

Programme

CAFE BAR

Conversational Crafts

11am - 4pm | All ages |

Sarah Phoenix of Infinite Ability

Join Sarah from Infinite Ability for a relaxed, welcoming craft space where creativity and conversation come together. There will be a variety of simple craft activities suitable for all ages and abilities

Neurodivergent Voices

5pm - 7pm | 18+ |

Emily and Rachel from ND Voices

Local neurodivergent voices take the mic - spoken word artists, musicians, poets welcome. Please email exeterndvoices@gmail.com if you would like to take part

WORKSHOP

Printmaking for all ages with Magic Carpet

11am - 2pm | All ages |

James Hedge - Magic Carpet

Join James for a hands on printmaking workshop using a traditional down press to create beautiful Autumnal relief prints. Participants will be invited to design their own A5 plates to print using natural materials like leaves, acorns and berries.

Poco Unplugged

3pm - 4pm | All ages | **Paul from Poco Drom**

Paul from POCO DROM will be performing a relaxed acoustic interpretation of their glitter-punk world packed, created with a gentler atmosphere in mind

STUDIO 74

PDA Devon: The Power of Peer Support

11am - 11.45am | All ages

Join Stacie, Helen, and Lindsay from PDA Devon as they share their personal journeys of raising neurodivergent children and the transformative impact of peer support

Helping your ND Child with School Distress and Burnout

12pm - 1pm | **Parents & Carers** | **Naomi Fisher**

Dr Naomi Fisher is a clinical psychologist who specialises in autism, trauma and alternatives to school. Naomi will be giving a talk on how to support your neurodivergent child with school distress and burn out.

What does neurodivergence 'self-diagnosis' mean for adolescents and their parents/carers?

1.15pm - 2pm | 13+ | **Alma Foster**

Alma Foster, a third year student from Exeter University, will present the findings of her thesis research about neurodivergent self-diagnosis, learned through interviews and surveys with adolescents and parents/carers

Understanding your AuDHD Sensory World

2.15pm - 3.15pm | 16+ | **Hats and Elena from AuDHD Women Everywhere**

Join Hats and Elena from 'AuDHD Women Everywhere' as they explore the sensory differences we find in neurodiversity, and what you can do to support your sensory self

STUDIO 1

Re-Yak Crafting with Lucy & Yak

11am - 4pm | 12+

The Lucy & Yak Exeter team will be with us running a Re-Yak embroidery workshop. Bring your own yaks along to upcycle, or use an embroider a patch with some pre-loved fabric provided by the team

Regulation Play Area

11am - 4pm | All ages

Teignmouth Neurodiversity Hub and You Can Sit With Us will be creating a cosy play area for those who need some regulation play time

Charity Stalls

11am - 4pm | All ages

Come and meet representatives from local neurodivergent charities and ND Friendly organisations to find out what support and resources there are available in the area

STUDIO 2

Parent-Child Co-Regulation Yoga

11am - 11.45am | All ages |

Body Writes with Ceri Baker

Explore co-regulation through shared movement, sound, and presence. Parents/carers can attend this session with or without their child

Teen/Young People Self-Care Yoga and journaling

12pm - 12.45pm | 16+ | **Body**

Writes with Ceri Baker

Self-Regulation Stories: This workshop is designed for neurodivergent teenagers and adults who would like to explore co-regulation tools through movement and writing

Neurodivergence Through Adolescence

1pm - 2.15pm | All ages |

Ursula from AuENDs Consultancy

A workshop for autistic young people to explore brain changes, emotions, and self identity

Neurodivergent Research

2.30pm - 3pm | 12+ | **Anna and Nicole from NIHR**

NIHR workshop exploring the role of lived experience in shaping health and care research. Discover how personal experiences can influence research, improve services, and ultimately benefit others facing similar challenges

RISE: Raising Inclusion Standards for Everyone

3pm - 4pm | 11+ | **WayMakers**

Putting neurodivergent young voices at the centre of the conversation. Find out more about RISE and share your ideas on how youth-led workshops can steer educators and professionalstowards more inclusive ways of working

SECRET GARDEN

Quiet Regulation Area

11am - 4pm | All ages | **Bird & Blend**

Bird & Blend Tea Co. will be creating a calming tea experience in the Secret Garden, offering a selection of soothing hot & cold teas alongside a gentle sensory exploration of loose leaf tea.

WALKWAY

Communal Doodle Colouring

All day | All Ages | **Scott Walker**

Join the communal doodle colouring experience. Grab a pen and add some colour to our amazing walkway mural created by local artist Scott Walker.

MEETING ROOM

Wild Weaving

11am - 4pm | All Ages | **La Vie En Rose**

Join us for a drop in wild weaving experience. Stay for 4 minutes or 4 hours. We will be exploring weaving techniques with a variety of looms, materials and textures.

AUDITORIUM

A Small Enclosed Room

7pm - 9pm | 14+ | **Alfie Murphy**

Created and performed by acclaimed autistic artists Cian Binchy and Anna Constable, this joyful dark comedy explores autism and mental health through humour, imagination and direct connection with the audience.

