

JOHN PENDAL: Coaching For People Who Feel Like Outsiders

Autism/ ADHD and Race Resources

The following links and resources have been kindly shared by other people:

ORGANISATIONS

Autism In Black is a neurodivergent-led organization uniquely dedicated to serving the Black autistic community: <https://www.autisminblack.org/>

The Autistic Women & Nonbinary Network (AWN) provides community support, and resources for Autistic women, girls, transfeminine and transmasculine nonbinary people, trans people of all genders, Two Spirit people, and all people of marginalized genders or of no gender. AWN is committed to recognizing and celebrating diversity and the many intersectional experiences in the community: <https://awnnetwork.org/>

The Autistic People of Color Fund (USA only) provides direct financial support to autistic people of color through individual microgrants between \$100 to \$500: <https://autismandrace.com/autistic-people-of-color-fund/>

The Color of Autism Foundation is a US based Neuro-Affirming Non-Profit organization, committed to fostering inclusivity and support for African American families navigating the world of autism: <https://thecolorofautism.org/>

Scottish Ethnic Minority Autistics is a catalyst for racialised Autistic People in Scotland to illuminate, educate, positively disrupt and have power over their own futures: <https://sema.scot/>

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ONLINE COMMUNITY GROUPS

Black Autistic Meetup is a group for Black Autistic folks to meet and connect with others. It is a space for belonging, representation, support and hope:

<https://ndconnection.co.uk/black-autistic-meetup>

ADHD Babes is a community group for Black Women and Non-Binary people with ADHD:

<https://www.eventbrite.co.uk/o/adhd-babes-31447883953>

ONLINE RESOURCES

Articles by Lovette Jallow, an author, intersectional strategist, and human rights advocate based in Sweden: <https://lovettejallow.substack.com/> - including *Neurodivergence in Ancient Africa: What History Forgot but Our Ancestors Knew*.

Autism in Black is the YouTube channel for Maria Davis-Pierre, dedicated to bringing awareness to Autism in the black community:

<https://www.youtube.com/@autisminblack/>

Autistic While Black in the UK: Masking, Codeswitching, and Other (Non)fictions (Estimated Reading Time: 90-150 mins): <https://neuroclastic.com/long-read-autistic-while-black-in-the-uk-masking-codeswitching-and-other-nonfictions/>

Salon talks to Morénike Giwa-Onaiwu of the Autism Women's Network about race, gender and the spectrum (Interview transcript and audio file):

<https://www.salon.com/2017/03/15/listen-black-female-and-autistic-hiding-in-plain-sight/>

That #AutisticBIPOC Life. If you identify as autistic and Black, Latinx, South Asian, Asian, Pacific Islander, Indigenous, Middle Eastern, North African, or any other racial and/or ethnic minority, you are not invisible: <https://www.autastic.com/that-autisticbipoc-life/>

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SUGGESTED HASHTAGS

#AutisticBIPOC

#BlackAutisticLivesMatter

#AutisticBlackPride

#BlackAutisticPride

#AutisticWhileBlack

#BlackMind

#BlackandADHD

#BlackNeurodivergent

FACEBOOK GROUP

Black Autistics: <https://www.facebook.com/groups/blackautistics>

UNIVERSITY PAPERS

Is neurodiversity a Global Northern White paradigm?:

<https://centaur.reading.ac.uk/121596/9/nair-et-al-2024-is-neurodiversity-a-global-northern-white-paradigm.pdf>

LISTS OF FURTHER RESOURCES

<https://autismandrace.com/resources/>

<https://www.facebook.com/AutisticTyping/posts/455214035079000>

<https://thepunkrockautistic.com/the-punk-rock-autistic-resources/>

I hope that helps. Please send me a message if there are other resources you'd like me to add.

Best wishes,

John Pendal

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