NEUROHUB

ZINE

ISSUE 03

30 OCTOBER 2026

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



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Luis Robertson | Substack

LUIS ROBERTSON · SUBSTACK.COM

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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

Luis Robertson | Substack

BY LUIS ROBERTSON · SUBSTACK.COM



Added to the Library by a reader: the work of Luis Robertson. Follow the link to explore it, and tell other readers what you found on its live chat.

FILED UNDER community · autistic experience

WHY IT LEADS THIS ISSUE

Each Friday the lead is chosen from what has just come into the Library, so new voices and new work come first. This week, it is this one.

> 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/luis-robertson-substack/

02

BLOG POST

ND-754D

Is this my decade?

AMBERHAWK · THE UBUNTU JOURNEY



I was 40. I was at a conference. The energy! I was among my people (I thought) feeling like I belonged — really belonged! It was heady, something I had really never felt before. I had knowledge and expertise, I had built a program to support people in my chapter at earning and recertifying their professional certification, a credential I had earned in the first cohort as a pilot participant…

FILED UNDER identity · community · neuroinclusion · neurodivergent justice · systems

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03

BLOG POST

ND-ACD2

Behind the Mask

SAMANTHA DAWN · ADVENTURE IN MINDS

Neurodiverse people maintain complex masks, beyond that which is expected of ordinary social masks. In a way, our masks are like Ivy: Ivy uses the structure of a tree or building to grow,adding beauty, colour and character and, left untended, to grow. It reaches into places that you never quite intended and…

> IN THE LIBRARY

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FILED UNDER masking · autistic experience · autistic identity

04

VIDEO

ND-CCBA

Neurodivergent People and Pain

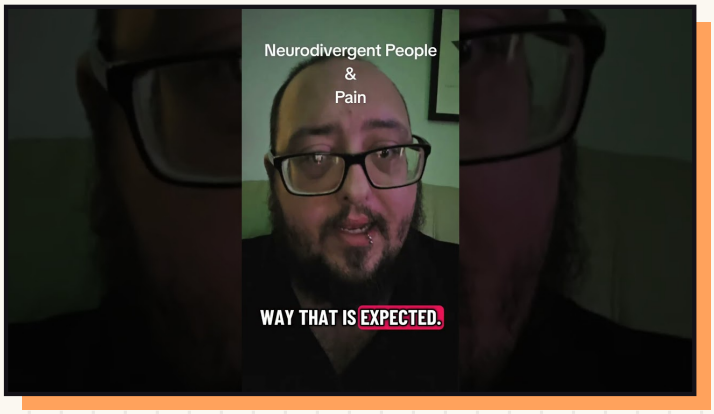
NEUROHUB COMMUNITY

Autistic & otherwise neurodivergent people experience and relate to pain differently and it's important that medical professionals understand this. #ActuallyAutistic #autism #Autistic #ChronicPain…

> IN THE LIBRARY

Watch the whole video

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



FILED UNDER healthcare · sensory · chronic pain · bodymind

05

BLOG POST

ND-4685

Infodumplings: Halloween Hootenanny in the Haunted House

RYAN BOREN · STIMPUNKS FOUNDATION

ND-4685 BLOG POST

Infodumplings: Halloween Hootenanny in the Haunted House

For me, haunted houses bring together themes of the horror of existence, the inevitability of death, remembrance of ancestors, DIY, making, creativity, thresholds, liminality, and seasonal rest. Ryan Boren, the brief for The Haunted House on Stimpunks.World Death, divergence, and whimsy. Gather 'Round Creeps: Happy Halloween from the Black Leather Lagoon, Stimpunks, 2024 For Infodumplings this week, we're having a spooky show-and-tell in our Haunted House room at Stimpunks.World.

FILED UNDER events · community · liminal spaces · creativity

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06

BLOG POST

ND-1385

When the Web Frays: Burnout, Crisis and the Monotropic Mind

DAVID GRAY-HAMMOND · THE WIDER EXISTENCE



Content note: this article discusses Autistic burnout, psychiatric crisis, psychosis and inpatient admission. It does not describe self-harm. So far this series has set out the core shift (Part 1) and the three nested levels where distress accumulates (Part 2). Today we follow what happens when that accumulation goes on for too long. That means burnout, and for some of us, what comes after it.

FILED UNDER

autistic burnout

monotropism

ecosystemic model

psychosis

distress

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07

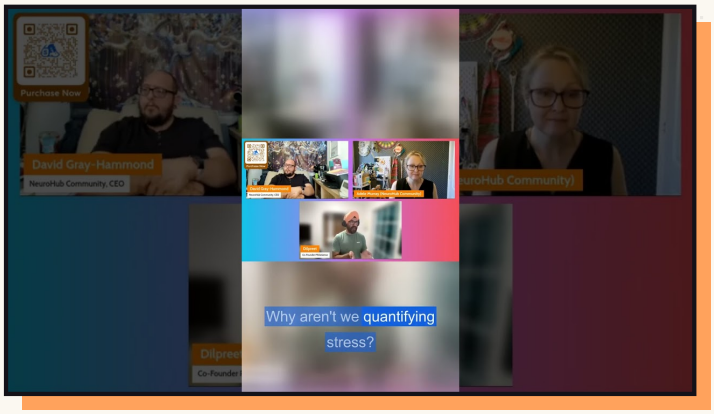
VIDEO

ND-4D9E

AD | Why we decided to quantify stress | Autistic Identity With NeuroHub x PhiliaSense

NEUROHUB COMMUNITY

AD | This video contains an affiliate link. NeuroHub earns a small commission if you buy through it. We measure blood pressure. Why aren't we measuring stress? The PhiliaSense team explain where the idea came from, in a clip from our exclusive bonus episode of Autistic Identity With NeuroHub.



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FILED UNDER

autistic burnout

burnout prediction

wearable technology

08

BLOG POST

ND-B0EF

The cost of waiting: ADHD, early death and assessment rationing

DAVID GRAY-HAMMOND · NEUROHUB COMMUNITY

Waiting lists are usually discussed as an inconvenience. New research suggests that for ADHDers, they are a question of risk. A meta-analysis published in JAMA Network Open links ADHD to a 70% higher risk of early death from any cause. In England, meanwhile, a growing number of NHS areas are rationing ADHD assessment, some with minimum waits of two years.

> IN THE LIBRARY

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ND-B0EF BLOG POST

The cost of waiting: ADHD, early death and assessment rationing

FILED UNDER assessment waiting lists · adhd · research reporting · diagnosis

09

PODCAST

ND-13A6

Episode One: The Thing That Was Never There

A MULTITUDE OF DROPS: PHILOSOPHIES OF AUTISTIC IDENTITY



Autism is an abstraction built to make Autistic people treatable. Autistic identity is the thing that was actually there all along. This podcast episode was scripted and recorded by David Gray-Hammond, CEO of NeuroHub Community. If you would like to buy him a coffee you can do so by clicking here. You can also access the following Professional Gateway Community NeuroHub Connect Community On Heartbeat Information on NeuroHub Community's Services

FILED UNDER autistic identity · philosophy of autism · medical model critique

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Listen to the whole podcast

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