NEUROHUB

ZINE

ISSUE 04

6 NOVEMBER 2026

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



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I Want to Go Home.

RACHAEL STERN · BREAKING THE FRAME

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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 the issue is chosen from what readers spent the most time with in the past week, with room kept for new arrivals.

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

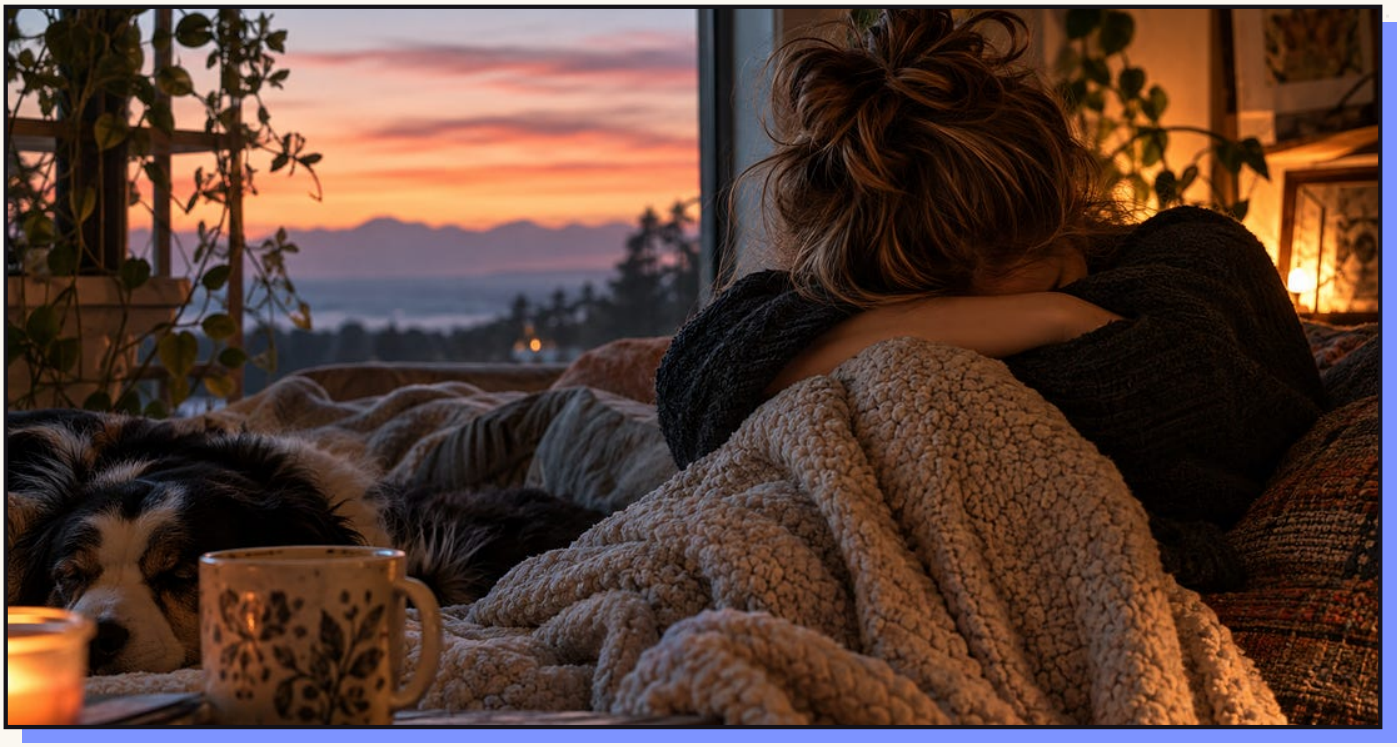
Get each new issue

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

zine.neurohubcommunity.org/letters

I Want to Go Home.

BY RACHAEL STERN · BREAKING THE FRAME



Share I was already home. In my own house. Surrounded by familiar things. In a place where I was safe, where I belonged, where there was nowhere else I was supposed to be. And still, somewhere between the tears and the overwhelm, a voice rose up from a place inside me that felt impossibly young. I want to go home. Not once. Not as a passing thought. Over and over. I want to go home. I want to go home. I want to go home. There was no address I could put into Google Maps. No destination that would make the feeling stop. It was a yearning so deep that I could feel it in my body. An ache that seemed older than the moment I was living in. And I couldn't make it go away. What precipitated this meltdown is personal, and it will remain that way. I'm choosing to share what happened inside me, not the circumstances that brought me there.

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

> 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/i-want-to-go-home/

02

BLOG POST

ND-A088

A Third Place Needs a Cave: Cavendish Space as Third Place

RYAN BOREN · STIMPUNKS FOUNDATION



Our glossary asks a question we keep coming back to: If you're not at home and you're not at work or school but you are at a place that provides community without being required to buy stuff, where are you? You're in third space. Quick little "how to" for including autistic people in community events, quoted on our Third Places page We have already said, more than once, that the…

FILED UNDER

cavendish space | community | belonging | access | stimpunks

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Read the whole post

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03

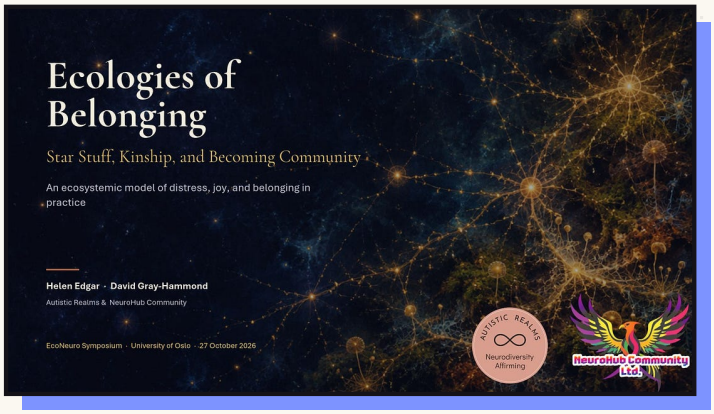
BLOG POST

ND-B16D

Ecologies of Belonging

DAVID GRAY-HAMMOND · THE WIDER EXISTENCE

This is the written version of "Ecologies of Belonging: Star Stuff, Kinship and Becoming Community", the talk we recorded for the EcoNeuro Symposium at the University of Oslo. We couldn't be there in person, so we recorded it instead, and without a clock running it went well past its slot. What follows keeps the shape of the talk, adds the parts of the…



FILED UNDER

belonging | star stuff | community | ethodivergence | collective care

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Read the whole post

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04

BLOG POST

ND-3A34

The Unbelieved Body

DAVID GRAY-HAMMOND · THE WIDER EXISTENCE

Content note: this essay discusses psychosis, tactile hallucinations, physical illness, health anxiety, medical dismissal and premature death. It does not describe self-harm or crisis in detail. In our first essay we proposed the word symphrenia (Gray-Hammond & Edgar, 2026), and we built it from phrn on purpose. In Homeric Greek phrn was the midriff, t…



> IN THE LIBRARY

Read the whole post

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FILED UNDER symphrenia · psychosis · healthcare · epistemic injustice · bodymind

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05

BLOG POST

ND-52A5

Neurodiversity Newsletter November Edition

JADE FARRINGTON · JADE'S NEURODIVERSITY NEWSLETTER



Contents Autistic Community Support What is Neurodiversity? Webinars, Events & Training Articles & Resources Autistic Community Support "A game-changing opportunity for Autistic people, parents, and anyone working with us to access support of a quality and scale that we don't think we've ever seen in one place before." - The Autistic Collective CIC More than 30 Autistic advocates and professionals have come together to create a mega bundle featuring more…

FILED UNDER community · events · neuro-affirming · listings · support practice

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06

BLOG POST

ND-88D9

Campfire Learn Together: The Production of Docile Bodies

RYAN BOREN · STIMPUNKS FOUNDATION

ND-88D9 BLOG POST

Campfire Learn Together: The Production of Docile Bodies

The result is what Foucault calls the production of docile bodies. PolScience, Michel Foucault: Discipline and Punish Explained | How Modern Power Controls Us The decisive question is no longer simply who has the right to punish. It is also who has the authority to define what counts as normal.

> IN THE LIBRARY

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FILED UNDER

campfire learn together

behaviourism

neuronormativity

events

ableism

07

PODCAST

ND-A078

Trailer | Season 1

THE WIDER EXISTENCE PODCAST

When a person is struggling, there are two questions available. The first is always asked: what is wrong with this person? The second hardly ever gets asked: what is wrong with the world around them? The Wider Existence Podcast asks the second question, and follows it as far as it goes.



> IN THE LIBRARY

Listen to the whole podcast

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FILED UNDER

ecosystemic model

distress

psychosis

symphrenia

star stuff

08

BLOG POST

ND-CDDE

Spotlight on Autistic Pride with Marion McLaughlin, Managing Director of Aurora Autistic Consulting, and founder of Autistic Pride Aberdeen

MARION MCLAUGHLIN · JADE'S NEURODIVERSITY NEWSLETTER

Marion McLaughlin is the Managing Director of Aurora Autistic Consulting. They have a varied career background including stable hand, road safety officer, primary school teacher, and Autistic led charity CEO. Marion founded Aurora Autistic Consulting to help all kinds of organisations, including schools, workplaces, NHS, and charities, to support Autistic people and their families in a neuroaffirming way.



> IN THE LIBRARY

Read the whole post

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

FILED UNDER autistic pride · late diagnosis · community · young readers

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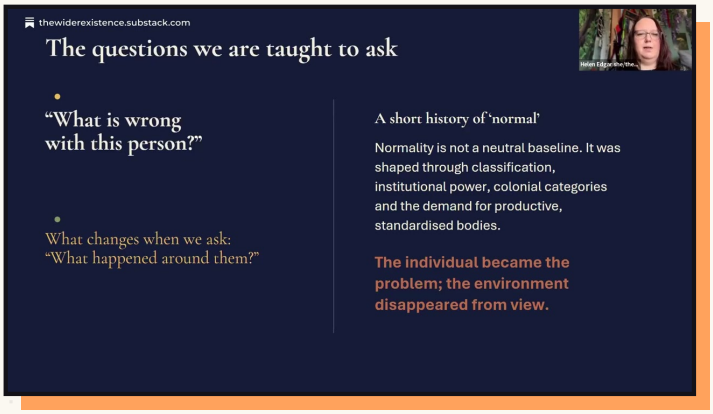
09

VIDEO

ND-B8B8

Ecologies Of Belonging Video Webinar

NEUROHUB COMMUNITY



Star Stuff, Kinship, And Becoming Community
https://www.thewiderexistence.co.uk/p/ecologies-of-belonging-video-webinar?utm_source=youtube

> IN THE LIBRARY

Watch the whole video

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FILED UNDER belonging · community · star stuff · ethodivergence

> 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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