NEUROHUB

ZINE

ISSUE 02

23 OCTOBER 2026

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



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PODCAST

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A MULTITUDE OF DROPS: PHILOSOPHIES OF AUTISTIC IDENTITY

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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

Episode Two: An Identity I Refused To Be Ashamed Of

A MULTITUDE OF DROPS: PHILOSOPHIES OF AUTISTIC IDENTITY



Nobody arrives at an Autistic identity alone. David Gray-Hammond describes coming to his own identity through the online Autistic community and the neurodiversity movement, and argues that identity is constituted in relationship rather than discovered in isolation. Along the way: the double empathy problem, the inheritance of Mad Pride and Disability Pride, and why pride is a refusal of shame rather than a claim of superiority. https://david.neurohubcommunity.org https://horizons.neurohubcommunity.org https://zine.neurohubcommunity.org https://neurohubcommunity.org Join Our Community Here

FILED UNDER autistic identity · autistic pride · community · double empathy problem · belonging

> CONTINUE IN THE LIBRARY

Listen to the whole podcast, 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/episode-two-an-identity-i-refused-to-be-ashamed-of/

02

BLOG POST

ND-A58F

Infodumplings: Every Chimera Is Whole

RYAN BOREN · STIMPUNKS FOUNDATION



Every chimera here is whole. This room never calls one anything less, and nothing about how it was put together is a problem to be solved. House rules, Chimera Obscura on Stimpunks.World What makes us different, makes all the difference in the world. Randimals, quoted on our Different page This week Infodumplings meets somewhere new.

> IN THE LIBRARY

Read the whole post

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

FILED UNDER events · stimpunks · cavendish space · community · belonging

03

BLOG POST

ND-9A82

The Fallow Field: Rest as a Freedom Practice

HELEN EDGAR · MORE REALMS

What if rest were part of the work, the way an eyelid is part of an eye? Drawing on Tagore, the Japanese concept of Ma, Tricia Hersey and the image of a fallow field, this post explores Autistic burnout, monotropic rest and fallowing as a freedom practice.

> IN THE LIBRARY

Read the whole post

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



FILED UNDER rest · autistic burnout · monotropism · autistic burnout recovery · time

04

BLOG POST

ND-CB43

What Is Neuroqueer? Neuroqueer Theory Explained

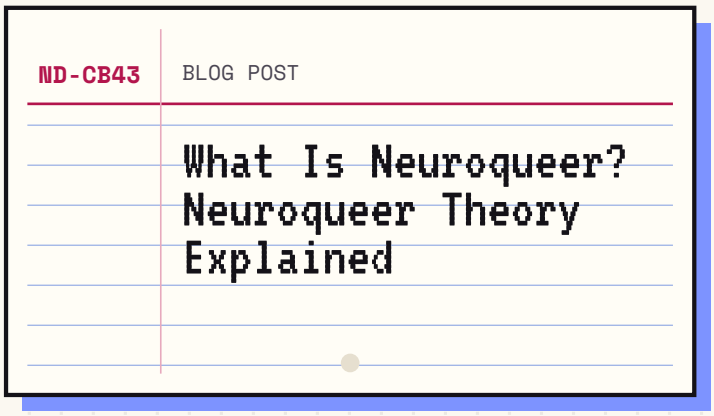
HELEN EDGAR · MORE REALMS

What neuroqueer means: Nick Walker's definition, where the word comes from, how it differs from neurodivergent, and what neuroqueering looks like in everyday life.

> IN THE LIBRARY

Read the whole post

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FILED UNDER neuroqueer · neurodiversity paradigm · masking · belonging

05

BLOG POST

ND-72A8

The Ultimate Collection of Neuroaffirming Resources

JADE FARRINGTON · JADE'S NEURODIVERSITY NEWSLETTER



Access now Exclusively available until November 18th! Featuring more than 50 neuroaffirming resources from dozens of advocates and practitioners, this is a truly unmissable collaboration offering unbeatable value for individuals, families, and professionals. Contributors have donated their resources for free so all proceeds support Kieran Rose, The Autistic Advocate, and family while Kieran is unable to work.

FILED UNDER neuro-affirming · collective care · community · advocacy · support practice

> IN THE LIBRARY

Read the whole post

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

06

BLOG POST

ND-8E41

Spoon Theory and Autism: Energy, Burnout and Monotropism

HELEN EDGAR · AUTISTIC REALMS

ND-8E41 BLOG POST

Spoon Theory and Autism: Energy, Burnout and Monotropism

What spoon theory means for Autistic people: how everyday tasks use up limited energy, why spoons run out faster, and how monotropism and burnout fit in. Includes a free how-to-use guide and…

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Read the whole post

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

FILED UNDER autistic burnout · monotropism · low demand · spoon theory

07

BLOG POST

ND-6712

Autistic Burnout vs Depression: How to Tell the Difference

HELEN EDGAR · AUTISTIC REALMS

Autistic burnout and depression can look the same from the outside but need different support. The differences, where they overlap, and what helps each.

> IN THE LIBRARY

Read the whole post

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

ND-6712 BLOG POST

Autistic Burnout vs Depression: How to Tell the Difference

FILED UNDER autistic burnout · mental health · depression · low demand

08

BLOG POST

ND-E6A1

I Don’t Fuck With Paris

RACHAEL STERN · BREAKING THE FRAME

I wasn’t invited to Paris Hilton’s ADHD event. There was no dramatic refusal. No principled rejection of a pink invitation. No publicist desperately trying to reach me while I weighed my values against the possibility of fabulous sensory experiences. Although, honestly, the sensory experiences looked pretty fucking great. Breaking The Frame is a reader-supported publication.



> IN THE LIBRARY

Read the whole post

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

FILED UNDER pda · social justice · audhd · cults · eating disorders

09

VIDEO

ND-E8D8

Can Your Birthchart Define Your Fashion Sense - Part 2

CLAUDIA



I use astrology to create my outfits for a week. I’m a Sun Libra with Leo Ascendant/ Rising and a Scorpio Venus. csn I get if to work?

> IN THE LIBRARY

Watch the whole video

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

FILED UNDER colour theory · styling and clothing care · astrology

> 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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Every piece has its own live chat, and Phoenix, our AI companion, helps get conversations going.



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