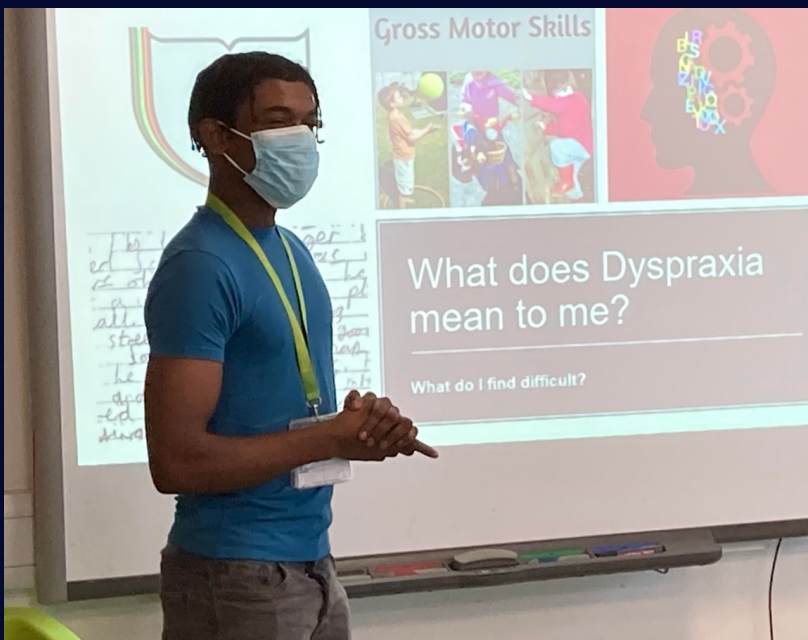
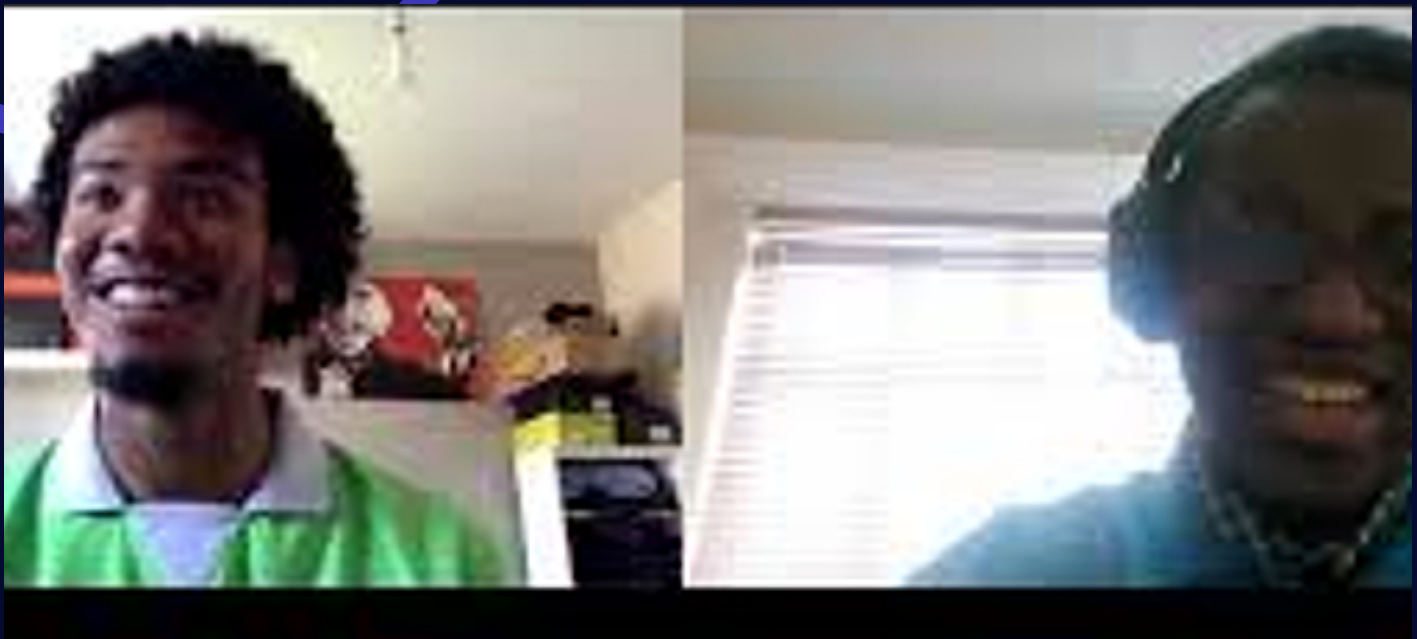


2022: THE REFLECTION

Newsletter from M2 SPED Awareness (RCN:#1183367)



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TIMELINE OF UPDATES WITH OUR TRUSTEE

Dr Mitchell O. Junior MBBS BSc (Hons): Cofounder

As 2022 ends and a new year starts, I often sit back and reflect on the journey the last 12 months has brought.

To me our charity is more than its trustees, but it is also our amazing team that help to make our programmes work and those who work behind the scenes to help with our charity's main objective to make a difference to people with differences. Our charity is also the young people we deliver our programmes to who become ambassadors of awareness campaigning and change for the Neurodiverse community.

This year has seen the successful running of a Year 10 in-school programme and a Year 12 online programme.

Unfortunately, it has also brought the end of the time with my fellow co-founder Mayya as Trustee and we wish her well in the future. We have 2 brand new Trustees who will be taking over from January. But for now I look forward to sharing below the work our charity has been involved in this year and what is to come.



YEAR 10 PROGRAMME 21-22

Winner: Imran Ogunkoya



16 sessions were run with 10 students over the course of 6 months in Harris Academy Boy's East Dulwich. Sessions covering media and the influence of stigma both on the newly diagnosed neurodiverse young person and their parents were explored.

Students were then given the challenge to create and deliver a presentation to their school peers which raises awareness and how we can make a difference on the SPED community.

See Imran's amazing winning presentation about ADHD here: <https://www.youtube.com/watch?v=p2W-WJxJGoc>

"Thank you so much for your time and effort in making us aware about SPEDs, I'm very grateful for the knowledge gained and experience learnt during our sessions with you."

Staff of the Year- Linda Mayisa-Daniel (Deputy of Assessments and Mentoring)





YEAR 12 PROGRAMME

Reflective Discussions with the SPED community



This September we have recruited students from schools across London to attend our remote awareness programme

As part of the programme our year 12 students had insightful discussions with our guests; Humza Awan 4th year medical student at King's College London with ADHD & Dyslexia and Linda Mayisa-Daniel, Final year Medical student and Deputy of Assessments & Mentoring programme, with ADHD. On the next page, see extracts of what some of our students have learnt!

Reflection extracts

"My discussion with Humza, as well as the programme, has given me the confidence to discuss SPEDs and be more open about it.

*Before the interview with Humza, I didn't understand the gravity of exactly how underdiagnosed SPEDs are " - **Khadija Ali***

*"Talking with Linda allowed me to hear, firsthand, about the impact SPEDs have on an individual but more importantly the way that being a member of the SPED community has impacted Linda as a member of the Black and Minority Ethnic community from before her diagnosis to where she is now and what she has achieved " - **Daniella Adesuyan***



REFLECTIONS: NEURODIVERSITY & Me



Neurodiversity & Me is a new YouTube project which involves one of our trustees asking a guest 4 main questions around a particular theme.

Our Trustee Dr Mitchell interviewed Victor Okunola, clinical pharmacist with ADHD. Questions explored the theme of culture. Here is an extract from the interview:

Q: What is your opinion on culture & how Neurodiveristy is viewed?

A: *"Definitely cutlure really starts to play a role. From there you get told to stand up from yourself and be yourself. It is difficult to be yourself when you are trying to fit in with everyone else at the same time just so you can be deemed as normal."*

Full Video Available here: <https://www.youtube.com/watch?v=1CQWmz-fY6w>



Neurodiversity Awareness in Healthcare!!!



Our Co-founder Dr Mitchell has been committed during to increasing Neurodiversity Awareness in healthcare; Both to clinicians and medical students in the profession as well as service users. As such, Dr Mitchell has been committed to delivering a number of events to achieve this objective.

- (i) Dr Mitchell has delivered a teaching session package to acute medical doctors ranging from Junior doctors to consultants at University Hospital of North Midlands on Dyslexia Awareness in healthcare in terms of working with fellow colleagues with Dyslexia and increasing accessible arrangements for patients with Autism who come in with medical problems.
- (ii) Dr Mitchell has delivered at an international conference for Medical students on his research on dyslexia awareness in the medical curriculum. Video here: <https://www.youtube.com/watch?v=0JIMP5Fyl7s> (5:19:00 - 5:28:05)
- (iii) Upcoming- Neurodiversity & Me series in February with Ryan Danvers, Oxford Medical student with Dyspraxia and ADHD on Pre-clinical medicine & Humza on Clinical Medicine.



Announcements!!!

Projects, Prospects & Plans



We give a warm welcome to new trustees Beth and Rebecca! Beth will be our new lead of the remote programmes and Rebecca our new digital marketing and fundraising lead.

What's to come in 2023!

Throughout 2023- More Neurodiversity & Me interviews!

July 2023- The return of our neurodiversity awareness summer school!

September 2023 - February 2024- Year 12 Awareness programme not only to have a "London" division but a "Birmingham & Leicestershire" division. Both programmes with the key theme of encouraging students at the end of their programme to run their own awareness presentation in either their local school/youth group/religious group/family to raise awareness.

Support our cause



Our work could not happen without your kind donations!

Every pound makes a difference in being able to create and deliver our programmes and encourage other young people to speak up and break the stigma affecting the Neurodiverse community.

Please support us by scanning the QR code and donating.
Every pound helps.



Making a Difference to
People with Differences!