

Spectrum Night Walks, 7k for 700k. the 'Trummies' and much more!



Show your support this World Autism Awareness Week -

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**Join us for
World Autism
Awareness
Week**

1 - 7 April



Your guide to World Autism Awareness Week 2019

[World Autism Awareness Week](#) is nearly here – **1-7 April 2019** – and it's going to be the biggest yet! [Sign up for your free pack](#) today. It's got a **Spectrum Cake recipe** from **Jane Asher**, a **quiz** from ***The Chase's* Anne Hegerty** and a **fun wildlife sweepstake poster** from our ambassador **Chris Packham CBE**.

Chris has also kindly helped us put together an awareness poster for workplaces which [you can download](#).

Don't forget, **Monday is the the last day** to sign up for a [Spectrum Night Walk](#) in **London, Cardiff, Belfast, Manchester or Glasgow**. Sign up before Monday, so you can take to the streets and tell the world about autism with hundreds of other passionate walkers.

If you work in a school, [sign up for your free schools fundraising pack](#) and learning resources. Our secondary learning resources feature **Niall Aslam** from *Love Island*, who is autistic, and our primary resources include the **'Trummies'** – six colourful characters who celebrate difference and diversity. And, when you sign up, we will enter you into a draw for a school visit from **Anne Hegerty!**

If that's not enough, our *What is Autism?* animation, voiced by the amazing Alan Gardner, is coming soon.

And on the campaigning front, **Parliament will be debating ten years of the Autism Act on 1 April**.

There's *so much* to do this World Autism Awareness Week, so why not get involved today.

[Sign up today >](#)

Happy birthday Alan Gardner



Our ambassador, Alan Gardner, is **turning 60 on Monday**. Happy birthday, Alan, you're an autism legend! And thank you for voicing our new *What is Autism?* animation, coming soon.

[Meet the Autistic Gardener >](#)

Catch up on Spectrum Live



Thank you to all of you who joined us to watch our first Facebook Live broadcast about diagnosis this Wednesday. We hope you enjoyed it and found the show useful and informative. We've had some great feedback and we'd love to know what you thought, so do [please add your comments](#).

If you missed it on Wednesday, **you can watch it on our website**. And make a date now to join us for **our next live broadcast** about **going out in public** on **24 April**.

[Watch Spectrum Live again >](#)

Professionals Awards winners announced



We are delighted to announce the winners of our 2019 [Autism Professionals Awards](#). **Congratulations to our 12 winners** and all our finalists – the nominations were incredibly strong and it was a tough job for the judges to choose between such remarkable innovators in best autism practice.

[Read the winners >](#)

Thomas Ivor's amazing challenge



Nine-year-old Thomas Ivor Jones is autistic and gearing up to take on the ultimate version of [the 7k for 700k challenge](#) during [World Autism Awareness Week](#).

We spoke with Thomas Ivor and his dad, Tom, about the incredible challenge, his trusty bike, 'King Louis', and how he's cycling 7k, running for 7k and swimming another 7k – **all in one day!**

[Meet Thomas Ivor >](#)

There's still time to join 7K for 700K and Night Walks too!



If you can't attend one of [our Spectrum Night Walks](#) in five UK cities, or you fancy a different challenge, then why not take on our returning virtual event for [World Autism Awareness Week, 7k for 700k](#). Run, walk, swim or cycle 7k in support of the 700,000 autistic people living in the UK. It costs **just £12** to register and **you get a medal!** It can be taken part by anybody, any age, anywhere and will make a real difference to so many.

[Find out more >](#)



Help us continue our work

Please give today to help the National Autistic Society to be there for more autistic people and their families.

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