



# NEWSLETTER

February'25



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Celebration Week -**

A week full of webinars around neurodivergence and awareness.

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# WELCOME...

Spring is awaking and the suns peeking out.

This month we have a jam packed newsletter. With recent Right to Choose Changes, AtW petition, new resources and recommendations theres a lot to digest.

Thank you to our clients for sharing there recommendations on products and sharing valuable resources for us to share.

If you have anything that you would like to share or that you have seen and would like to make others aware of then please send them over to [emma@thinkmusique.co.uk](mailto:emma@thinkmusique.co.uk) and they will be added into the next months newsletter.

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It's that time of year when the whole world comes together to celebrate Neurodiversity week and watch the webinars that Lexxic put on with NCW.

Last year saw some interesting conversations and panels. Hopefully this year will have more insights. Click the link above to take you to the official webpage and sign up for any of the webinars that might be of interest to you. We'll come back in next month's newsletter with our thoughts, resources and more on this eventful week.

**From 17th - 23rd March**

# Neurodiversity Celebration Week 2025 Events

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p><b>09:00 - 10:30</b></p> <p><i>Celebrating Different Minds: An Introduction to Neurodiversity</i></p>	<p><b>09:30 - 10:30</b></p> <p><i>Neurodiversity at Work Q&amp;A: Products &amp; Customer Services</i></p>	<p><b>08:30 - 10:00</b></p> <p><i>Neurodiversity and Nutrition - Food For Thought</i></p>	<p><b>09:00 - 10:30</b></p> <p><i>Is Neurodiversity a Community? Exploring Identity, Inclusion, and Intersectionality</i></p>	<p><b>09:00 - 10:30</b></p> <p><i>Late Diagnosed Neurodiversity in Women</i></p>
<p><b>11:30 - 13:00</b></p> <p><i>Breaking Barriers: The Power of Language in Neurodiversity</i></p>	<p><b>11:30 - 13:00</b></p> <p><i>Neurodivergence &amp; LGBTQIA+: A Conversation on Identity, Intersectionality &amp; Empowerment</i></p>	<p><b>10:30 - 12:00</b></p> <p><i>Shaping Neurodiversity through Innovation &amp; Technology</i></p>	<p><b>11:00 - 12:30</b></p> <p><i>Building the Neuroinclusive Classroom of Tomorrow...Today!</i></p>	<p><b>11:30 - 13:00</b></p> <p><i>Parents &amp; Carers - Supporting Children Through Times of Transition</i></p>
<p><b>13:30 - 15:00</b></p> <p><i>Neurodivergence Seldom Travels Alone: The Unexplored World of Co-Occurring Conditions</i></p>	<p><b>13:30 - 15:00</b></p> <p><i>Empowering Neurodiversity in the Workplace</i></p>	<p><b>13:00 - 14:00</b></p> <p><i>Neurodiversity at Work Q&amp;A: Designing Neuro-inclusive Working Environments</i></p>	<p><b>13:30 - 15:00</b></p> <p><i>Workplace Burnout: How to Reclaim Your Energy as a Neurodivergent Woman at Work</i></p>	<p><b>13:30 - 15:00</b></p> <p><i>Is the Business World leading society on Neuroinclusion?</i></p>
<p><b>15:30 - 17:00</b></p> <p><i>Neurodiversity: Where can HR Professionals make a difference?</i></p>	<p><b>15:30 - 17:00</b></p> <p><i>Neurodiversity &amp; Mental Health - Acquired Neurodivergence</i></p>	<p><b>14:30 - 16:00</b></p> <p><i>Person-Centered Management for Neuroinclusion</i></p>	<p><b>15:30 - 17:00</b></p> <p><i>Navigating Neurodiversity &amp; the Criminal Justice System</i></p>	<p><b>15:30 - 17:00</b></p> <p><i>Celebrating Different Minds: Future Directions and Continuing Conversations</i></p>
<p><b>19:00 - 20:30</b></p> <p><i>Perspective of Young People on Neurodiversity</i></p>	<p><b>19:00 - 20:30</b></p> <p><i>Navigating Neurodiversity: Parental Perspectives, Professional Insights, and Policy Changes in 2025</i></p>	<p><b>16:30 - 18:00</b></p> <p><i>What makes spaces and places neuroinclusive in education?</i></p>	<p><b>19:00 - 20:30</b></p> <p><i>Neurodiversity around the World</i></p>	



**Petitions**

UK Government  
and Parliament

## **Rachel Holme on LinkedIn: Petition: Review the...**

I'm exhausted and angry. I did...

[linkedin.com](https://www.linkedin.com)

Rachel Holme Founding Director @ The Growing Club CIC and @ Spectrum Dynamics CIC expresses her thoughts on the current situation with Access to Work and has created a petition to get the government to sort out the recent mess and delays within Access to Work.

Current wait time for applications are 24 weeks. Payments are being processed and paid within 30 days instead of the 10 that they state. As a business we are having to chase applications, payments and general communications with them. If you need to talk to them for whatever reason it is a minimum of an hour on hold before you get through to them. They do make it easy for those of us who already struggle !

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# ADHD UK

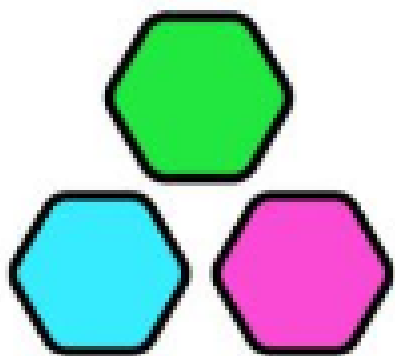
NHS England is in consultation about changes that will mean the end of Right to Choose as we know it. ADHD UK is protesting this and say that “both plan and process is not fit for purpose. The use of the technical changes in a backwater consultation of the NHS Payment Scheme to put through such a large-scale change isn’t appropriate.”

There seems to be a lot of change, planning and unwanted conversation around disability schemes and funding at the moment and not for the better.

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## RESOURCES...

A great page to find advice and relevant resources for those of us who are autistic.



## Home - Helping Professionals with Autism

Find career advice for autistic...

[theautisticboss.com](http://theautisticboss.com)

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## RECOMMENDATION...

Are you looking to up your organisation game? One of our clients has kindly recommended a planner he uses for his busy working life. Here is what he had to say about it:

"This is the version I have used for the past 2 years and I've bought a slightly different one this year which is double A4 size hourly increments for scheduling. We will see how it goes.

Yes it is expensive for a calendar, but I find that it's amazing (for my flavour of ADHD at least) I'll run through why it works for me."

Some pointers you might relate to:


- I always felt like I had "ruined" my other diaries if I messed up and missed a week or forgot about it for a month, because the dates are sequential.
- This diary has blank spaces to write the month and the date on each page, so if you miss a week you don't have to feel like you've "wasted" another diary.
- I also have a problem with perfectionism and being a completionist. When I used regular diaries if I forgot about it, then I felt like I didn't "complete" it and so it got tossed to one side. With this one, if I forget a week or two, then it doesn't matter because you can start the next page fresh if you wanted to
- It gives me the option to tick boxes, write lists, doodle and look at work life balance. I don't really use this at the minute because it was overwhelming me, but I imagine it's incredible for people who are meticulous with their routines and like uniformity/space to think on their pages.
- It comes with 3 page markers which is a small detail that would probably be massive to some people because you don't have to flip through the whole book to find what you need.

If you are struggling to keep on track and like to have a diary or planner with you then here is a great recommendation.



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# SOCIALS...



**Managing Stress**  
**YOUR WAY**  
The MD-Friendly Guide

**Think Musique on LinkedIn:**  
**#neurodivergentwellness**  
**#actuallyautistic #adhdlife...**  
[linkedin.com](https://www.linkedin.com)

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