N E U R O H U B

ZINE

ISSUE 05

13 NOVEMBER 2026

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

ND-C0E5 BLOG POST

Ten Superpowers You Develop When Parenting an Autistic Child By Melissa Jamart-Antoine

THIS WEEK'S LEAD BLOG POST

Ten Superpowers You Develop When Parenting an Autistic Child By Melissa Jamart-Antoine

THEMAGMAN · THE MAG

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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

Ten Superpowers You Develop When Parenting an Autistic Child By Melissa Jamart-Antoine

BY THEMAGMAN · THE MAG

ND-C0E5 BLOG POST

Ten Superpowers You Develop When Parenting an Autistic Child By Melissa Jamart-Antoine

I studied psychology, so I entered motherhood equipped with theories about behaviour, cognition and child development. Then I had Hunter and discovered that children do not read psychology textbooks. Parenting an autistic child has turned academic knowledge into practical expertise. Researchers call it vigilance, adaptation and responsive parenting. I call it becoming Super-mum, although I am not allowed the costume. Hunter has a Spider-Man one that he absolutely loves, and apparently this family only has room for one visibly identifiable superhero. Here are ten superpowers I have developed. 1. Detective-level observation A detective examines evidence; an autism mum examines everything. Was it the noise? The lighting? A change in routine? The wrong cup? I look beyond behaviour and ask what Hunter may be communicating. Nothing is “random”…

> 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/ten-superpowers-you-develop-when-parenting-an-autistic-child-by-meliss/

02

BLOG POST

ND-DC79

ADHD: Designing Your New Scaffold by Dr Claire Stubbs

THEMAGMAN · THE MAG



Dr Claire Stubbs is a Chartered Counselling Psychologist specialising in ADHD, trauma, attachment and neurodiversity. Her work integrates neuroscience, Internal Family Systems (IFS), attachment theory and practical approaches to executive functioning, helping people better understand their brains and build lives that work with them rather than against them. Based in Eastbourne, September sees Claire launching 'ADHD: Designing Your New Scaffold', an eight-week therapeutic programme for adults with ADHD.

FILED UNDER diagnosis · listings · news · reviews · interviews

> IN THE LIBRARY

Read the whole post

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03

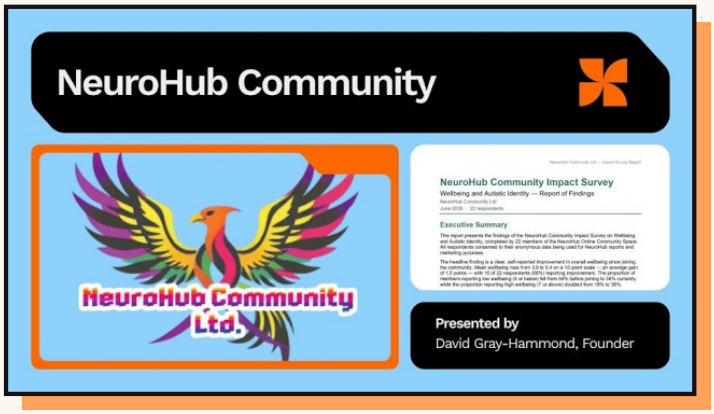
VIDEO

ND-75BB

Intersecting identities: The Double Rainbow | David w/ Ausome Charlie (Charlie Hart) & Azi

NEUROHUB CONNECT

PRE-RECORDED Two identities. One conversation. Infinite connection. What happens when being neurodivergent and being LGBTQ+ collide? Spoiler: it's more common than you think; and way more interesting than most people realise. Join David, Charlie, and Azi for a lively, honest, and genuinely fun chat about the surprising overlaps between neurodivergence and LGBTQ+ identity. (Click this link to donate towards paying our guest!



> IN THE LIBRARY

Watch the whole video

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

FILED UNDER neuroqueer · intersectionality · belonging · sex and gender

04

BLOG POST

ND-9BBC

The Constellation of Intensities: Neuroqueering the Spiky Profile

HELEN EDGAR · AUTISTIC REALMS

Why even the "spiky profile" still measures us against a grid — and what a constellation of intensities offers instead.

> IN THE LIBRARY

Read the whole post

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



FILED UNDER constellation of intensities · neuroqueer · sensory · audhd

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05

PODCAST

ND-029E

Episode 1 | The Second Question

THE WIDER EXISTENCE PODCAST



This is a free preview of a paid episode. To hear more, visit www.thewiderexistence.co.uk When a person is struggling, the first question is almost always the same: what is wrong with this person? In this opening episode, David Gray-Hammond and Helen Edgar make the case for the second question, the one that hardly ever gets asked: what is wrong with the world around them?

FILED UNDER ecosystemic model · mental health · distress · systems society

> IN THE LIBRARY

Listen to the whole podcast

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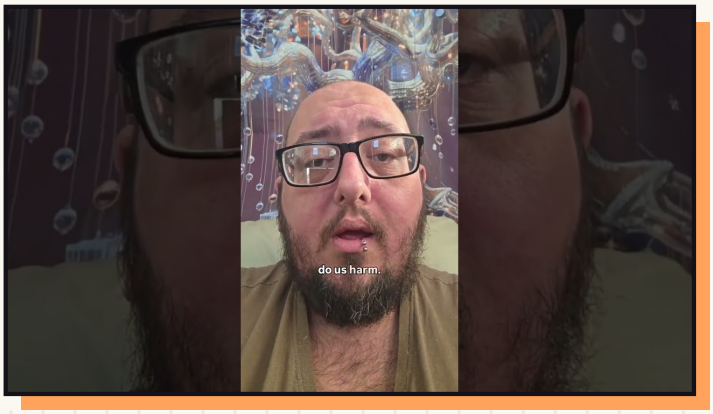
06

VIDEO

ND-D97A

Anxiety is NOT “just part of being autistic” #Shorts

NEUROHUB CONNECT



“You’re anxious because you’re autistic.” Many Autistic people have heard this from doctors when describing anxiety that feels incomprehensible. But anxiety is not part of the criteria for recognising autism. Autistic people experience high levels of anxiety because we live in a world that is inherently traumatic for us; hypervigilance becomes a survival strategy. To professionals: swap the assumption for curiosity.

FILED UNDER mental health · neuro-affirming · support practice · healthcare · distress

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Watch the whole video

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07

BLOG POST

ND-80B4

A place to play and belong: Dublin’s GAA All Stars inclusion campus

MY SEND FRIEND

Whitehall, Dublin, Republic of Ireland — A community sports project is creating a place where children with additional needs can come together through games and recreation. Variety Ireland announced the launch of a GAA All Stars Children’s Inclusion Campus at Whitehall Colmcille GAA Club on 31 July 2026.

> IN THE LIBRARY

Read the whole post

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ND-80B4 BLOG POST

A place to play and belong: Dublin’s GAA All Stars inclusion campus

FILED UNDER inclusive schools activities · belonging · community · children · news

08

BLOG POST

ND-34BB

From NeuroHub: Where ‘bodymind’ comes from: a new post on The Wider Existence traces the word’s two histories

NEURODIVERGENT NEWS

A new post on NeuroHub’s blog The Wider Existence traces where the word ‘bodymind’ came from, from 1970s humanistic psychology to disability studies. It argues that neurodivergent communities should keep that history attached to the word they use every day. (AI-written · AI fact-checked.)

> IN THE LIBRARY

Read the whole post

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

ND-34BB BLOG POST

From NeuroHub: Where ‘bodymind’ comes from: a new post on The Wider Existence traces the word’s two histories

FILED UNDER bodymind · disability · history of science · news

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09

BLOG POST

ND-E727

From NeuroHub: New on The Wider Existence: agency, responsibility and the ‘chaotic self’

NEURODIVERGENT NEWS

ND-E727 BLOG POST

From NeuroHub: New on The Wider Existence: agency, responsibility and the ‘chaotic self’

The Wider Existence, by David Gray-Hammond and Helen Edgar, has published a new essay asking where personal agency and responsibility fit if distress is shaped by a person’s surroundings. It includes a content note about criminal justice, restraint and detention. (AI-written · AI fact-checked.)

> IN THE LIBRARY

Read the whole post

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

FILED UNDER distress · ecosystemic model · systems society · news

> 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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