ENFOLD NEWS

ISSUE 25 - DEC 2025

Donate:

As a registered charity (1180998) we rely on grants and fundraising. If you would like to support us, you can donate here:

Contact us:

E: info@enfold.org.uk

W: www.enfold.org.uk

F: En-Fold - Northamptonshire Autism Support

EnFold's Christmas Campaign

This year, EnFold invites our community to wrap the season in belonging. Choosing compassion over consumerism and connection over cards.

By choosing EnFold as your charity this season, you'll be gifting something far more lasting than Christmas Cards - you'll be helping autistic individuals and their families access timely, compassionate support when they need it most.
By donating what they would have spent on Christmas cards or gifts, supporters help us reduce waiting lists, expand family and wellbeing support, and ensure more autistic individuals feel seen, supported, and included.
Donate here: https://www.justgiving.com/charity/en-fold or scan the QR code above

EnFold's Christmas Tips

ENFOLD'S TOP TIPS FOR CHRISTMAS

AN AUTISTIC FRIENDLY GUIDE

Plan ahead and reduce surprises

To reduce overwhelm at Christmas it can be helpful to:

- Create a visual calendar of events coming up over the festive period.
- Stick to plans as much as possible and if things need to change give advance warning and explanation where possible.
- Share clear expectations: Who will be there, what will happen, how long will it last and what will happen at the end. Social stories can be really helpful here.
- Build in transition time before and after events. This can help with regulation.

Protect your energy

It's important to build in time to recharge your batteries and avoid overwhelm and/or burnout. Socialising, changes to routine and navigating new environments can quickly drain energy levels.

- Schedule quiet time between busy days.
- Give permission to leave early or take breaks. Sometimes having a card or a sign to quickly show what is is needed can be helpful
- Have a familiar 'safe' space available that is sensory friendly. This could be a bedroom, quiet corner or outside space to retreat to.

Gifts without overwhelm

Both giving and receiving gifts can be overwhelming and an added pressure at Christmas. There are some steps you can take to make this easier.

- Agree on gift boundaries for example: one present each, a practical gift, or a spending limit...
- Offer Wish Lists to avoid surprises.
- Use familiar wrapping or gift bags to prevent overwhelm.
- Some people may prefer no wrapping.
- Opening gifts in front of people can be very overwhelming, so consider whether this is necessary.

Sensory friendly celebrations

Lights, music, unfamiliar places, different people and different smells can all be very uncomfortable for an autistic person.

- Limit flashing lights, loud music and strong smells.
- Have noise cancelling headphones and/or sunglasses available to help minimise sensory input.
- Wear comfortable clothing. Dressing up in different clothing for the occasion may cause discomfort.
- Create a sensory toolkit including: Fidgets, weighted blanket, calming playlist, preferred scents.

Inclusion without pressure

Inclusion does not mean everyone has to do the same thing. It means everyone should be able to participate (or not) in a way that is comfortable for them.

- Participation in games, meals around the table and other activities should be optional not forced.
- Value authentic presence - Being in the room is sometimes enough, without participating in every activity.
- Encourage alternative roles that suit strengths, such as: Being photographer, organiser or helper. Having roles can ensure everyone feels valued and included. It helps maintain a sense of control.

Communication without boundaries

There are steps you can take to aid communication, ensuring everyone is prepared and has ways to express themselves.

- Use scripts or communication cards for common social exchanges "Merry Christmas", "Thank-you".
- Agree on signals or signs for when support is needed.
- Families/friends can rehearse scenarios together to build confidence.
- Social stories can be used to explain what to expect and reduce anxiety.

Food and mealtimes

Different foods, changes to meal times, and eating around a table with different people can lead to dysregulation and overwhelm. Here are some steps you can take to make it a little easier:

- Have safe foods available as well as festive options.
- Allow flexibility to eat in a different space or at a different time. Sitting around the dinner table with a large group can be very uncomfortable. Different smells, confined space and multiple voices at once can be overwhelming.
- Share menus in advance to reduce anxiety.

Honour lived experience

- Ask autistic voices what matters most to them.
- Adapt traditions to suit need, rather than expecting 'normal' participation.
- Remember EnFolds marble cake principle: Inclusion isn't an add on, it's baked in.

High Five Family Activities - Christmas 2025

Please note: These activities are open to families registered with EnFold and require pre booking. Contact us for booking link and/or registration form - Info@enfold.org.uk

EnFold
Supporting the Autistic Community

PARENT/CARER AND FAMILY CHRISTMAS ACTIVITIES

Mon 1st Dec
Parent Support Group Christmas meal

Sat 6th Dec
Wicksteed Park - Father Christmas Experience

Fri 19th Dec
Rock up - Rushden Lakes

Sat 20th Dec
Gullivers Land of Lights
arrive 4pm for 4.15 admission

Fri 2nd Jan
Ice Skating - Whilton Locks

Coming up in 2026!

Exciting new volunteering opportunities

Please get in touch to express your interest

VOLUNTEERING OPPORTUNITIES!

ARE YOU AUTISTIC AND LOOKING FOR A JOB? WE HAVE VOLUNTEER ROLES STARTING THROUGHOUT 2026.

Why not join EnFold as a volunteer to gain work experience? We have some key part-time roles where your specialist experience of Autism is invaluable! We need people like you to help lead our support groups, write about your experiences for our socials and website or help us deliver events. These opportunities could help you get important work experience and lead you to a paid role in the future. We provide training, travel expenses, supervision, reviews and a reference for future employment.

EnFold
Supporting the Autistic Community

If this sounds of interest, please get in touch to register your interest.

info@enfold.org.uk

Email: info@enfold.org.uk

Support EnFold whilst doing your shopping this Christmas

Register for Give as you Live and Raise money for EnFold whilst you shop online, at not extra cost to you.
Sign up for free here and choose EnFold as your charity:
https://www.giveasyoulive.com/join/choose-charity?q=Enfold&mode=charity

Challenge yourself in the New Year! Run for EnFold

Are you up for a challenge in 2026? Why not consider signing up for one of these half marathons and raising money for EnFold? There is a 5K opportunity in Kettering as well.

RunThrough

KETTERING 5K & HALF MARATHON

EnFold
Supporting the Autistic Community

Run for EnFold in the Kettering Half Marathon or 5K event. Registration fee - £25, Minimum sponsorship £100. 5k ages 11+, half marathon ages 17+ . Find out more about the event here: https://www.runthrough.co.uk/event/kettering-half-marathon-5k-march-2026

8TH MARCH 2026

SIGN UP HERE:

Run for EnFold

EnFold
Supporting the Autistic Community

LONDON LANDMARKS

HALF MARATHON
12th April 2026

Following the success of last years LLHM which all of our runners thoroughly enjoyed, we have secured some places for the 2026 event.

Set yourself a new goal and prepare for an unforgettable day with an incredible atmosphere.

Registration Fee: £40
Fundraising Target: £300

If you would like to register for one of our spaces email: adeera@enfold.org.uk

UPCOMING DATES DEC 2025

Parent Support Groups

SUPPORT

High Five - Kettering

Monday 1st Dec 7.30-9.30pm

St. Andrew's Church rooms, Kettering, NN16 8JS

https://www.facebook.com/groups/412516238822618

Northampton Parent Group

Tuesday 9th Dec 7-8.30pm

The Coachouse, Delapre Abbey, NN4 8AW

Young Person's Autism Advisory Project (YAAP) Ages 11-25

Northampton - Semilong Community Centre, NN2 6HS

- **Tuesday 2nd Dec 6.30-8pm**
- **Tuesday 16th Dec 6.30-8pm**

Kettering - Telford Lodge, NN16 8FX

- **Thursday 11th Dec 5-7pm**

Mini YAAP - Ages 8-11

Northampton - Kingsthorpe Community Centre, NN2 6RQ

- **Saturday 20th Dec 10.15-11.45am**

UPCOMING DATES CONTINUED

Adult Social Support Groups (ASG)

Age 18+

Kettering:

- **Friday 5th Dec 10am-12noon, Montagu Street Children's Centre, NN16 8RX**
- **Friday 19th Dec 7.30-9.30pm, Lawyer and the Nurse, NN16 0AH**

Northampton:

- **Weds 10th Dec 10am-12noon, Community Court Yard, NN1 1RS**

Wellingborough/Rushden:

- **Friday 12th Dec 7-9pm, Salvation Army, Rushden NN10 9YU**