

2024: The Reflection

M2 SPED AWARENESS
(RCN: 1183367)

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VOLUME 4



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WORDS OF UPDATE FROM OUR CO-FOUNDER

by Dr Mitchell O. Junior MBBS BSc (Hons) PG Cert Med Ed PCBT (Foundation)

An Era of Educational Expansion

As the Charity celebrates its milestone 5th Year as a registered charity, this is the phrase I would like to use to describe what this milestone year has brought thus far.

It's fit to say 2024 has been an expansion pack both internally and externally to the charity's cause towards neuroinclusion and neuroacceptance.

Internally, this year we have seen our staff numbers expand by 8 to welcome like-minded individuals who are keen to share our mission of making a difference to people with differences. Whether it be through training our Neurodiversity Youth Advocates, developing our fundraising and marketing initiatives, or supporting in building our collaborative projects in the charity.



Externally, this year, we are building on the success of further venturing beyond the works of our Remote programmes of training our future catalysts of change by also increasing public awareness directly.

Ventures of this nature include delivering more neurodiversity awareness street clinics, hosting 3 "conference day" presentations on our YouTube Channel which describes key discussion points in the neurodiversity sphere including barriers to healthcare and ADHD and the school-to-prison pipeline system, and a collaborative CPD Day with University of Buckingham delivering sessions on Neurodiversity Awareness in Medical Education.

We hope this article further informs you about our Era of Educational Expansion and how this momentum will continue into 2025!

Celebrating Advocacy: Neurodiversity Youth Advocate Programmes

2024 saw the milestone of training our 100th Neurodiversity Youth Advocate for our programmes that run for Year 11-13/College students from London, Birmingham & Leicester.

Throughout the 5 years of our programmes, we have managed to achieve 100% of our trainees feeling very confident in problem solving and 96% in public speaking. See below how this year's winners have used these skills to make a difference! Well done Tiana, Sana, & Elizabeth!

Post-16 Programme 23-24 Winners: Tiana Dhorija & Sana Ghorashi



Our post-16 programme culminates in our students delivering a community neurodiversity awareness initiative of their own.

Tiana (L) delivered an ADHD awareness campaign to her family, which succeeded in encouraging her parent to address the support mechanisms in place for her work colleagues.

Sana (R) organised a Dyslexia awareness campaign for her extended family, in which the main aim was to challenge cultural stigmas and encourage a "chain effect" of her extended family members speaking to others in their community about Dyslexia.

Summer School 24 Winner: Elizabeth Yoon



Our Summer School students reflected on their development as a Neurodiversity Youth Advocate and how they plan to use their knowledge from the summer school to make a difference. This year's winner has gone post-programme to create a Neurodiversity acceptance poster, which is now on display in her school.

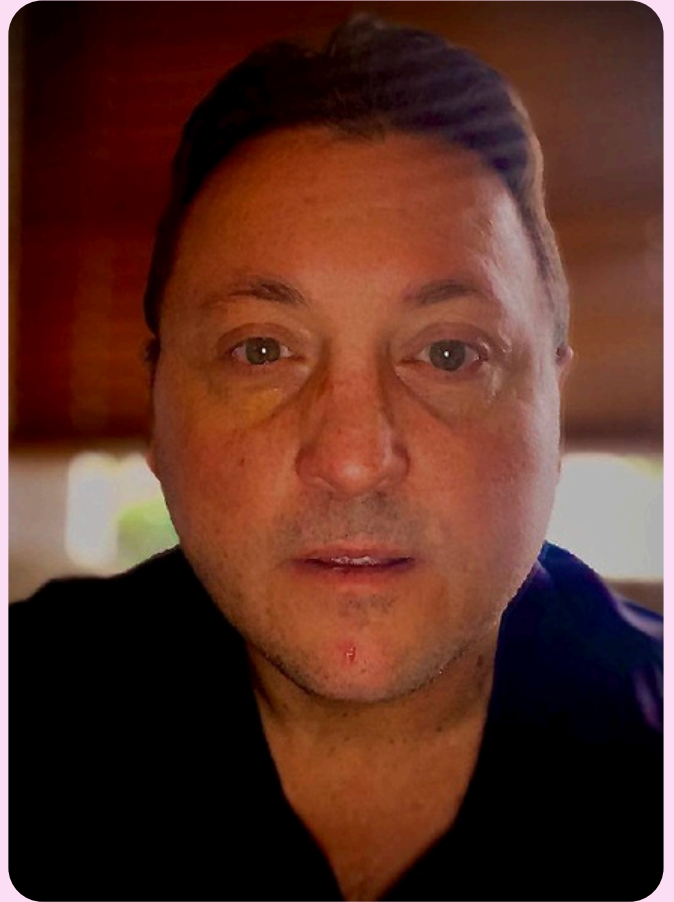
Welcoming new starters to M2 SPED Awareness

Welcome to Our New Colleagues!

We're thrilled to welcome several wonderful individuals who have joined our charity throughout 2024. Each brings a unique skillset, energy, and passion that will help us continue making a positive impact. Please join us in giving a warm welcome to: Benjamin, Brian, Eleanor, Lucy, Pooja, Qasim, Samuel and Tope. We're excited to have all our new team members on board as we approach 2025.

Fond farewell to Kevin

As we welcome new faces, we also bid a fond farewell to Kevin, who served as a Trustee and Head of Fundraising. Kevin played a pivotal role in leading our fundraising efforts. During his time with us, Kevin made a significant impact, raising an incredible £312 to support our mission. Kevin's dedication, vision, and hard work have left a lasting legacy, and we are deeply grateful for his contributions. While we will miss him, we wish Kevin all the very best in his future endeavors and are confident he will continue to achieve great things. Thank you, Kevin, for everything you've done for our charity!



Thank you to all our staff

We want to take a moment to extend our heartfelt thanks to everyone who has contributed to our work recently. A special shout-out to our incredible staff, Chlo, Leah, Tahir, Qasim, Malek, Omid — and our dedicated volunteers.

Their hard work, passion, and commitment continue to make a huge difference. Together, we're achieving great things, and we couldn't do it without them. Thank you for all that you do!

Celebrating Advocacy: Neurodiversity Awareness Continuing Professional Development (CPD) Project

Neurodiversity Awareness in Medical Education

in collaboration with University of Buckingham



Developing from our co-founder's external aims to raise awareness in neurodiversity in healthcare, Dr Mitchell has collaborated with the medical school and wellbeing, skills and diversity department in the University of Buckingham to deliver a CPD Day for the educators in the medicine degree.

Themes covered include cognitive diversity, exploring growth mindset and reflective opportunities for self-development in academic and pastoral practices.

The Wellbeing, Skills and Diversity department from University of Buckingham informed our attending medical educators about their services and how they support neurodivergent students. Read more about this with this link: [Dyslexia Hub](#)

Take-home quote from our attendees

"It was very insightful and empowering. I have a better understanding of Neurodiversity and know better how to assist my learners during group work and my personal tutor meetings."

What's to come in 2025!

Definition of social construction

- shared assumptions about people, places or events, by society. It is a social theory that centres on the notion that meanings are developed in coordination with others rather than separately within each individual.



CPD PROJECTS

October 2025- Dr Mitchell & the incoming Neurodiversity Awareness CPD Course Project Intern will collaborate to deliver another CPD Day! Further information will be released throughout 2025 via our LinkedIn.

NEURODIVERSITY YOUTH ADVOCATE PROGRAMMES

February 2025- our current Post-16 Programme students would deliver their community awareness initiatives. Check our YouTube to stay tuned for this year's winners!

July 2025- Thanks to additional funding raised this year, we are delighted to announce we will be recruiting Year 11 students from Luton to train in the upcoming Summer School.

You read right that means we now train students from 4 parts of England!

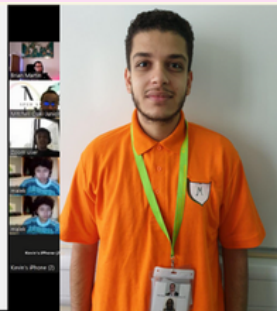


CONFERENCE DAYS

January & April 2025- Four Conference Day presentations will be released on our YouTube channel. As a teaser, one will be on the effectiveness of a study technique for dyslexia.

CURRENT STANDARDS OF CARE

- Great effort has gone into providing personalized care, healthcare providers are increasingly recognizing the importance of personalized care for neurodivergent individuals to improve treatment compliance and overall health outcomes.
- However there is also recognition that neurodivergent individuals, particularly autistic people, can have poorer health outcomes and a higher overall risk for early mortality, underlining the need for change and improved standards of care to address these disparities.(1)



STREET CLINICS

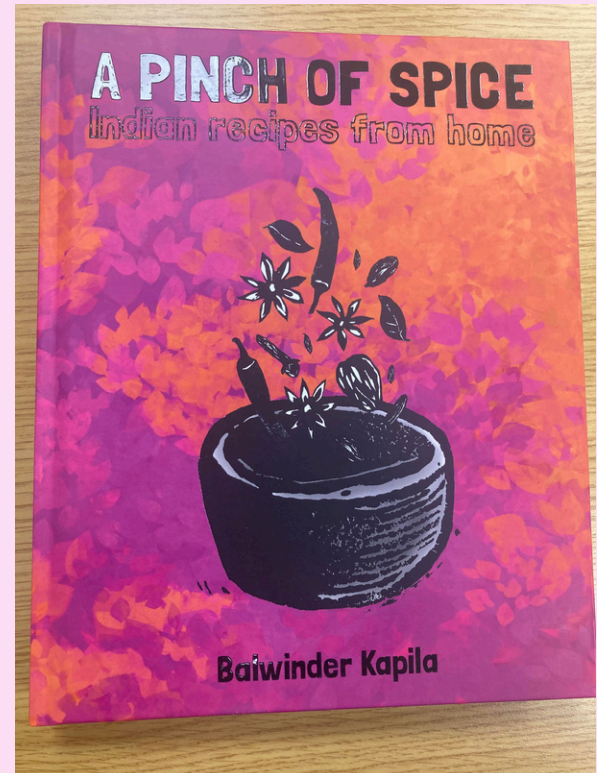
April & October 2025- 2 Street clinics will take place in London. See both our Instagram & Facebook in these months to learn where and when!

Supporting Advocacy: Celebrating Donations

Thank you for £1500 donation from the Aman Kapila Memorial Trust Fund!

The aforementioned supporting charity was established by Aman's family in 2008 following his unexpected death from a brain haemorrhage. Its mission is to raise funds for various causes and underserved communities with a focus on mental well-being, special educational differences, healthcare and homelessness. Aman's mother, Balwinder Kapila, created a recipe book of home-cooked Indian dishes titled 'A Pinch of Spice' to honor Aman's memory and raise funds for the charity. All profits from the book go directly to their charity.

If you would like to purchase a copy at the reduced special offer price at £10, please contact amarkapila18@gmail.com



We thank the charity for its support of our cause. Funds will be used to develop 2025's upcoming CPD days, and expand student recruitment from a 4th area into our programmes.

As we enter into 2025, we're expanding the regions in which we work within. With your support, we can continue our great work in providing support, guidance and growth to GCSE and A-Level students to grow into leaders and strong independent researchers. Please consider donating for every £1 is reinvested into M2 SPED Awareness.

