

Bridging the Silos Autistic Menopause Study

Creative Submissions

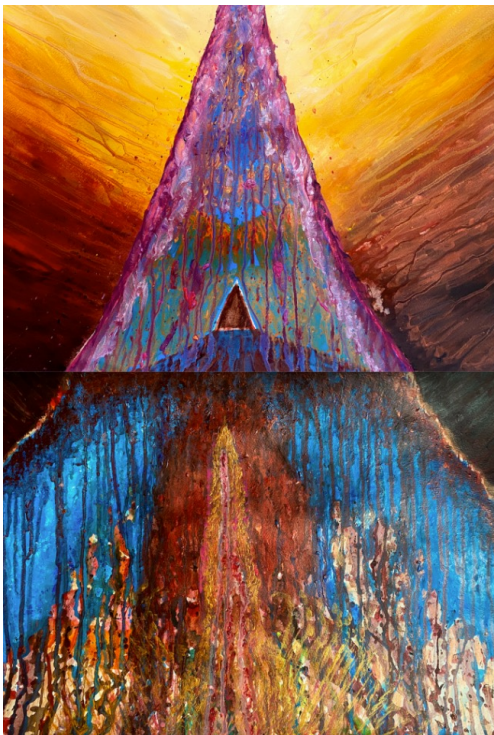
Menopause can be a very challenging time for some Autistic people. We are Autistic researchers and academics exploring Autistic experiences of menopause and what support and information might help.

We invited creative submissions from Autistic participants in the UK and Canada with lived experiences of menopause.

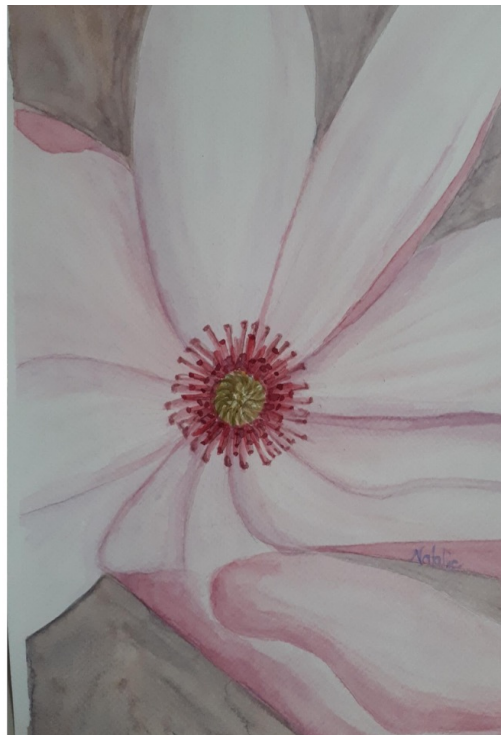
We received 6 submissions including poetry, paintings, and graphic work. You can view the submissions on our website: www.autisticmenopause.com

“There is fire there, both of the menopausal overheating body and the fire of a new stage of life and self discovery as an Autistic person. Also anger at years of struggle because of not having this knowledge.”

(Autistic research participant – UK)



“Birthday” by Anonymous



“Blooming” by Natalie L.

**“To speak out, be heard
Knowing I am not alone”**
(From the poem “Rollercoaster” by Tracy B.)

We have written a paper about the creative submissions called ‘Stepping into who I fully am: A creative exploration of Autistic menopause.’

For more information about the Bridging the Silos: Autistic Menopause Study, please visit our website www.autisticmenopause.com.