












Virtual Autism Team Wales Resource List



The Virtual Autism Team Wales has been set up to provide accurate, useful, and up-to-date information, advice, and guidance during the COVID-19 emergency to autistic people in Wales, parents and carers of autistic people and professionals. Via virtual meetings, the Group identifies key themes, information, advice, and guidance from a variety of sources. This is used to collate and disseminate information on the 'most pressing' issues in a user friendly and accessible way. This document provides a list of the resources identified by the group. The list is categorised into the following categories; General information, Transition, Virtual Assessments, Mental Health, Resources for parent/ carers, Resources for Autistic adults, Wellbeing, Autistic Experiences.

Virtual Autism Team Wales Resource List- General Information

No.	Theme	Organisation	Title	Medium	Further Information
01.	General Information	National Autistic Society	Coronavirus	Website page	Providing the latest guidance on coronavirus and useful information
02.	General Information	GOV.UK	Coronavirus Information Service on WhatsApp	Website page	
03.	General Information	The National Development Team for Inclusion	Autistic People and Coronavirus	pdf	 Autistic People and Coronavirus.pdf
04.	General Information	Welsh Government	Coordination of medicines delivery during the COVID-19 pandemic	Website page	
05.	General Information	Welsh Ambulance Services NHS Trust	Special Infoburst- Coronavirus update	Website page	 WAST_Special-Coronavirus-Info-Burst-FINAL
06.	General Information	Autistic & Unapologetic	Autism and COVID-19: How to support autistic people	Website page	Information and tips on how to support autistic people through the current pandemic
07.	General Information	Beyond Words	Free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic	Website page	Various scenarios explained through illustrations relevant to the current pandemic
08.	General Information	National Autism Team	Physical distancing not social distancing	pdf	A useful explanation of the meaning of 'social distancing'
09.	General Information	Welsh Government	Children's social services during the COVID-19 pandemic: guidance	Website page	

No.	Theme	Organisation	Title	Medium	Further Information
10.	General Information	Department of Health and Social Care	Responding to COVID-19: the ethical framework for adult social care	Website page	
11.	General Information	Unite against COVID-19 New Zealand Government	Advice about staying at home and self-isolating	Website page	
12.	General Information	Social Care Wales	Resources for professionals supporting people with learning disabilities through the pandemic	Website page	links to useful websites with resources for professionals supporting people with learning disabilities
13.	General Information	Age Cymru	Support line	Phone number	08000 223 444
14.	General Information	SchudioTV	Health & Social Wellbeing Courses	Website page	Free video-based online courses including Preparing Autistic & SEND Children for going back to school
15.	General Information	Welsh Government	Leaving home to exercise: guidance	Website page	
16.	General Information	Welsh Government	The decision framework for the next phase of education and childcare	Website page	
17.	General Information	Welsh Government	Apply for a coronavirus test	Website page	
18.	General Information	All Wales People First	The Effect of the Coronavirus Pandemic on People with Learning Disabilities Across Wales	Pdf	 The-Effect-of-the-Coronavirus-Pandemic-o
19.	General Information	British Association for Supported Employment	New DWP guidance on Access to Work	Website page	
20.	General Information	EASPD	The Impact of COVID-19 on Disability Services in Europe	pdf	 impact_of_covid-19_on_disability_services



No.	Theme	Organisation	Title	Medium	Further Information
21.	General Information	National Autism Team	Coronavirus – Where we are now in Wales	Word Document	  Coronavirus-Where-we-are-in-Wales-For-we-are-in-Wales-Cym
22.	General Information	Care Quality Commission	Understanding the impact of coronavirus on autistic people and people with a learning disability	Website page	
23.	General Information	Huffington Post	Face Masks Could Cause ‘Serious Challenges’ For Some Canadians	Website page	
24.	General Information	Future Learn	Various Courses	Website page	Free online courses from universities and specialist organisations.
25.	General Information	Emergency Ambulance Services Committee	NHS Wales Mental Health & Learning Disability Coordinating Centre	Website page	An interim webpage to support the coordination of advice for Health Boards, Welsh Government and delivery partners during the Coronavirus event.
26.	General Information	Cardiff University School of Psychology	Mental health and wellbeing of adults in the UK during the COVID-19 pandemic- Research	Website page	Research study invite
27.	General Information	NHS England and NHS Improvement	Clinical guide for front line staff to support the management of patients with a learning disability, autism or both during the coronavirus pandemic	pdf	 C0031_Specialty-guide_LD-and-coronavirus-v1_-24-March.pdf
28.	General Information	NHS England and NHS Improvement	Legal guidance for mental health, learning disability and autism, and specialised commissioning services supporting people of all ages during the coronavirus pandemic	pdf	 C0072-MHLDA-Covid-19-Guidance-Legal-300320.pdf
29.	General Information	NHS England and NHS Improvement	Workforce guidance for mental health, learning disabilities and autism, and specialised commissioning services during the coronavirus pandemic	pdf	 NHS England Workforce Guidance.pdf
30.	General Information	Care Inspectorate Wales	Notifications of deaths of residents related to COVID-19 in adult care homes: 1 March to 29 May 2020	Website page	




No.	Theme	Organisation	Title	Medium	Further Information
31.	General Information	National Autism Team	Coronavirus – Where we are now in Wales	pdf	 Coronavirus-Where-we-are-in-Wales-Cym
32.	General Information	Welsh Government	Shielding people can meet others and exercise outdoors	Website page	
33.	General Information	Public Health Wales	PHW Advisory Note- use of Personal Protective Equipment	webpage	
34.	General Information	All Wales Forum of Parents & Carers of People with Learning Disabilities	Living with the COVID-19 pandemic: Learning Disability Family Carers in Wales – ‘what matters’ to us?	pdf	 Life-in-Lockdown-for-LD-Families-in-Wale
35.	General Information-Digital Inclusion	BBC News	Coronavirus: Here's how you can stop bad information from going viral	Website page	
36.	General Information-Digital Inclusion	Carmarthenshire County Council	Beware of coronavirus-related fraud and scams	Website page	
37.	General Information-Digital Inclusion	National Cyber Security Centre	Stay home. Stay connected. Stay Cyber Aware	Website page	
38.	General Information-Digital Inclusion	Learn My Way	Learn how to use the internet	Website page	

No.	Theme	Organisation	Title	Medium	Further Information
39.	General Information-Digital Inclusion	Learning Disability Wales	Easy Read- How to use Zoom	Website page	 How-to-use-Zoom.pdf f
40.	General Information-Digital Inclusion	doteveryone	Better Care in the Age of Automation: Data, skills & culture for a better care system	webpage	
41.	General Information	Welsh Government	Contact tracing system for Wales rolled-out	webpage	
42.	General Information	Welsh Government	Shielding people can meet others and exercise outdoors	webpage	
43.	General Information	Welsh Government	"Check in, Catch Up, Prepare for summer and September" – all schools in Wales to enter next phase	webpage	
44.	General Information	Welsh Government	Contact tracing information	Facebook page	
45.	General Information	Care Inspectorate Wales	We welcome your ideas on how care homes can safely enable families to visit	webpage	
46.	General Information	Welsh Government	Contact tracing system for Wales rolled-out	webpage	
47.	General Information	Care Inspectorate Wales	We welcome your ideas on how care homes can safely enable families to visit	webpage	
48.	General Information	Welsh Government	Seeking views on Wales' recovery	Facebook page	
49.	General Information	Flintshire Volunteer Centre	Voluntary Work Skills Accredited Course	Facebook page	
50.	General Information	Welsh Government	Guidance published to help schools, colleges and childcare settings	webpage	
51.	General Information	Welsh Government	Find out about free school meals during the coronavirus outbreak	webpage	




No.	Theme	Organisation	Title	Medium	Further Information
52.	General Information	Welsh Government	COVID-19 workforce risk assessment tool	webpage	
53.	General Information	Hidden Disabilities Sunflower Lanyard Scheme	Face covering exempt card	webpage	
54.	General Information	Welsh Government	School and community-based counselling operating toolkit	webpage	
55.	General Information	Welsh Government	Coronavirus regulations: frequently asked questions	webpage	

Virtual Autism Team Wales Resource List- Transition


No.	Theme	Organisation	Title	Medium	Further Information
01.	Transition	Barry Carpenter Education	A Recovery Curriculum' - a think piece from Barry Carpenter CBE	pdf	 recovery-curriculum-loss-and-life-for-our-
02.	Transition	AutSide Education and Training	Autism Espana: Transition and employment for Autistic people	Video	Information on how to support autistic people through transitions- Donna Sharland
03.	Transition	AutSide Education and Training	Autism Espana: Autism, employment, gender	Video	Information on autistic people and employment- Emma Durman
04.	Transition	SchudioTV	Preparing Autistic & SEND Children for going back to school	Video	Free video-based online course
05.	Transition	Reachout ASC	Coronavirus, home & School and Transition resources	Website page	Various resources and worksheets tailored to the current pandemic
06.	Transition	Raft Psychology	Return to school- A trauma informed approach	Website page	
07.	Transition	SchudioTV	The Big Transitions for Autistic and SEND Pupils after Lockdown	Website page	Free video-based online course
08.	Transition	Welsh Government	Resilience plan for the Post-16 sector: coronavirus	Website page	
09.	Transition	Bi-Borough Educational Psychology Consultation	Transition, Recovery and Learning- Nursery and Primary Schools	Word Document	 Transition,%20Recov ery%20and%20Learn


No.	Theme	Organisation	Title	Medium	Further Information
10.	Transition	Bi-Borough Educational Psychology Consultation	Transition, Recovery and Learning	Word Document	 Transition,%20Recovery%20and%20Learn
11.	Transition	Helen Etherington	Back to School Social Story	Word Document	 Back%20to%20School%20Social%20Story
12.	Transition	Helen Etherington	Transition Document- Coming back after Covid	Word Document	 Coming%20back%20after%20COVID.docx
13.	Transition	Sea Inclusion and Safeguarding	The many problems of returning to school	webpage	General information and things to consider when children are returning to school
14.	Transition	Young Minds	Find your Feet: Transitioning to Secondary School	webpage	Film resources for children transitioning to secondary schools
15.	Transition	Coleg Sir Gar	Virtual Open Day 30 June 2020	webpage	
16.	Transition	Anne Marie McKigney + NAT	Returning to School Summer Term 2020	Word Document	

Virtual Autism Team Wales Resource List- Virtual Assessments


No.	Theme	Organisation	Title	Medium	Further Information
01.	Virtual Assessments	Autism at Kingwood	Systematic Review: Use of Telehealth in Autism Diagnosis	Word Document	 Systematic-Review-r eferences-online-asse
02.	Virtual Assessments	WPS	Remote Assessments Guidelines- A review providing a comprehensive outline of general issues to inform using assessments remotely	pdf	 WPS - remote assessment guideline:
03.	Virtual Assessments	WPS	Assessment validity considerations- A document providing guidance and considerations for testing during COVID-19	pdf	 WPS - Assessment Validity Considerator
04.	Virtual Assessments	ARC	Reading the Mind in the Eyes Test	webpage	Free access to downloadable tests including Reading the Mind tests

Virtual Autism Team Wales Resource List- Mental Health

No.	Theme	Organisation	Title	Medium	Further Information
01.	Mental Health	Every Mind Matters	Coronavirus and wellbeing	Website page	advice and practical tips to help you look after your mental health and wellbeing.
02.	Mental Health	C.A.L.L.	Mental Health Helpline for Wales	Website page	Freephone: 0800 132 737 or text help to 81066
03.	Mental Health	Mental Health Foundation	Coping with coronavirus: a guide for young people	Website page	
04.	Mental Health	Psychology Tools	Resources on the psychological impact of lockdown	Website page	Resources including research and opinion papers, websites, policy documents and handouts
05.	Mental Health	Cardiff University School of Psychology	Mental health and wellbeing of adults in the UK during the COVID-19 pandemic- Research	Website page	Research study invite
06.	Mental Health	CWP NHS Foundation Trust	If an autistic person is in distress or crisis	PNG	 Davidson CHECK 2020.PNG
07.	Mental Health- Anxiety	Anxiety UK	Blog	Website page	Anxiety UK Blog space
08.	Mental Health- Anxiety	BBC News	Coronavirus: How to manage anxiety and OCD during the pandemic	Website page	
09.	Mental Health- Anxiety	BBC News	Coping with coronavirus anxiety	Website page	
10.	Mental Health- Grief	Thinking Person's Guide to Autism	Autistic Grief Is Not Like Neurotypical Grief	Website page	
11.	Mental Health- Grief	Indiana University Bloomington	Supporting Individuals on the Autism Spectrum Coping with Grief and Loss through Death or Divorce	Website page	
12.	Mental Health- Grief	Psychology Today	Navigating Grief and Loss as an Autistic Adult	Website page	

No.	Theme	Organisation	Title	Medium	Further Information
13.	Mental Health-Grief	Psychology Today	How to Help Young People With Grief and Loss During COVID-19	Website page	
14.	Mental Health-Trauma	Action Trauma	Stephen Porges profile	Website page	Profile of Stephen W. Porges, Ph.D. a Distinguished University Scientist at Indiana University and founding director of the Traumatic Stress Research Consortium
15.	Mental Health-Trauma	The National Institute for the Clinical Application of Behavioural Medicine	The Polyvagal Theory for Treating Trauma	pdf	 The Polyvagal Theory of Treating Trauma.pc
16.	Mental Health	Mental Health Foundation	Black, Asian and Minority Ethnic (BAME) communities	webpage	
17.	Mental Health	The Mental Health and Wellbeing Show	Mental Health Online: Youth	webpage	
18.	Mental Health	Young Minds	Racism and mental health	webpage	
19.	Mental Health	Beacon House	Covid-19 Support Resources	webpage	
20.	Mental Health	The Black, African and Asian Therapy Network	Well-Being, Health and Healing Resources in response to Covid 19 and the recent killings in the US	webpage	
21.	Mental Health	Young Minds	How I'm coping with anxiety about going back to work	webpage	
22.	Mental Health	Young Minds	Racism and my mental health	webpage	

Virtual Autism Team Wales Resource List- Resources for parents/ carers

No.	Theme	Organisation	Title	Medium	Further Information
01.	Parent/ carer	Easterseals	COVID-19 Social Story	Website page	
02.	Parent/ carer	ELSA support	COVID-19 Social Story	pdf	
03.	Parent/ carer	Mind	Coronavirus and your wellbeing – for young people	Website page	Information for young people on looking after your wellbeing during coronavirus and coping with changes to your life.
04.	Parent/ carer	ChatterPack	FREE Speech and language, OT, and many other SEND resources for families and schools	Website page	
05.	Parent/ carer	CBBC Newsround	Autism: 11-year-old Elliott gives us his lockdown tips	Website page	
06.	Parent/ carer	The Guardian	What lockdown with my autistic son has taught me about life	Website page	
07.	Parent/ carer	Family Information Service Carmarthenshire	Team Camau Bach Resources	Website page	Tips guidance and resources to support families
08.	Parent/ carer	Seirrah Therapies	De-escalating techniques for defusing meltdowns	Website page	
09.	Parent/ carer	CAMHS Resources Downloads	Downloadable self-help guides	Website page	
10.	Parent/ carer	Jon Burgerman	Everybody Worries: A picture book for children who are worried about Coronavirus	Website page	
11.	Parent/ carer	Mencap	What is a learning disability?	YouTube video	
12.	Parent/ carer	Speech Therapy in Real Life	Free Speech & Language Therapy guides and resources	Website page	
13.	Parent/ carer	Wales Maternity and Neonatal Network	10 Top Tips to support parents and carers of babies and young children (suitable from birth – 4) at home	pdf	 Top ten Tips - Covid 19 - 10 tips - a4 (Engl)

No.	Theme	Organisation	Title	Medium	Further Information
14.	Parent/ carer	The Blinks	Books to Support The Emotional Wellbeing Of Children & Young People	Website page	
15.	Parent/ carer	Powys County Council	What anxiety can look like in children	Image	
16.	Parent/ carer	Powys County Council	How to support an anxious child	Image	
17.	Parent/ carer	Various authors around the world	FREE resources for coping during Covid-19 for special educators, therapists and families working with individuals who have developmental disabilities	Website page	
18.	Parent/ carer	ABUHB Specialist CAMHS	A collection of digital stories for children	YouTube video	
19.	Parent/ carer	KCL/ Maudsley Charity/ South London and Maudsley NHS	Families Under Pressure	webpage	Short films including simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.
20.	Parent/ carer	Cariad	Resources from Cariad a tertiary Neurodevelopmental service (Specialist CAMHS, Aneurin Bevan University Health Board)	YouTube video	
21.	Parent/ carer	NHS Lanarkshire Children and Young People, Occupational Therapy	Sensory Based Activities	Facebook page	
22.	Parent/ carer	The Hearing & Speech Centre	Helpful tips for encouraging speech at home!	Facebook page	
23.	Parent/ carer	Autism Little Learners	FREE social story resources	webpage	
24.	Parent/ carer	Carmarthenshire County Council	Secondary Schools- what to expect when going back	Facebook page	

Virtual Autism Team Wales Resource List- Resources for autistic adults

No.	Theme	Organisation	Title	Medium	Further Information
01.	Autistic adults	Age Cymru	Coronavirus Information for Older People	Website page	
02.	Autistic adults	AutSide	Social story for Coronavirus, Self-Isolation and Staying Healthy	Facebook page	
03.	Autistic adults	Mencap Cymru	Wales Learning Disability Helpline	Phone number	0808 8000 300
04.	Autistic adults	Mencap	Coronavirus: Guidance to help you stay safe and well	Website page	Information about how to keep safe and well during the coronavirus (COVID-19) outbreak, including guidance around social distancing, self-isolating and avoiding scams.
05.	Autistic adults	Get Self Help	Free CBT Worksheets	Website page	Many downloadable worksheets
06.	Autistic adults	Mindful	Getting started with mindfulness	Website page	
07.	Autistic adults	Aneurin Bevan UHB	Easy Read Resources	Website page	Various easy read support leaflets
08.	Autistic adults	Mencap	Mencap's video channel, including simple exercise videos, film reviews and recommendations, 'Show Quizness' episodes and much more	YouTube video	
09.	Autistic adults	The Mighty	A safe, supportive community for people facing health challenges and the people who care for them	Website page	
10.	Autistic adults	Business Disability Forum	Coronavirus and disability: What you need to know	Website page	
11.	Autistic adults	BBC News	Coronavirus: 'One click and we were worse off' after universal credit claim	Website page	
12.	Autistic adults	Jason Stephenson	Calming video for guided sleep meditation	YouTube video	
13.	Autistic adults	National Autism Team	Grounding Exercises	Image	

No.	Theme	Organisation	Title	Medium	Further Information
14.	Autistic adults	Scottish Commission for Learning Disability	COVID-19 Guided Self-help Booklet Series	webpage	
15.	Autistic adults	Ace Anglia	Easy Read: How To Video Call Using WhatsApp On Your Phone	webpage	
16.	Autistic adults	The WEA: Adult Learning Within Reach	FREE online courses and activities for adults	webpage	

Virtual Autism Team Wales Resource List- Wellbeing

No.	Theme	Organisation	Title	Medium	Further Information
01.	Wellbeing	Autism Wellbeing Cymru	Top 10 Tips	Facebook page	Top ten tips for coping with changes due to the pandemic
02.	Wellbeing	Brown Girl Therapy	Coping with Coronavirus	Facebook page	The duality of life during the COVID-19 pandemic infographic
03.	Wellbeing	University College London	Self-help guide	Website page	Free self-help guide documents including managing anxiety and self-care during social distancing
04.	Wellbeing	South Wales Argus	Good news stories from Wales amid coronavirus lockdown	Website page	
05.	Wellbeing	Brené Brown	The Power of Vulnerability	Tedtalks	Brené Brown delivers a poignant, funny talk on the power of vulnerability
06.	Wellbeing	ACAMH	Food Sensitivities and Proclivities – Episode 6 ‘Autism, a parents guide’ with Dr. Vicki Ford	podcast	A podcast where Dr. Vicki Ford looks at food sensitivities and proclivities, how to build a healthy relationship with food whilst understanding the challenges for many autistic children.
07.	Wellbeing- Activities	Autistic & Unapologetic	10 Lockdown Activities for Autistic People of All Ages and Abilities	Website page	
08.	Wellbeing- Activities	Wizardsing World	Introducing Harry Potter At Home	Website page	
09.	Wellbeing- Activities	Channel 4	Learn to cook with Jamie Oliver	Website page	
10.	Wellbeing- Activities	Maddie Moate	Learn about animals, travel and technology with Maddie Moate	Website page	
11.	Wellbeing- Activities	Huw Aaron	Take Art Huw Aaron’s Welsh-language art classes	Website page	
12.	Wellbeing- Activities	BBC Earth	Learn about our planet with BBC Earth Unplugged	Website page	
13.	Wellbeing- Activities	Myleene Klass	Music classes with Myleene's Music Klass	Website page	

No.	Theme	Organisation	Title	Medium	Further Information
14.	Wellbeing- Activities	S4C	Learn about Wales' Legends on S4C's Stwnsh TV	Website page	
15.	Wellbeing- Activities	Yahoo! Style	31 parent-approved indoor activities to keep children occupied during lockdown	Website page	
16.	Wellbeing- Activities	MyVLF	The online literary festival. Connecting readers and authors	Website page	
17.	Wellbeing- Activities	Change 4 Life	Indoor activities for kids	Website page	
18.	Wellbeing- Activities	Swansea Libraries	How to make a bug hotel	Video	
19.	Wellbeing- Activities	The World of David Walliams	Elevenses: Story Reading	Website page	
20.	Wellbeing- Activities	Joe Wicks	Daily PE Lesson	YouTube video	
21.	Wellbeing- Activities	Dilynwch yr enfys	Links for suggestions of fun and educational things to do at home with your children	Facebook page	
22.	Wellbeing- Activities	National Geographic	At-home tools for parents of autistic children	Website page	
23.	Wellbeing- Activities	BBC iPlayer	Bitesize Daily Bitesize Dyddiol	Website page	
24.	Wellbeing- Activities	Sport Wales	Specialist resources aimed at improving children's physical and sport skills are being made available for free for use during the Coronavirus lockdown	Website page	
25.	Wellbeing- Activities	Cardiff City FC	Bluebirds Ability: Online Activities	Website page	
26.	Wellbeing	Urban Zen Yoga & Movement	Yoga	Facebook page	
27.	Wellbeing	UCL-Institute of Education	Autistic adults are in silent crises during the Covid-19 lockdown	pdf	

Virtual Autism Team Wales Resource List- Autistic Experiences

No.	Theme	Organisation	Title	Medium	Further Information
01.	Autistic Experience	AutSide	Top tips for autistic people	Video	
02.	Autistic Experience	The Spin off TV	A different headspace: Six people on being neurodivergent during lockdown	Website page	
03.	Autistic Experience	Anxiety UK	Thoughts from space on confinement and isolation (Guest post)	Website page	
04.	Autistic Experience	BBC Wales	Autism, coronavirus and me	Website page	
05.	Autistic Experience	Disability Wales	Lockdown Life	Video	
06.	Autistic Experience	Autcasts	Autistic Success, strengths, challenges and survival, and the impact of Covid-19 on life.	Video	
07.	Autistic Experience	BBC	1800 Seconds on Autism Coronavirus Extra: Autism at the A&E	Podcast	
08.	Autistic Experience	Young Minds	Coronavirus, autism and my mental health	Website page	
09.	Autistic Experience	Engage to Change	Gerraint's blog April 2020	Blog	
10.	Autistic Experience	Janine Booth	Various information from Janine Booth's perspective	Website page	
11.	Autistic Experience	NeuroInclusive	The Gatekeeping of Diagnostic Dinosaurs: Autism, neurophobia, confirmation bias, and internalized ableism	Website page	
12.	Autistic Experience	AutStims	Finding safe healthy stims	Facebook page	
13.	Autistic Experience	ITV News	Home workouts and trying to find a routine: My lockdown living with autism	webpage	
14.	Autistic Experience	Spectrum	Autistic in a pandemic: Stories from around the world	webpage	

Virtual Autism Team Wales

Membership

Andrea Gray	Mental Health Development Lead for Wales, Improvement Cymru
Anne Marie McKigney	Consultant Clinical Psychologist, Aneurin Bevan UHB
Donna Sharland	Outside Education and Training
Dr Helen Matthews	Consultant Psychiatrist
Emma Durman	Outside Education and Training
Frances Rees	National Autism Team
Helen Etherington	Senior Educational Psychologist, Carmarthenshire County Council
Helen O'Keefe	Neurodevelopmental Clinical Nurse Lead, Powys Teaching HB
Holly Roberts	National Autism Team
Jim Wright	ASD Lead, Adults, Torfaen CBC
Keith Ingram	ASD Lead Cardiff and the Vale Councils
Kirsty Jones	Early Help Manager (0-25) Carmarthenshire County Council
Michelle Fitton	ASD Lead and Manager CASS, Caerphilly CBC
Sam Stone	National Autism Society
Sara Harvey	National Autism Team
Simon Moseley	Clinical Psychologist, Betsi Cadwallader UHB and North Wales IAS
Sioned Thomas	National Autism Team
Wendy Thomas	National Autism Team
Willow Holloway	Autistic UK and the AWE Project