

Amy Simkin 3/07/2025 ↻



Neurodivergent Joy- University of York Neurodiversity Celebration Week 2025

As part of Neurodiversity Celebration Week 2025 we are hoping to collate resources that cultivate joy (to go alongside support resources). The intention is that if we can all share a little something that brings us joy we will have a wealth of resources to bring joy to the whole ND community. Please comment and add links to any sections you have ideas for (and please use the final section to add anything not covered in the suggested topics!). Happy Neurodiversity Celebration Week!

Media

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TV

Please add any recommendations for TV shows which inspire neurodivergent joy here!
You may want to :

- The name of the TV show
- Where you can watch it

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Admirable Boar 3/7/25 2:56PM

Patience on Channel 4. Great neurodivergent representation in the main actress and set in York which is nice!

Gentle Kiwi 3/17/25 2:24PM

our autistic minds on bbc iplayer. 4 different autistic people make films about their experiences. i found it very inspiring.



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Films

In your film recommendations you may want to include:

- Name of the film
- Where you can watch it
- Why it brings you joy

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Books (Fiction)

In your fiction recommendations you may want to include:

- Title, author, genre
- Why you would recommend this book for Neurodivergent joy
- Any other reason why someone may enjoy it!

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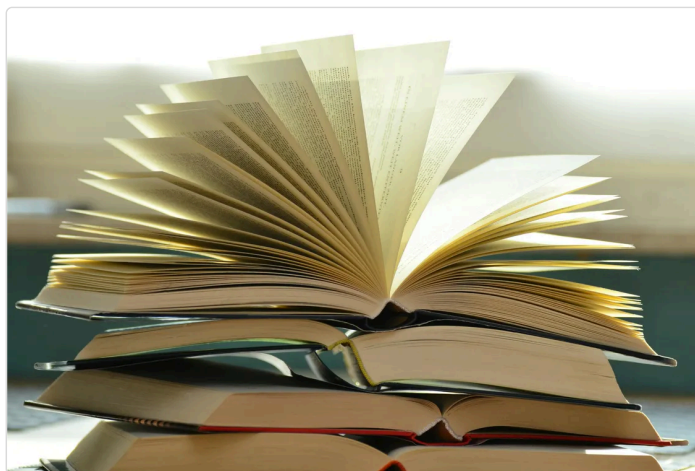
Wonderful Ferret 3/7/25 2:00PM

Neurodivergent romance authors: Talia Hibbert, Chloe Liese, Helen Hoang, Hannah Grace.

(Suspected ND romance authors as their characters are heavily ND-coded and also they give the same feeling as the above): Ali Hazelwood, B.K. Borrisson

Trustworthy Platypus 3/10/25 12:38PM

The Fat Lady Sings by Jacqueline Roy is contemporary fiction, an underrated novel that is full of heart and explores a number of intersectionalities.





Books (Non-fiction)

In your fiction recommendations you may want to include:

- Title, author, genre
- Why you would recommend this book for Neurodivergent joy
- Any other reason why someone may enjoy it!

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Amy Simkin 3/7/25 10:15AM

Stories of Autistic Joy by Laura Kate Dale - Laura Kate Dale and 15 other autistic authors from around the globe, open the door and invite you in to explore and celebrate the candid, uplifting and intimate moments of autistic joy.

Hopeful Lobster 3/10/25 2:30PM

Why can't I just enjoy things? Pierre Novelle - A funny and insightful journey through later diagnosis autism and neurodivergence started by a hecklers suggestion that this comedian might be autistic.



Podcasts

In your recommendations you may want to include:

- The podcast name and topic/genre
- Frequency of episodes / how large is the backlog
- Why it brings joy

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Wonderful Ferret 3/7/25 2:04PM

Maintenance Phase - Debunking junk health and wellness myths. Deep dives into topics. They don't release episodes very often at the moment, but their back catalogue is outstanding. I would strongly recommend their episode debunking the Body Mass Index (BMI).

<https://open.spotify.com/episode/5Hm6oJt40eeAhhKseCtju8?si=mLlx-PBzTHqObNxQDjihHA>



Video Games

In your video game recommendations you may want to include:

- Name and platform for the game
- Why you would recommend it

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Kind Porcupine 3/7/25 10:31AM

Animal Crossings New Horizons (Switch) - Peak cosy gaming, low-stakes goals, super cute!

Kind Porcupine 3/7/25 10:33AM

Stardew Valley (Everything - even your phone) - Cosy gaming, make your own farm or your own adventure, addictive

Kind Whale 3/7/25 10:34AM

The Sims (PC) - Games 1-4 are all addictive and are peak ND joy for me!

Polite Raven 3/7/25 3:17PM

Nintendo Tetris, mindless repetition and lovely pattern recognition. Very calming for me.

Rusty 3/10/25 1:57PM

Armored Core VI: Fires of Rubicon (Playstation, Xbox, PC). Alongside the fun action gameplay, you buy different parts for and build your own robot(s) to pilot. Plenty of detailed settings to tweak to your hearts' content, along with colouring your designs, and even an image editor (like a basic version of Photoshop) to create logos to adorn your creations. Like a virtual Lego set.

Brave Capybara 3/10/25 2:35PM

Flight Simulator X Steam Editon



Board Games

In your board game recommendations you may want to include:

- Name and type of board game
- Number of players/time to play
- Why you would recommend it

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Content creators

In your recommendations you may want to include:

- Handle and platform for the creator
- What type of content
- Why you would recommend it

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Delightful Llama 3/7/25 2:08PM

@charlierewilding on Instagram and Substack - AuDHD creator recovering from burnout and posting thoughtful (and practical!) guides and content. (She also has a super cute dog)

<https://www.instagram.com/charlierewilding/>

Laura 3/11/25 9:10AM

Ellie Middleton - shares her experiences of Autism and ADHD in the workplace, and is very inspiring! <https://www.linkedin.com/in/elliemids/>



Places to go

Places on Campus / Around York

In your recommendations you may want to include:

- A link to a map/information about the place
- Why it brings joy

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Places in the UK

In your recommendations you may want to include:

- A link to a map/information about the place
- Why it brings joy

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Brave Cappybara 3/10/25 2:36PM

Slough, makes you appreciate where you live more

Krick 3/12/25 10:49AM

Himalayan Gardens and sculpture park for relaxing walks and some outdoor workshops in the summer months. <https://g.co/kgs/BoeTtYk>

Laura Mitchell 4/22/25 5:09PM

Alton Towers: vestibular stimulation and peaceful gardens to find a quiet spot! Long queues might be unpleasant for some but I recommend knitting when in them! They also now have a sensory room in CBeebies land for the kiddies.



↩ Places elsewhere in the world

In your recommendations you may want to include:

- A link to a map/information about the place
- Why it brings joy

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↩ Travel tips/hacks!

In your recommendations you may want to include:

- Top travel tips and hacks which make travel easier and more accessible

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Responsible Lynx 3/18/25 8:54AM

Noise-cancelling headphones and loop earbuds have changed how I even think about travel - it makes it so much more enjoyable now!

Also, if you are flying check whether the airports you are going are part of the sunflower lanyard scheme and if so, find out where their quiet spaces are :)



Neurodivergent things

↩ Sensory items

In your recommendations you may want to include:

- What the item is and what sense it brings joy to
- A link to the item/where to buy it

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Polite Raven 3/7/25 3:26PM

Soft toys - textures, squish-ability, smell-ability, different sizes. I particularly love Jellycat toys for their quality (well worth the price!).



⇒ Fidget toys

In your recommendations you may want to include:

- The name of your favourite fidget toys and what makes them your favourite
- A link to the item/where to buy it

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Responsible Lynx 3/18/25 8:59AM

I have a crocheted fidget toy with a marble in it which is a firm favourite. It's nice to touch, it's silent and it's subtle enough that you can have it in your pocket and no one would know. I got mine at a market around Christmas time, but I imagine the seller must sell them on Etsy or similar.



⇒ Special interests hobbies

In your recommendations you may want to include:

- Why this hobby brings you joy/what makes it a special interest
- Any suggestions of where to start
- Any links to groups associated with this hobby

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Responsible Lynx 3/18/25 8:57AM

I love reading and love talking about books, however a book club doesn't always feel right for me (as there is definitely some demand avoidance around being told what to read!). But recently, I have really enjoyed going to Waterstones book events. They will often have authors touring new books and it's a nice way to be in the book community without committing to reading books you don't want to.



⇒ ND friendly events

In your recommendations you may want to include:

- What the event includes
- Why it's ND friendly
- A link

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Anything Else!

⇒ If you have any other things that bring you ND joy, please pop them here

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Calm Cat 3/7/25 3:33PM

Shout out for The Distractibles, a total life saver for Social / Decompress Joy on a weekly basis! The toolkit is also full of great tips from ND people who have joined us over the years. <http://bit.ly/UoYDistractibles>

⇒ If you have any suggestions for additional sections/topics, add those here

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Cathy 3/12/25 4:34PM

GET PAID TO BE AUTISTIC!!! Autistica charity. https://www.smartsurvey.co.uk/s/IFIFOR/?utm_campaign=1719580_Autistica%20paid%20photoshoot%3A%20expression%20of%20interest&utm_medium=email&utm_source=Autistica&dm_i=4U0R10UU4.6TGEZP4S8RV.1

