AUTISTIC DISCOVERY JOURNEY (ADJ) PROGRAMME

Aucademy have been working with Barnet Education and Learning Service (BELS) to improve the narrative and culture in Barnet schools about Autistic experience.

BELS and Aucademy are very pleased to offer a group of young people (aged 13-19 years old & living in Barnet) the opportunity to attend an eight-week **Autistic Discovery Journey (ADJ)** programme together online.

For more info on Aucademy visit https://aucademy.co.uk/

REQUIREMENTS:

Open to anyone who identifies as Autistic - diagnosed or self-identified, who wishes to participate & engage in an educational programme.

Access to Zoom on a laptop or PC (phone/tablet may be manageable) and a quiet space - No expectation to use your camera or microphone if you do not want to.

Parent/carer consent is required for young people under the age of 18.

Chat box participation is embraced, especially if using mouth words is not your preferred method of communicating.

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WHEN?

Autum Term 2025, online (via Zoom).
Early evening sessions, day/time TBC.

WHAT?

The Autistic Discovery Journey (ADJ) programme includes:

Working out where you are in your discovery journey and holding space for you, whatever stage you are at.

Understanding your experiences with the knowledge that you are/might be Autistic.

Building knowledge and awareness of your personal Autistic profile - what makes you,YOU.

Learning how to communicate your needs and boundaries to Others.

Learning coping strategies, including stimming, and how to improve your well-being and self-esteem.

Finding others with whom you share similarities, and feeling part of a community.

Teaching you about neurodivergence, opposing the disorder narrative - showing we have challenges and strengths.

If you are interested in joining this group, please contact:
Autism.Team@Barnet.gov.uk
With the subject title:
"Aucademy/BELS ADJ Autumn 2025"

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