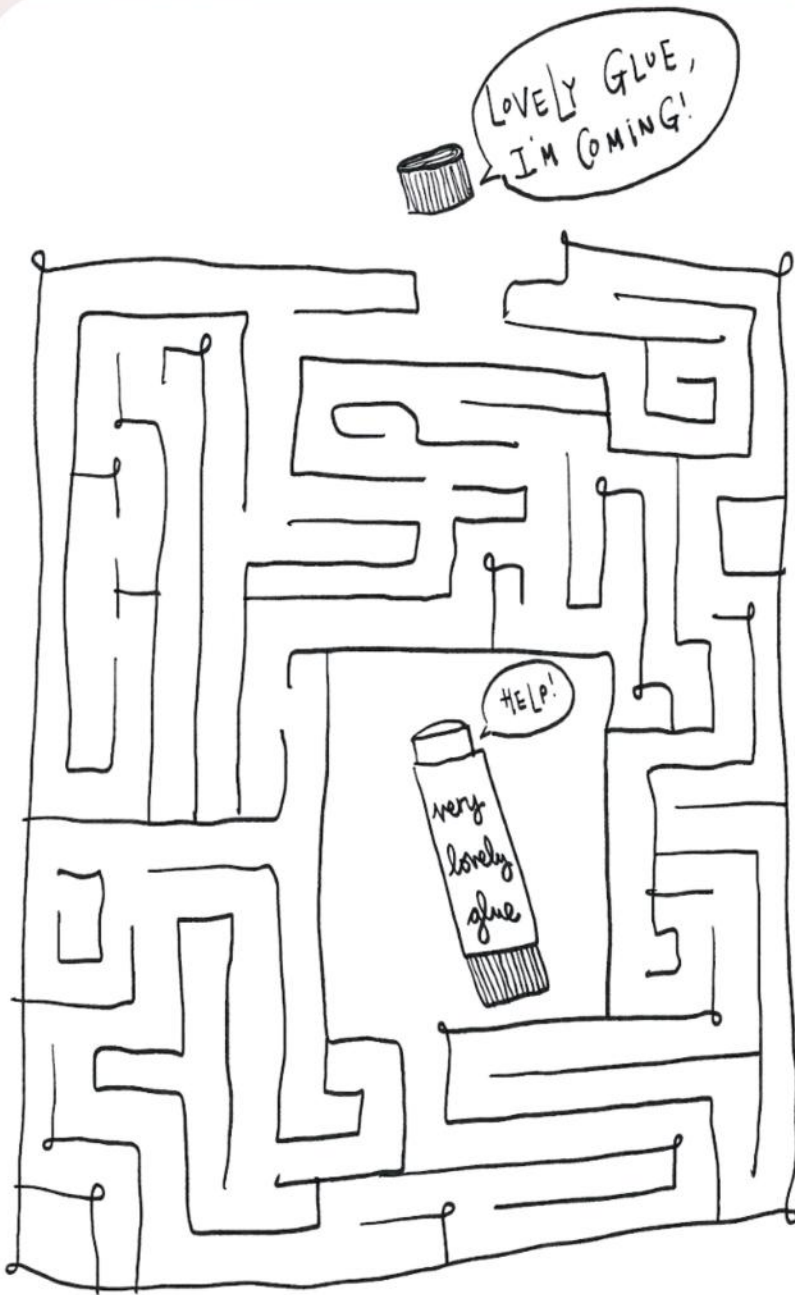
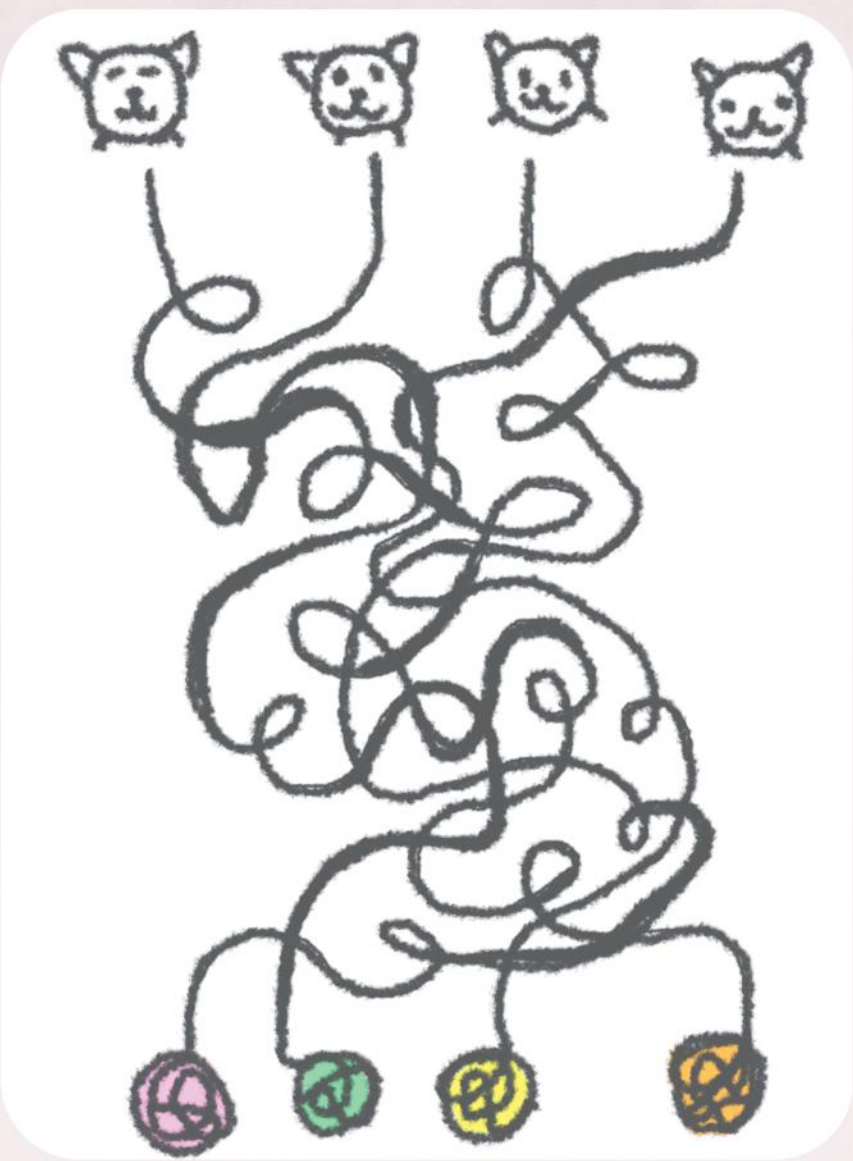


WITCHES WORDSEARCH

C	E	N	C	H	A	N	T	R	E	W	I	E	S
E	R	W	A	C	R	Y	S	T	A	L	S	T	P
N	N	I	G	F	Y	S	E	L	D	N	A	C	E
T	O	T	W	E	N	C	A	P	I	T	O	H	L
U	O	C	I	H	M	A	G	I	C	B	V	A	L
R	M	H	S	P	E	D	A	E	W	K	T	R	B
Q	U	E	D	F	O	R	P	E	C	A	O	M	O
E	N	S	R	G	J	D	B	L	O	D	P	C	O
S	I	B	U	D	G	O	A	O	M	Q	E	L	K
N	G	R	U	N	E	S	F	I	L	E	B	A	T
E	D	E	N	L	H	E	H	G	R	O	A	T	R
C	R	W	U	E	R	I	O	M	I	R	G	R	X
N	O	I	T	A	N	I	V	I	D	E	W	Y	A
I	D	H	E	P	O	T	I	O	N	K	M	P	G

- WITCHES BREW CRYSTALS
- NEWT GRIMOIRE
- COBWEB MOON
- POTION MAGIC
- HERBOLOGY BAT
- INCENSE
- CANDLES
- SPELLBOOK
- RUNES
- DIVINATION
- ENCHANT
- CHARM

wordsearch by Ally



a ghost story

The Flickering Lights At The Observatory: Hannah's Very First Adventure

Nobody typically believes in ghost stories. They always thought that those kinds of stories were made up to scare people. Everybody except Hannah. Hannah always believed in ghosts and their stories. Every time she noticed something move, she always discussed what she saw with her class-mates but they laugh it off and often say, "It's just the wind." Hannah is a 10 year old girl who is interested in astronomy and is often curious, courageous and likes exploring. She used to have a childhood friend named Courtney who went to the same school as her but sadly died due to an incident with fire last year.

One day, while Hannah was in the school library, she heard students from a different year group discussing about strange, paranormal events happening in the observatory. Curious and excited, she made a plan to explore the observatory tonight. Hannah thought to herself, "Don't forget the torch tonight!"

When it was night-time, Hannah began walking to the observatory but midway, she stopped. Hannah started thinking about the time when she and Courtney walked the same path to get to the observatory. After the long pause, Hannah kept walking on.

After a while, Hannah made it to the observatory and went inside. Suddenly, the lights started flickering rapidly. It flickered so fast that she started feeling uneasy. Keeping her adventure spirit high, she started investigating. Suddenly, up ahead, a light flickered again. "What's happening?" Hannah thought. She ran up to the light but another one flickered again by the time she got to the first one. And another one again. And another. Hannah started to get tired from the running that by the time the last light flickered, she slowly started moving towards it.

After the last light stopped flickering and Hannah caught her breath, she noticed a door. Hannah wanted to know what was behind the door but started hesitating. She asked herself, "What if a scary creature lives down there?" Hannah tried not to think about that so she took a deep breath, pushed the door open but it started to make a creaking noise.

As Hannah walked down towards the basement, the corridor of it slowly turned darker and darker until it was pitch black. Hannah is glad that she didn't forget her torch but still, she stumbled on an object. Even though she was scared, she decided to keep going while huddling herself, flinching at every noise she heard. Suddenly, she felt something grab her arm. Hannah screamed at it to let go but the grip only got tighter and tighter. She yanked her arm away and tried to run back to the door and leave but by the time she got there, it closed on her. Hannah started panicking and thought she saw someone who had already died. She started freaking out but then it revealed itself to be Courtney. Hannah started to calm down as she slowly recognised her. Hannah started smiling but asked, "What happened? Why are you a ghost?"

Courtney sighed and told her everything. Hannah listened intently to Courtney's backstory. After she said the last sentence, Hannah began to feel bad. "I'm so sorry you had to go through that." Courtney smiled at Hannah and decided to help her leave the observatory by leading her back upstairs, back to where she started.

Hannah thanked Courtney and so they decided to chat since it was a long time since they both saw each other. After the chat, Hannah said goodbye to her friend one final time before leaving the observatory for good. Now, Hannah can tell those students at the library that the story about the light flickering was true.

story written by Alexandra



communication

"Signing is like dancing with the hands 🙌❤️"

Hollie is an assistant at the 11-16 Being Me Clubs, who finds sign language a brilliant way to communicate for her neurosparkly autistic brain.



Hello everyone! I'm Hollie, I'm an assistant for the 11-16 clubs. I love sign language! And I'm learning at the University of Wolverhampton for my degree. British Sign Language is a beautiful language that the deaf community are proud to use.

Do you want to learn? Learn how to fingerspell your name!

Why did Hollie start learning BSL?

I started learning BSL over 2 years ago! A few things made me start:

- When I get overwhelmed or overstimulated, sometimes I lose the ability to speak for a bit
- I went to an autism support group, which is in a building that used to be owned by Deaf Direct (an old charity). I spent the whole session reading all of the books about the deaf community and BSL!
- My passion for inclusivity was growing! Especially seeing Rose Ailing-Ellis on Strictly Come Dancing!

With my neurosparkly autistic brain, BSL is actually easier for me to understand than spoken English! I much prefer using sign language than talking. It has also allowed me to connect with my local deaf community.

If you want to learn, I'm happy to practice with you! However, I am not permitted to teach. To fully respect the language, you must learn from a Deaf, native BSL user. Have the best time learning if you decide to!!!

Signing is like dancing with the hands 🙌
Expressive, creative, beautiful ❤️

words by Hollie

"Learn how to fingerspell your name!"



BRITISH SIGN LANGUAGE - **FINGERSPELLING**

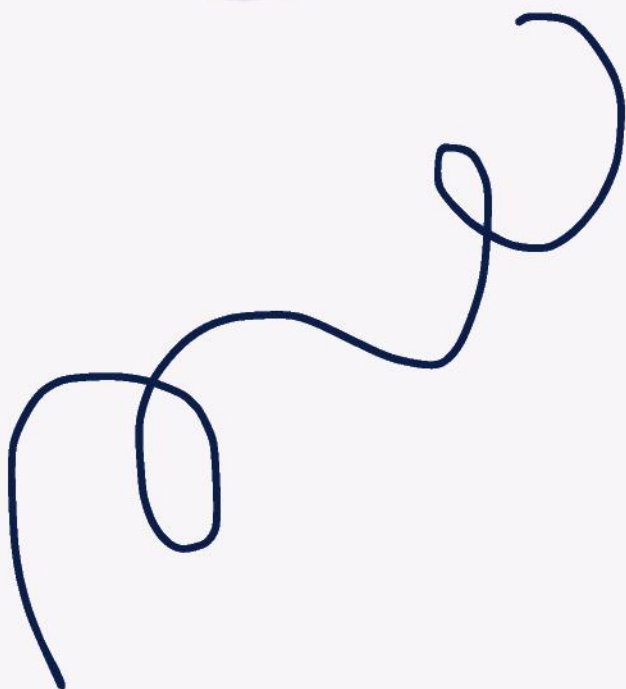
**RIGHT
HANDED**

british-sign.co.uk LEARN BRITISH SIGN LANGUAGE ONLINE
AT **WWW.BRITISH-SIGN.CO.UK**

BRITISH SIGN LANGUAGE - **FINGERSPELLING**

**LEFT
HANDED**

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AT **WWW.BRITISH-SIGN.CO.UK**



do you have
something to share
about how you like
to communicate?

satisfying sensory stuff



swirly texture created by Bea

featured fidget



Here is a fidget sent in by Ava.

'They are really satisfying to play with and help keep me calm'

Have you made **ooblek** before?

it's a kind of gloopy, messy, sticky stuff which doesn't follow the 'rules'!

it's a 'Non-Newtonian fluid' - which means it is a liquid when it's moving, and a solid when pressed down.

It can be really fun to play with!

(you can use a stick to stir it, or wear gloves, if you don't want to touch it with your hands)

to make it you just need:

cornflour and water

optional: food colouring

start by putting 3 tablespoons of cornflour in a bowl, then slowly pour water into it whilst stirring. It's ready when it's thick and breaks when you stir really quickly. You can change the colour by adding food colouring.

what stuff is
'satisfying sensory stuff'
to you?

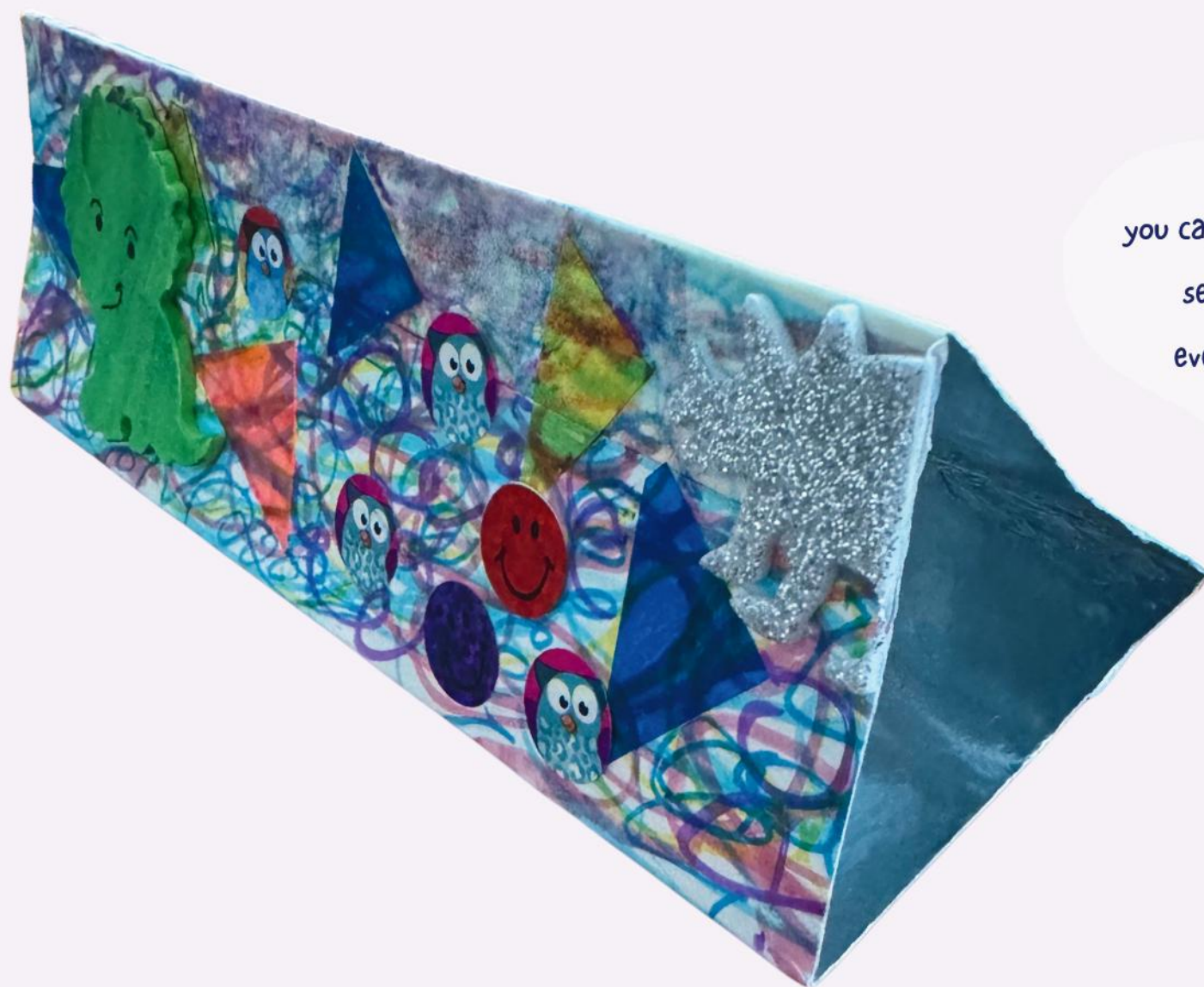
are you reading this
in 2052?

send us a hologram of the future



creative offering

Here are some instructions to make a kaleidoscope. You can find a way of making one that feels good to you - which might mean not following instructions and discovering things on your own. Decorate it however you like.



*** tip ***

you can use coloured cellophane (coloured sheets that you can see through) on the end of your kaleidoscope to make everything a different colour when you look through it

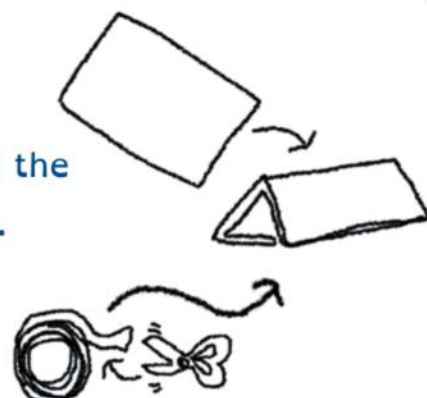


make...

Take a piece of shiny mirror card

Fold it into a triangle tube shape, with the shiny mirror on the INSIDE of the tube.

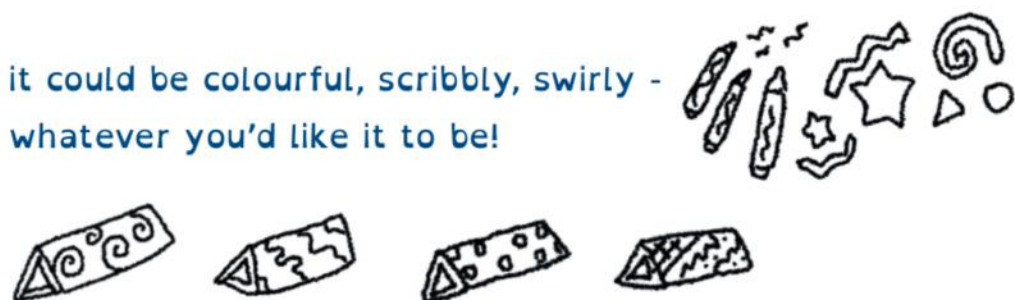
Use some tape to hold it together



*** Hooray! You've made a kaleidoscope! ***

Maybe you'd like to decorate your kaleidoscope...

it could be colourful, scribbly, swirly - whatever you'd like it to be!



explore the room by looking at things through your kaleidoscope... *** find some sensory-joy! ***



you could draw or make something to look at through a kaleidoscope

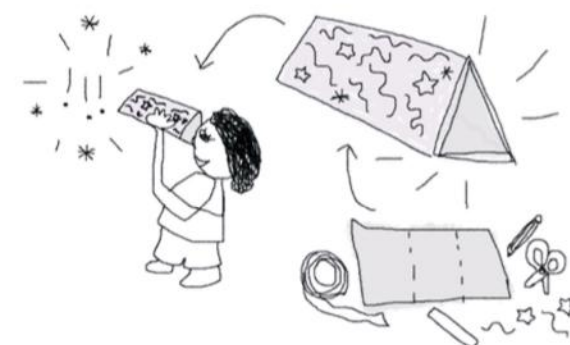


you could take a photo through your kaleidoscope, by putting it near a camera lens!

play...

what do you like looking at through your kaleidoscope?

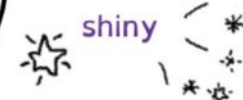
maybe you can find...



something colourful



something shiny



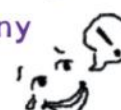
something on the ground



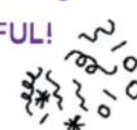
something high up

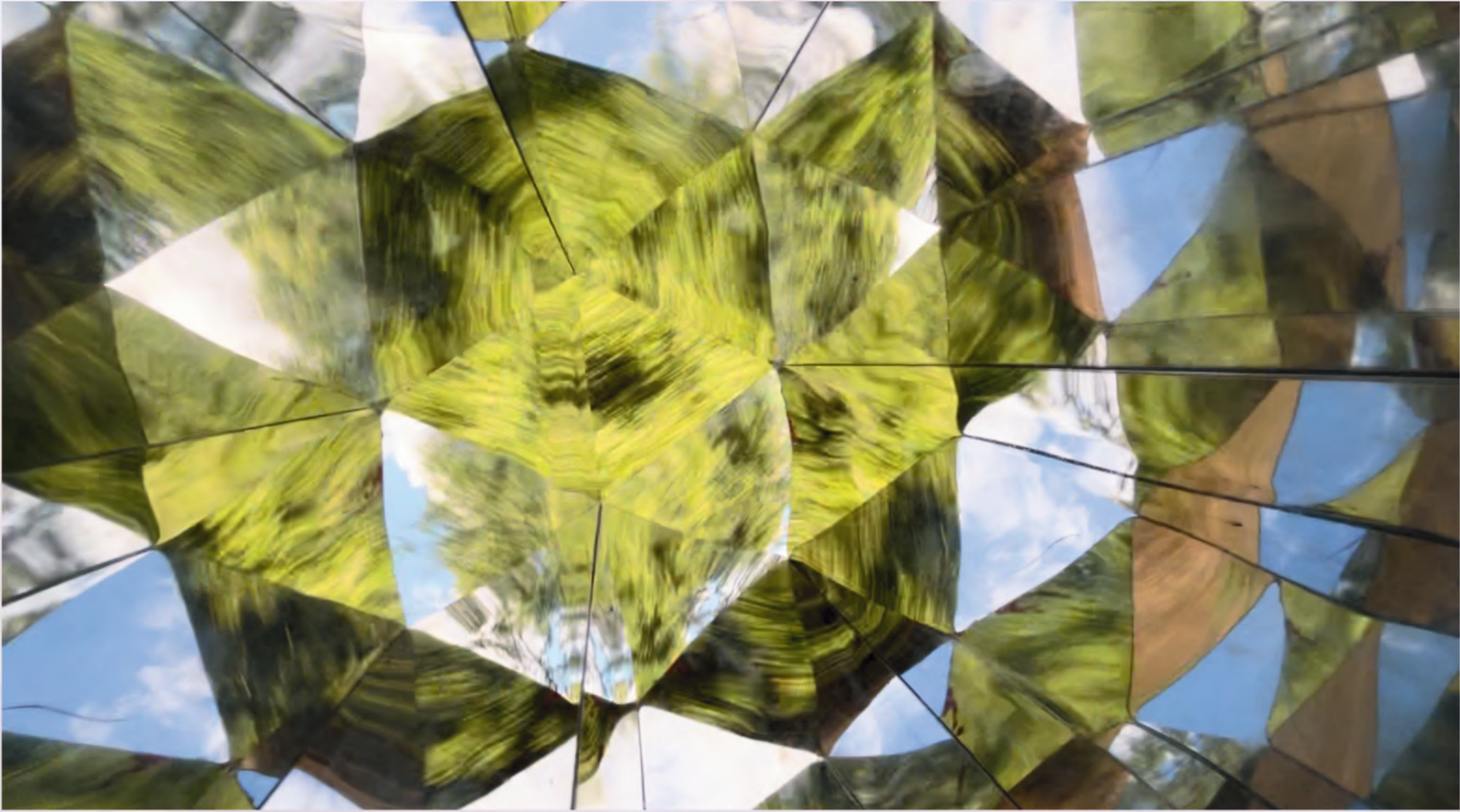


something funny



something JOYFUL!





"Glimmers are such an important thing that I wish I'd understood the impact that adding more glimmers to your life can have."

Hope interviews Jess Garner, who organises an autism support organisation called Grove.

Hope and Jess talk about autistic community, mentoring, and glimmers.

Interview with Jess Garner

Interview by Hope

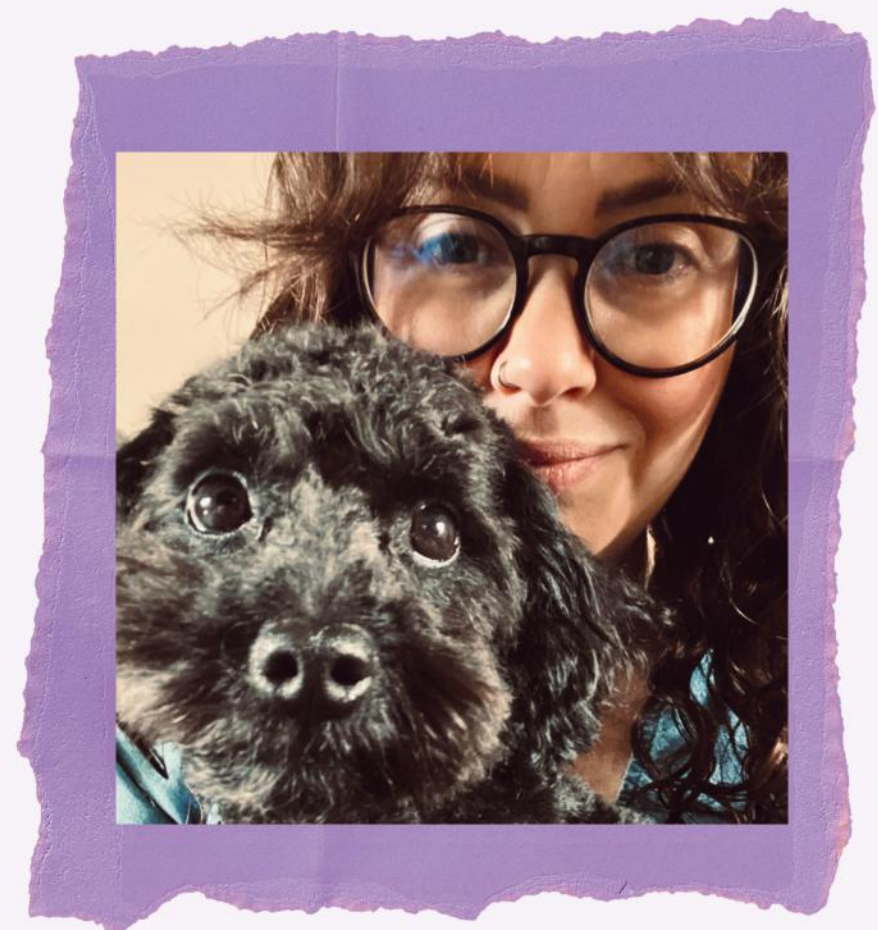
Can you tell me a little bit about yourself?

I'm Jess. I am autistic, ADHD, late identified, as that. I'm also mum to two boys, who are both neurodivergent, and I run an organisation called Grove. Grove is a team of autistic mentors supporting autistic young people online. And the final thing is, I've just finished an Autism Masters.

Cool. When did you get diagnosed autistic?

It was 3 years ago, now, but I'd been exploring the idea for quite some time before that. It was after my oldest son was identified autistic, and we were very lucky that his assessment team advised us to learn from the autistic community, rather than people who claim to be autism experts, that aren't actually autistic themselves.

And so I did as I was told, went to the autistic community, and very quickly realised that a lot of what was being shared, mirrored my own life experience and so in that community, I found myself, which was nice to do. Finally.



Do you think you could tell me what you do and why?

So with Grove, I set it up initially because my now nine year old son was really isolated, and wanted to connect with other autistic children, and also wanted to understand what being autistic meant to him. But I couldn't really find places that I would consider to be safe, and neuroaffirming for him to do those things. There are some brilliant communities out there in different places, but they were not quite accessible to us. And so the idea of Grove arose from that, and over time, it's become a team of autistic mentors, and we support young people, one-to-one through mentoring, which is very much about developing a safe and trusted connection with that young person, and also in interest based groups. So, we bring the young people together to explore a shared interest, in a way that should be fun, and feel like the young people have a place that they belong, and can enjoy being together as their authentic selves.

And we also have a programme called 'Being Me', which is a 10 week programme for young people to explore what being autistic means to them, guided by autistic mentors and alongside their autistic peers. And we adapt what we do and how we do it to the young people who are in each group, so it's very much kind of bespoke to the people that we have. And I guess it's all about bringing young people into community, and hopefully enabling young people to feel that they belong as their authentic selves.

Being Me

The project name 'Being Me' is not only used by Can't Sit Still. Grove also have a programme called Being Me!

It's great to know there are other people with similar aims and values, working hard to make welcoming spaces for autistic people.

Do you know of any other projects supporting autistic people? We'd love to hear about them!

Do you think it's important for autistic young people to explore what it means to be autistic?

Yeah, absolutely. And I really love that you've used the word "explore" in that question there, because for me, that's really essential. It's about enabling young people to ask questions, to hear different perspectives, to explore how they feel about things, to form their own opinions, rather than be directly told something that they have to then believe. It's about giving access to the most up to date, the most affirming information, and then allowing young people to come to their own conclusions about how that relates to their own experience, and their own life. I really honestly believe that any human being, in any way, needs to understand what they need in life, to feel happy, to feel safe, to feel regulated, and when we know ourselves, in whatever way that is, and all the multiple ways in which we live and experience the world, then we're more likely to be able to craft a life that suits us, and that enables us to thrive, rather than trying to do and be something that we're not. So for me, personally, my humble opinion is that it's essential that young people have access to explore that.

Is everything that Grove does online?

Yeah, everything we do is online. At the moment it's only available to young people in the UK, although in the next few months (during the autumn), that is going to expand definitely to Ireland, and then also some other international countries. We just are sorting out some of the paperwork side of things that need to be done to make sure that we're doing that properly. So that's exciting, be able to bring Grove's community to be more international.



Grove website:
<https://www.grOve.org/>

"I would quite like to live in a tree and be a squirrel, basically, I think that's where I'd be really happy."



"when we know ourselves, in whatever way that is, and all the multiple ways in which we live and experience the world, then we're more likely to be able to craft a life that suits us"

Have you got anything exciting planned for Grove in the near future?

Oh, yes, lots of things! Something I was super excited about, is that we have a one-off workshop with the most amazing artist, SK Shlomo, and what they are going to be doing is running a beatboxing workshop, with a small group of Grove families. So this is open to anybody in the UK to book, as long as one of your young people is autistic, and you can book a ticket for your whole family to come and attend this workshop, and we will be guided through this super fun beatboxing workshop with Shlomo. The details of that are on the website. It's a really, epically exciting, one-off event that they are running for us, and we're hugely privileged, that they've agreed to do it with us. So that is super, super exciting, and that's happening in November.

In addition to that, we've got lots of new groups starting soon, with our new mentors, we're just working out the topics and the timetable for that. So that's going to be hopefully really exciting for people to get involved with. We'll have groups on during the day, and also sort of after traditional school time ends, and some at the weekend as well, and hopefully over time, that will just expand and increase as well. So that is so exciting.

And also our wonderful team of young leaders have got some super exciting plans, potentially for a little podcast they might do, and just so many exciting things!

Do you have any favourite glimmers, and if so, what are they?

I do, thank you for asking! So many. Trees are one of my enormous glimmers, and that's why Grove was called Grove, because I sat with a dictionary looking at every tree word in the world, and the thesaurus as well. And I was like, 'I need something that feels like it sums up community,' but also, it needed to be trees, because I love trees.

I absolutely LOVE the texture of bark, so if there is a tree around, I would like to stroke it because I love the feel, the different textures, all the different trees have, they all feel different. It's wonderful. I would quite like to live in a tree and be a squirrel, basically, I think that's where I'd be really happy.

So being in forest, being in woodland, but also, I really love being at a beach. I particularly love an autumn beach where it's sort of a bit windy, and a bit wet and it's a bit kind of ferocious with the ocean, so you can wear your wellies, and wrap up warm, and walk on the beach.

I have a favourite sound, which is the sound of slide guitar, which I think is just the most glorious sound in the whole world. Usually when it's played with the tube, that would be the sound that would really get me, or if it's played on dobro, which kind of gets the similar sort of sound as a slide guitar. So, that's that's my glimmer sound.

Cuddles with my dog, and Big Hugs, I love big, squashy, enormous hugs, with people who I care about. I don't want to hug from somebody I don't know. My kids' hugs, and my husband's hugs, and my dogs cuddles, when he puts his head on my shoulder. Aww, it's the specialist thing in the whole world.

I've got so many glimmers. Fairies. Oh, my goodness, fairies have been a massive interest of mine.

Long dresses, maxi dresses. I'd live in a maxi dress if I could. That's a glimmer for me, and I think I probably would have been quite happy living in the '70s - not politically, but sort of fashion wise. If I could just dress up as a hippie forever.

When people do fancy dress and they go, "It's hippie themed" I'm like, 'I'm just gonna wear my my normal wardrobe, and you will think I'm in fancy dress, but it's actually just my normal dresses!'

✧ Glimmers ✧

a 'glimmer' is something that makes you feel joyful and sparkly, which helps you become calm and regulated: micro moments that your body and mind are positively drawn to.

(it's the opposite to when something instantly triggers anxious feelings).

we'd love to know about any glimmers you'd like to share - maybe you could draw a picture or make something or write something.

*Interview by Hope
Photos by Jess*

And oh, wooden jewellery!

These are just some of the ones that I've got. So this is this one I've had this since I was about 18. And this one, this was the last gift that my mum gave me before she passed away, this wooden necklace. So that's very special to me.

And this one was made by my husband's uncle, he was a Wood Turner, and I just love wood. I just think it's the most beautiful material. And when I first met him, and I saw all of these beautiful bowls that he'd made, and I was absolutely in awe of the pattern of the wood, and the texture of it. and I told him that I just loved anything made of wood, and he made me this bangle.

So that's very special, wooden jewellery. I'd love to go to learn to make it myself actually...

Yeah, I think that's probably my main ones.



Glimmers are such an important thing that I wish I'd understood the impact that adding more glimmers to your life can have.

I remember when I was a child, I had this particular thing, that I now recognised to be a glimmer. We had a big bookcase of the Encyclopaedia Britannica. And with the books, they would always sit like spine outwards, but I would take them out and I would just spend time just like flicking through the and they were gold on the edge of the paper. So when the book was closed, the pages were gold and it was just so smooth, if you just like stroked it. So amazing. And I love the sound of it as well, when you flick through the pages. I didn't read them, I just sat and played with the pages, and, oh, I do just remember that. I don't have many memories as a child, but if I think of that, I can literally picture exactly where I used to sit, I can see it, and I'm in it, it's such a visceral memory. And it's just because of that sensory glimmer, I think, was so impactful. So, yeah, more glimmers in everybody's life, I think, is always, oh, something we will need more of isn't it. What a lovely question. And what a lovely moment to be able to reflect on that. Thank you for giving me that.

That's OK. Thanks for speaking with me today!

Thank you for having me. It's been really lovely to talk to you.

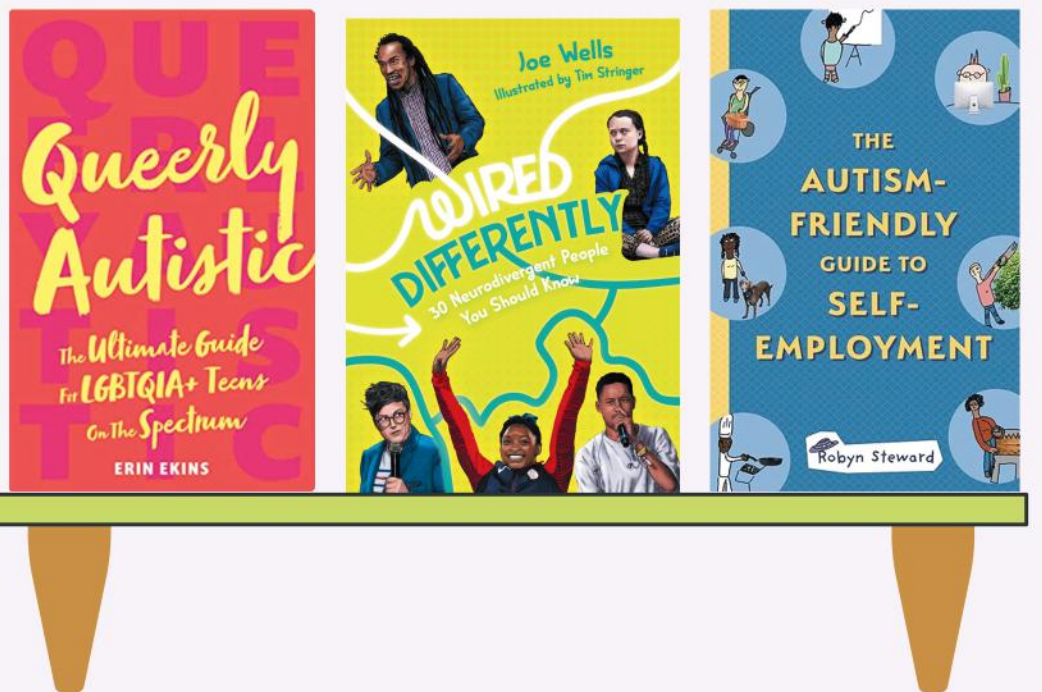
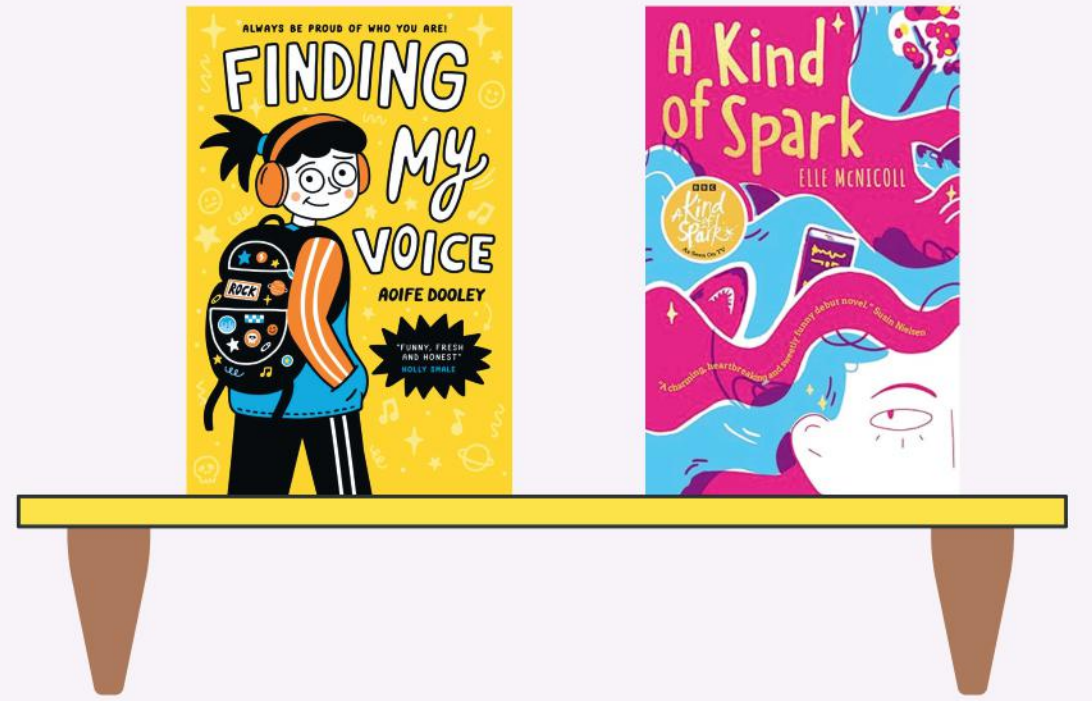
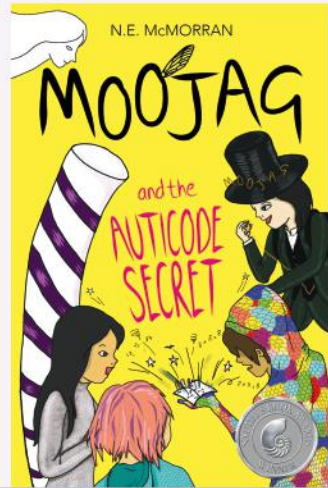
Would you like to interview someone to feature in a future 'Being Us' newspaper - or would you like to be interviewed about something? Let us know!

books

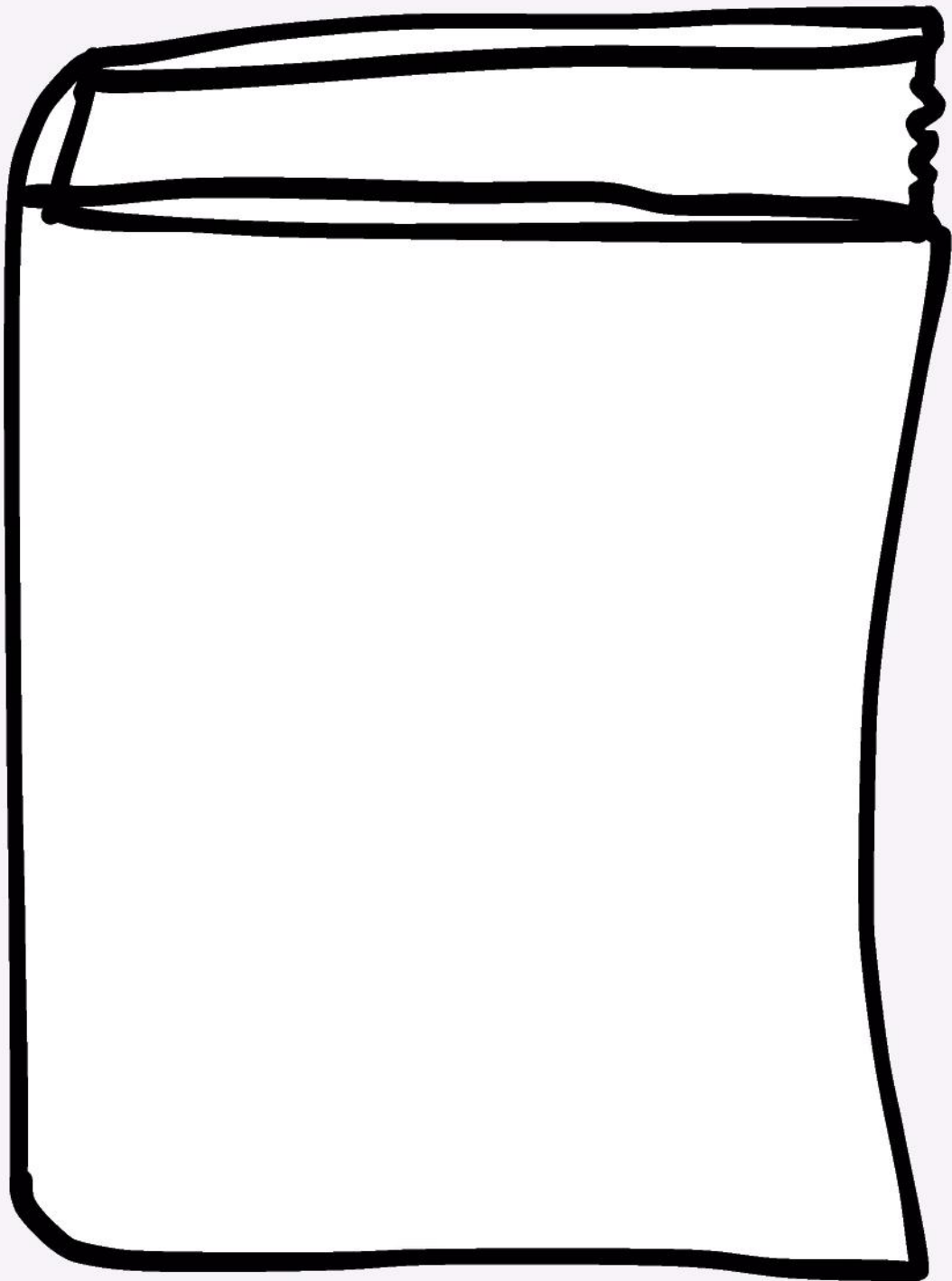
these books are all written by autistic people.

have you read any of them?

if you'd like to share what you thought, about one of these books, or about a different one, we can feature it in a future newspaper!



decorate this book cover, take a picture and send it in for us to include in the next newspaper



are there any books you'd recommend?
maybe there's an autistic character you
relate to, or that you think is good autistic
representation. Or maybe there's a book
about something you're really interested in.

neurodivergent artists

Art-making is a way of being for a lot of creative neurodivergent people. For some people it's something they do in their spare time, for others it's something they do ALL the time. Some people use art as a way of relaxing, communicating, or figuring out how they feel. Some people are artists as their jobs.



Did you know:

Our staff teams at Being Me, since it began, have included neurodivergent artists who use various different creative outlets - painting, textiles, illustration, performing, theatre, writing, music, yoga, dance... & more.

Can't Sit Still particularly wanted to recruit artists and creative people for these roles, because creativity is such an important part of these spaces. And seeing as the 'Being Me Clubs' were for neurodivergent people to come to, it was important to have neurodivergent staff on the teams.

Fairy branches with Ramona Eve

In October, our Being Me clubs had a visit from a neurodivergent artist, Ramona Eve (who has been a Being Me facilitator before, at our clubs in Cheltenham).

Ramona invited us to make branches using wire and sparkly beads, to become a part of an art installation she is making for the National Trust this winter at Tyntesfield House.

"The theme this year is fairytales and I have chosen Cinderella. For this I am transforming the rose gardens, I am making some mosaic sculptures of a glass slipper and a pumpkin. I am also making a fairy tree arch for people to walk through.

I am asking neurodivergent people to help make these branches because I want to celebrate the sparkly magic side to our neurodivergent brains! I also want the fairy branches to be a way of connecting lots of different people together through making."

- Ramona Eve

To find out more about the exhibition at Tyntesfield House, look out for updates online:

<https://www.nationaltrust.org.uk/visit/bath-bristol/tyntesfield/>

<https://www.ramonaeve.co.uk/>

Are you an autistic / neurodivergent artist, creative maker or performer? a baker / magician / expert at doing cartwheels under the sea / something else?

Would you like to be featured in a future newspaper, sharing something about what you like to do or make?

We'd love to hear from you!

Comfort Hug Hoodies by Millie (Mentallyunstitched)



Millie is a 22 year old autistic clothing designer based in Gloucestershire. She has set up her own clothing brand, and has recently released sensory friendly, anxiety relieving comfort hug hoodies for adults and children.

"They are adapted to be sensory friendly, heavy weight to reduce anxiety and made of super soft material (like squishmallows and plushies) to give the same effect of the release you get when hugging a plush toy!" - Millie

To find out more, check out Mentally Unstitched:

<https://mentallyunstitched.com/>

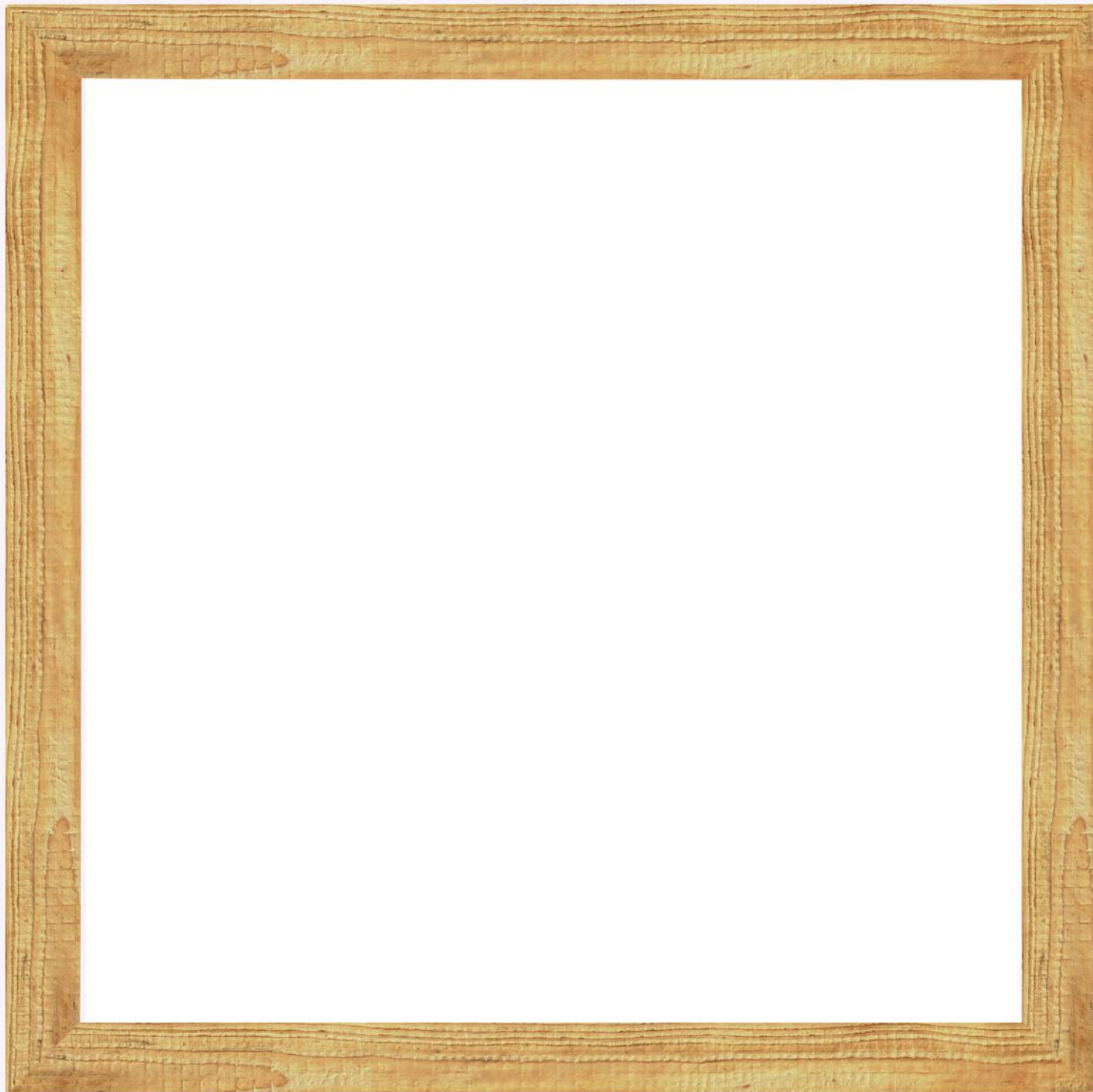




photo by Hope

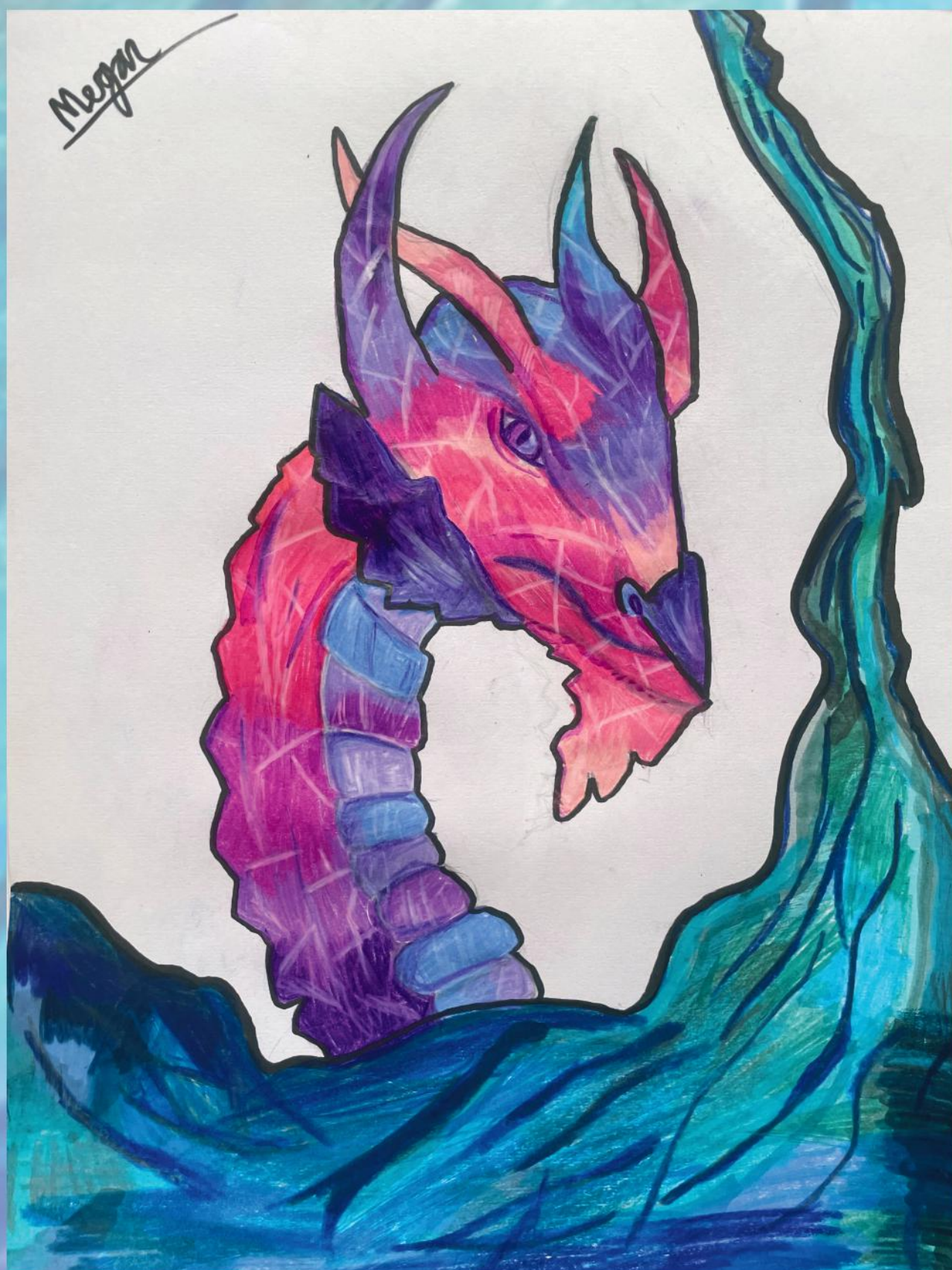
"This is a photo I took of an Oak Bush Cricket perched on a car,
that won RSPCA's Young Photographer Awards Under 12's Category 2023" - Hope

Look out for our next newspaper, where we feature more of Hope's photography!



by _____

what would you like to put inside this frame? a bug picture? a scribble? a poem? nothing?



picture by Megan

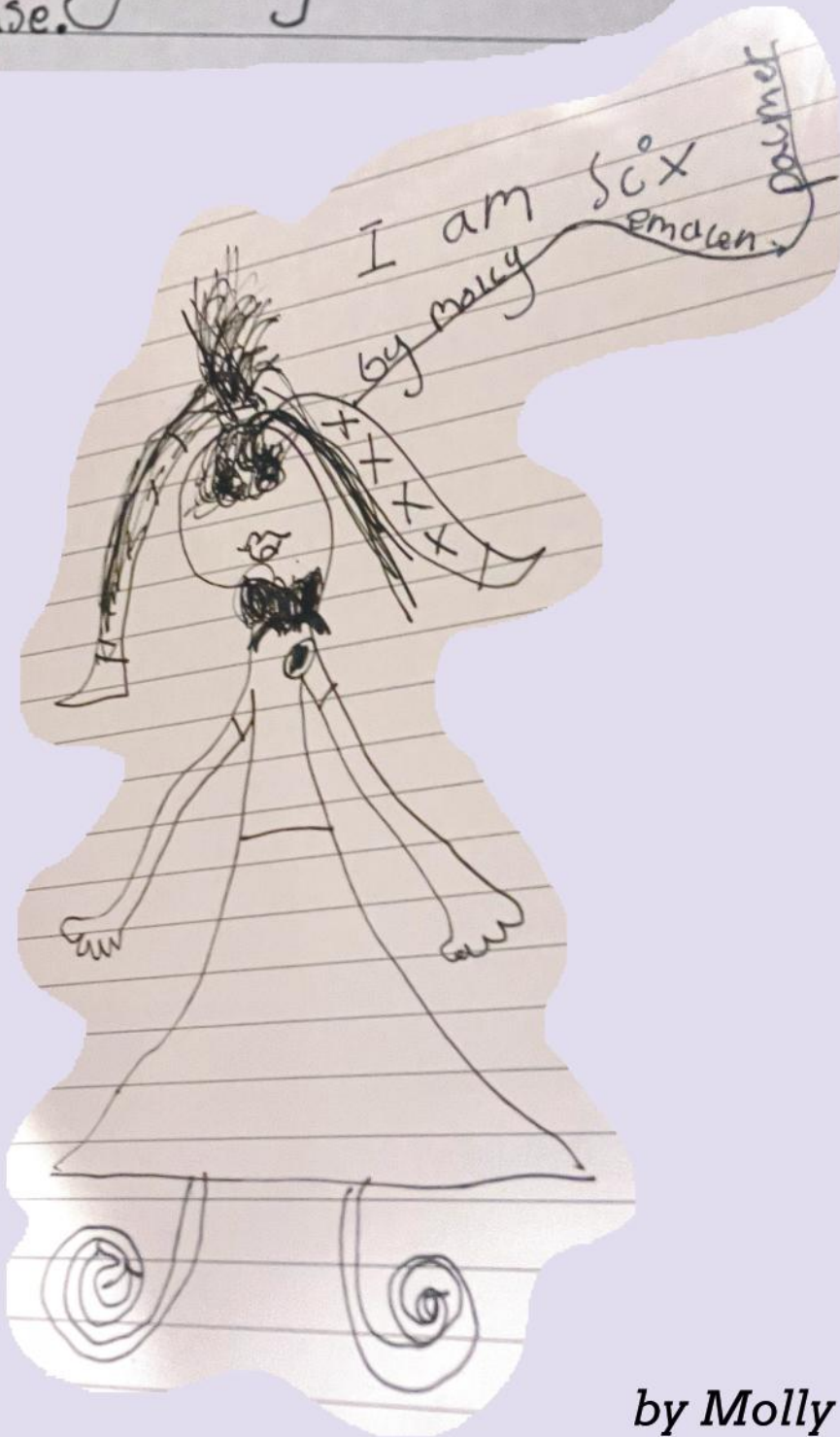


colouring sheet by Robyn:

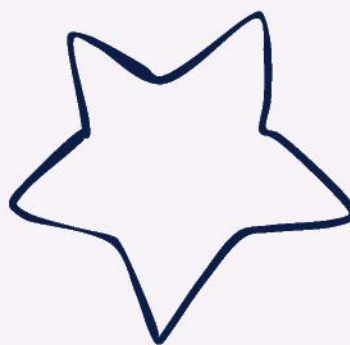
"a drawing of season four of my favourite show **What we do in the shadows**"



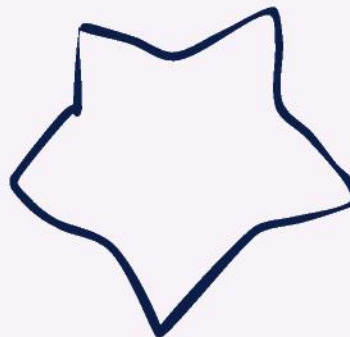
wigaly wigaly please dont
make me silly. I cant
stand it please.



by Molly



+ welcome to the time machine...



say hi!

(if you want to! no social pressure)

newspapery-connections

do you want to say hi to any other neurodivergent readers of this newspaper?

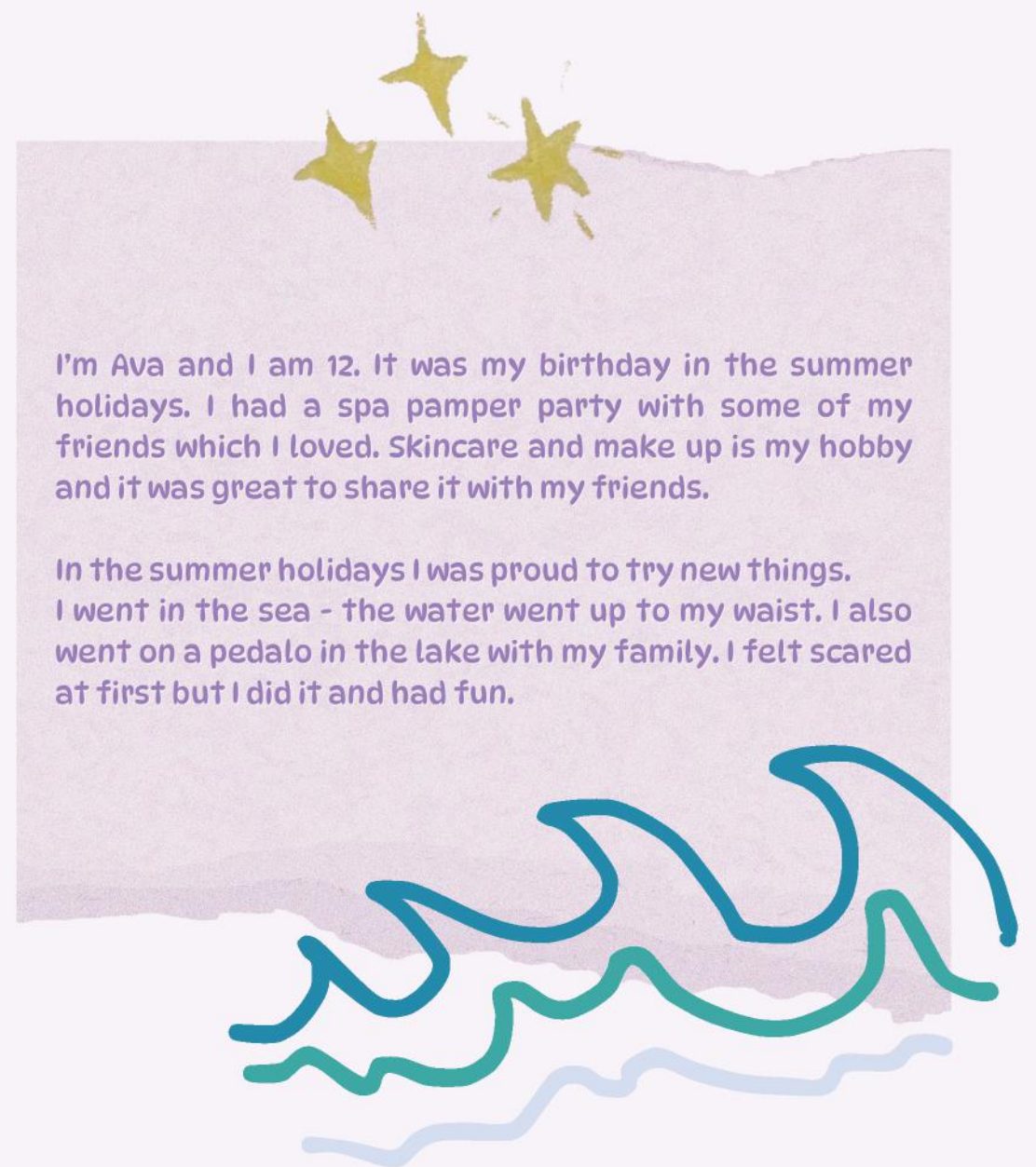
if you send in a message, we can put it in the next newspaper!

you can say your name, or you can use a different name.

what are some things you like?

is there something you're proud of that you'd like to share about yourself: something you did, got through, enjoyed, or just something about who you are?

let's celebrate us together :)

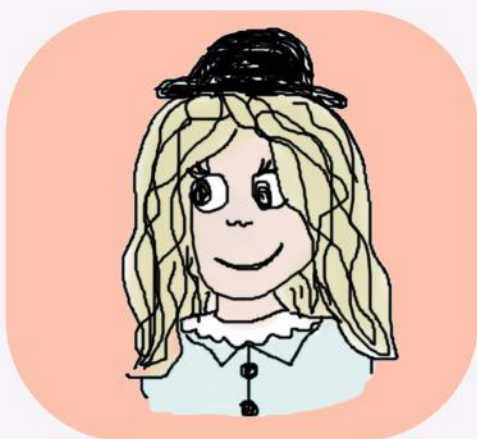


I'm Ava and I am 12. It was my birthday in the summer holidays. I had a spa pamper party with some of my friends which I loved. Skincare and make up is my hobby and it was great to share it with my friends.

In the summer holidays I was proud to try new things. I went in the sea - the water went up to my waist. I also went on a pedalo in the lake with my family. I felt scared at first but I did it and had fun.

doodles of autistic people

(fictional & real)



Ella (11) likes painting, baking, making bracelets and looking for ladybirds



Rupa (14) enjoys being in their room under a blanket, thinking about stars, and turning objects into musical instruments



Abigail (6) likes soft fluffy things, gloopy messy things, and making up dance routines



Ayanna (21) enjoys knitting and embroidery, and taking photos of bees, trees, squirrels and beautiful skies



Stef (33) loves going to gigs, gardening, visiting book shops and looking at the sea



Martha (24) likes lizards, table tennis and autumn walks



Han (16) writes songs and draws stories about the imagination worlds in her mind



send us one of your own - it could represent you, or be a character you've imagined. Be anything you want to be!

thankyou for being here!

in our next newspaper...

joys & glimmers

(what things make you feel sparkly / give you a sudden boost of joyful energy?)

dens / cosy spaces

(a picture or description of a cosy space)

being multiply neurodivergent

(do you have any experiences to share about being autistic as well as another way of being neurodivergent - e.g. adhd, ocd, dyspraxic, tourettes, or something else?)

safe foods

(do you have any safe foods, snack suggestions or recipes to share?)

funny stories or awkward moments

(anything that made you laugh recently?)

any advice or questions, about being autistic?

(it could be a note to your younger self, or something you'd like to ask an autistic elder)

or, **something else** you'd like to send in!

send us a comment to feature in the next newspaper!

do you want to comment on something you saw in this newspaper?

maybe you liked someone's picture, have similar interests as someone who shared something, have a different view about something, or have something else to say.



✨ email: ✨

lucy@cantsitstill.org

Interested in joining a Being Me 'Newsroom' session - a creative space to plan our next newspaper, in person or online?

Send us a message!

✨ Our next newsroom is 9th December 2025. ✨

Thankyou to all our creative autistic contributors to this newspaper; whether that was in our Newsroom whilst we figured out what this newspaper could be, or sending something in - or if you're looking at this newspaper right now - you're ALL a part of it!

Edited by:
Lucy & Sumita

Being Me Project Manager:
Lucy



BEING
ME

