



Scottish Ethnic Minority Autistics (SEMA) translates its popular “What is Autism?” webinar into Urdu and Arabic...for East Renfrewshire residents!

“Highly recommend this webinar for anyone interested in finding out what Autism is - particularly from the perspective of Ethnic Minority Autistics.

Sofia and Laura engage with the audience well, as they talk us through the definitions, the social and educational challenges faced, and the importance of diagnosis for Autistic individuals - and their families.

With their intelligence and humour, and some personal experiences, both of them manage to get the listener to think deeply about this topic and by the end of the webinar one develops a much needed higher understanding of Autism and Autistic people.”

Dr Umair Khan
Consultant Paediatrician
NHS Scotland

Arabic & Urdu Versions Available

العربية + اردو

SEMA ER WEBINAR TRANSLATIONS
WHAT IS AUTISM

For family members of autistic people - FROM autistic people!

- Myth-busting
- Your rights
- How to support your autistic loved one
- Anti-Racism

Translated into Arabic & Urdu

SEMA Scottish Ethnic Minority Autistics CIC

The Autistic Collective CIC - East Renfrewshire

ERCC East Renfrewshire Carers Centre

VAER Voluntary Action East Renfrewshire SCIO

To access the recordings please [click here](#) to register.

Scottish Ethnic Minority Autistics (SEMA) CIC in close collaboration with The Autistic Collective CIC are honoured and proud to announce the launch of a ground-breaking project for Black, Brown and Minority Ethnic people across East Renfrewshire.

Due to popular demand, SEMA has been busy working with a team of translators and production professionals across the country. The result of these collaborations is two new translations of their hugely-popular “**What is Autism?**” webinar....into **Urdu and Arabic**.

The Arabic and Urdu translated webinars cover the following topics:

- What autism is
- How to support your Autistic loved one
- Anti-racism
- What the law says about your Autistic loved one’s human rights

Note: The original **English version is also available**. This webinar was originally recorded in 2022 for our good friends at **East Renfrewshire Carers Centre (ERCC)** in collaboration with **The Autistic Collective**.

The translations project has been developed in partnership with **ERCC** and **Voluntary Action East Renfrewshire (VAER)**, and is a pioneering **first of its kind, not only in East Renfrewshire, but also in Scotland!**

Huge thanks goes to the **Community Mental Health & Wellbeing Fund** for its amazing support. This allows vital “autism” support and understanding to more People of Colour and families in need across our local area of East Renfrewshire.

To access the recordings in URDU or ARABIC (or ENGLISH) please [click here](#) to register.

Available to people who live in East Renfrewshire only

Want to know more about SEMA and its founders, Sofia and Laura?

SEMA has created a safe space on WhatsApp for Minority Ethnic Autistic adults living in Scotland. To join, just message 07793549733 to request the link. This space is also for carers who are Autistic themselves.

Sofia Akbar

Sofia is a late diagnosed AuDHD Scottish Pakistani single mum, born and bred in Falkirk. She co-founded Al Masaar SCIO in Forth Valley, and is a director of her company Limitless Learners Ltd.

She loves teaching maths to teenagers, so although she can't work in mainstream education anymore, she tutors ND (and non-ND) pupils. Her MEd research investigated how to make schools truly inclusive by studying experiences of racialised neurodivergent educators.

Sofia is on a mission to reduce the stigma of autism in her south Asian community as well as improve racial equality within education. From her intersectional experiences of domestic, racial and ableist abuse and discrimination, she decided to be more public so that others can get the support they need and reduce isolation of women. Given the difficulties she faced, she is motivated to help others understand neurodiversity so that they can better advocate for their young people.

People can follow Sofia on Instagram @The.ND.Educator and Twitter @MathsAkbar

Laura Bilton

Laura Bilton is an anti-racism activist with experience in Violence against Women and Girls, Disability and Youth Work.

With heritage from Kenya and Scotland, Laura has been active against racism for more than 25 years in the media of dance, music, poetry, and community organising.

A mother of two and Union Equality rep, Laura is one of the founding members of Black Lives Matter Scotland.

Laura has worked with disabled people for 9 years, and it was through this work that led to her own autism and ADHD diagnoses at the age of 39.

SEMA & The Autistic Collective ✨

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