NEUROHUB

ZINE

ISSUE 01

18 OCTOBER 2026

THE LIBRARY OF NEURODIVERGENT ALEXANDRIA · FREE TO READ · A NEW ISSUE EVERY FRIDAY



THIS WEEK'S LEAD

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Symphrenic Soul Showers and Attention Tunnels

DAVID GRAY-HAMMOND · THE WIDER EXISTENCE

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> A NOTE FROM THE LIBRARY

Welcome to this week's issue of NeuroHub Zine, the Library of Neurodivergent Alexandria: writing, videos and podcasts gathered from across the neurodivergent community.

Each Friday a new issue is chosen from what has come into the Library, with room kept for new arrivals and voices.

Every piece here has a link and a QR code. Tap or scan to read, watch or listen to the whole thing in the Library, and talk about it with other readers on its own live chat.

THE LIBRARY ONLINE

Get each new issue

By email every Friday, or as a notification on your phone. Free, and one click to stop.

zine.neurohubcommunity.org/letters

Symphrenic Soul Showers and Attention Tunnels

BY DAVID GRAY-HAMMOND · THE WIDER EXISTENCE



We write this from lived experience. As neurodivergent people with our own experiences of attention, imagery and unusual sensory life, we come to these ideas from the inside as well as from the literature. We share that in general terms, not in detail, because some things are private. This post builds on our earlier writing on symphrenia, including The…

FILED UNDER symphrenia attention sensory monotropism

> CONTINUE IN THE LIBRARY

Read the whole blog post, free

Scan the code or tap here. It has its own live chat, so you can talk about it with other readers.

zine.neurohubcommunity.org/read/symphrenic-soul-showers-and-attention-tunnels/

02

BLOG POST

ND-D25E

Edition Eight

STAR STUFF

ND-D25E BLOG POST

Edition Eight

16 October 2026 — Glimmer Wire Nine papers read end to end, the most in eight editions — and a headline that puts a word in quotation marks which nobody on the page is ever quoted as saying.

> IN THE LIBRARY

Read the whole post

Scan or tap. Free, with its own live chat.

FILED UNDER research reading · media critique

03

BLOG POST

ND-F5F6

Campfire Learn Together: How to Make a Fascist — Austerity + Resentment

RYAN BOREN · STIMPUNKS FOUNDATION

Could you imagine that that might be you too? And this story is for you. — Then & Now, How to Make a Fascist I think fascism comes in a very large part from a fear of chaos. It is in some way, then, the ultimate form of ordering ideology.

> IN THE LIBRARY

Read the whole post

Scan or tap. Free, with its own live chat.

ND-F5F6 BLOG POST

Campfire Learn Together: How to Make a Fascist - Austerity + Resentment

FILED UNDER campfire learn together · austerity · fascism · events

04

BLOG POST

ND-4079

How Distress Builds: Three Nested Ecosystems

DAVID GRAY-HAMMOND · THE WIDER EXISTENCE

Yesterday's article made one move; from asking what is wrong with this person? to asking what is this distress responding to? Today is about what the ecosystem is actually made of, and why distress so rarely shows up where it started. If you want the whole model in one sitting before reading on, this is the fullest version I have recorded: More Than A Room When people hear "environment", they…



> IN THE LIBRARY

Read the whole post

Scan or tap. Free, with its own live chat.

FILED UNDER mental health · ecosystemic model · extended mind · distress

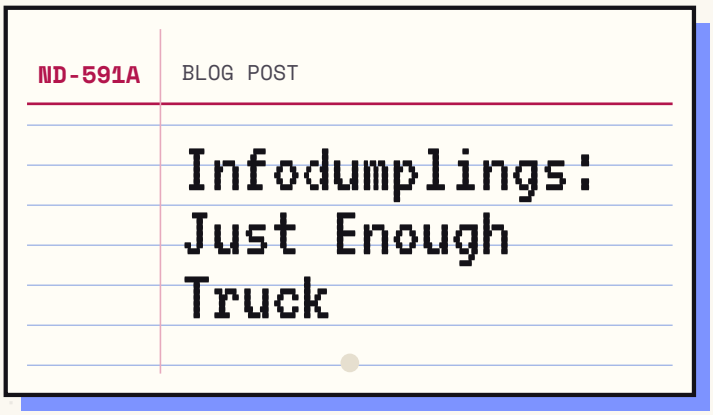
05

BLOG POST

ND-591A

Infodumplings: Just Enough Truck

RYAN BOREN · STIMPUNKS FOUNDATION



I couldn't go to a gas station without somebody asking me about it or trying to figure out how they could get their own. Jake Simpson, a kei truck importer in Pennsylvania, in Japan's 'Kei' trucks hitting U.S. roads — NHK WORLD-JAPAN You use what's available. You share what you've made. You treat the constraints as materials.

> IN THE LIBRARY

Read the whole post

Scan or tap. Free, with its own live chat.

FILED UNDER bricolage · kei trucks · events · special interests

06

BLOG POST

ND-7C60

From the Edge of the Gyre: Yeats, Symphrenia and the Centre that Cannot Hold

HELEN EDGAR · MORE REALMS

ND-7C60 BLOG POST

From the Edge of the Gyre: Yeats, Symphrenia and the Centre that Cannot Hold

An Autistic ADHD, symphrenic reading of Yeats's "The Second Coming": why the centre cannot hold, and how community without a centre can hold us instead.

> IN THE LIBRARY

Read the whole post

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FILED UNDER

symphrenia · audhd · epistemic injustice · ethodivergence · community

07

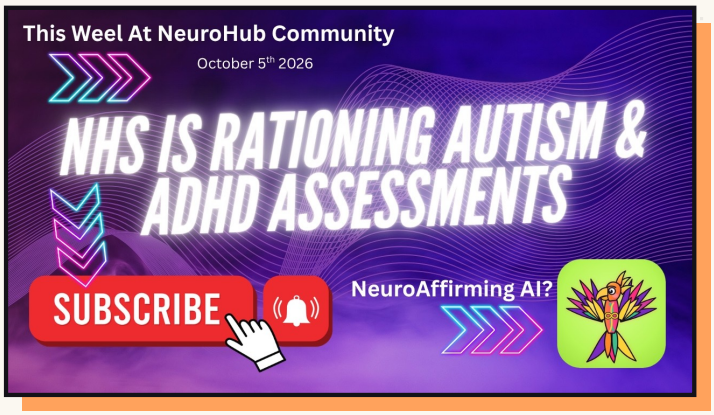
VIDEO

ND-AC83

NHS Is Rationing Autism & ADHD Assessments | This Week At NeuroHub Community Ep. 3

NEUROHUB COMMUNITY

15 NHS areas in England are now rationing autism and ADHD assessments, with minimum waits of up to two years, and ADHD UK is threatening legal action. Plus: SEND reform latest, and the launch of our new Autistic identity course. Welcome to This Week At NeuroHub Community, episode 3.



> IN THE LIBRARY

Watch the whole video

Scan or tap. Free, with its own live chat.

FILED UNDER

assessment waiting lists · adhd · send reform · autistic identity

08

PODCAST

ND-4CC1

Predicting Autistic Burnout

AUTISTIC IDENTITY WITH NEUROHUB

This event is completely free (or you can donate). You don't need a ticket fee, a membership or a subscription. Register on Humanitix and we'll send you everything you need to join. What if you could see burnout coming? Many Autistic people know burnout well. It's the exhaustion that builds slowly, the skills that get harder to reach, and the long recovery afterwards.



> IN THE LIBRARY

Listen to the whole podcast

Scan or tap. Free, with its own live chat.

FILED UNDER autistic burnout · burnout prediction · autistic-led events

09

BLOG POST

ND-CE45

Awe, Wonder and Monotropic Attention in Neuroqueer Learning Spaces

HELEN EDGAR · AUTISTIC REALMS

ND-CE45 BLOG POST

Awe, Wonder and Monotropic Attention in Neuroqueer Learning Spaces

If Helen De Cruz designed a learning space, what would it look like? Helen Edgar follows wonder and awe through monotropism, glimmers, flow and Cavendish Space.

> IN THE LIBRARY

Read the whole post

Scan or tap. Free, with its own live chat.

FILED UNDER awe · monotropism · neuroqueer learning spaces · glimmers · cavendish space

> THE LIBRARY IS OPEN

Come in and join in

NeuroHub Zine is a free magazine made from the neurodivergent community's own blogs, videos and podcasts, and from readers' own writing. Here is how to be part of it.

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