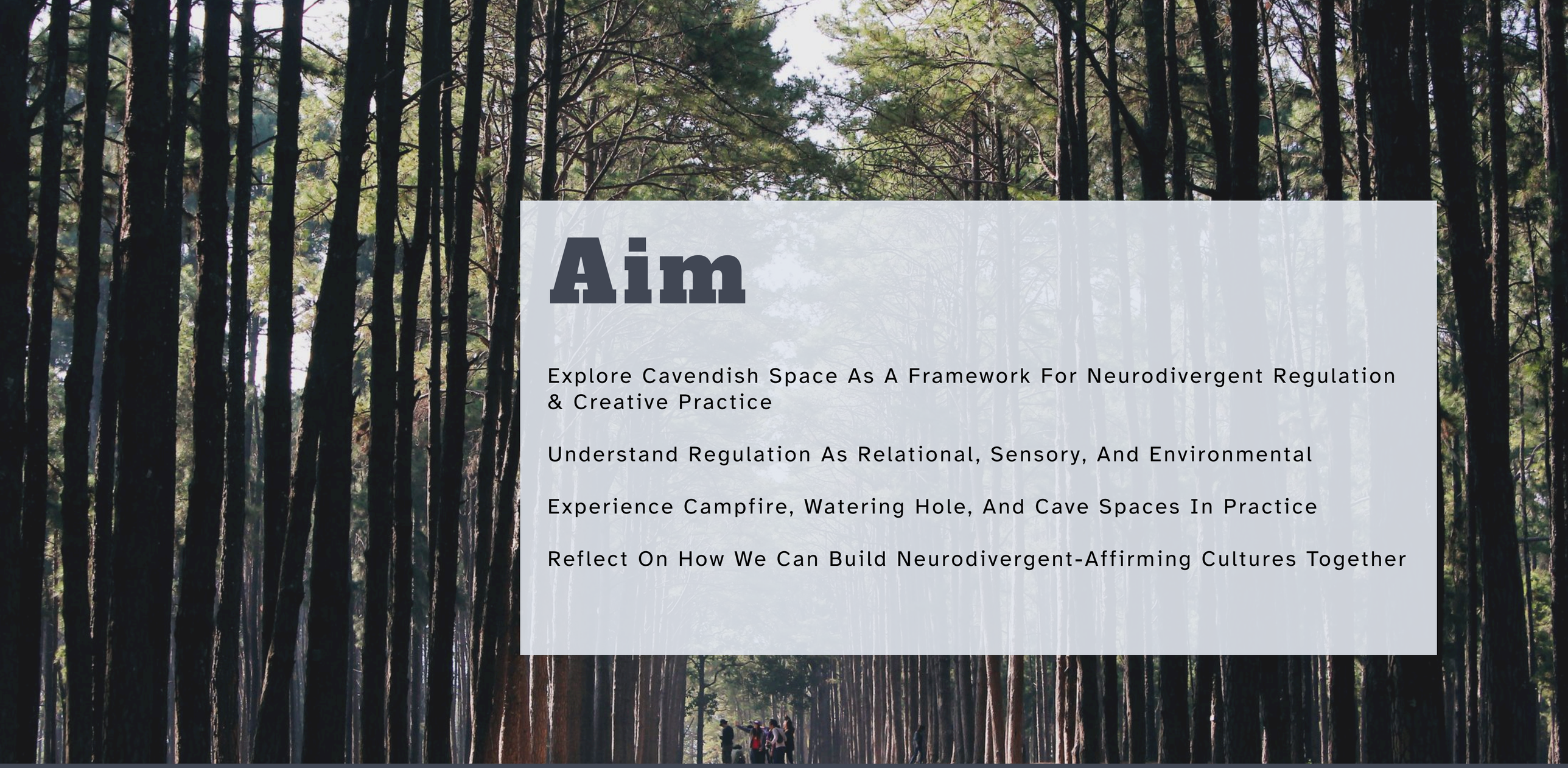

BUILDING NEURODIVERGENT CULTURES OF REGULATION THROUGH
CAVENDISH SPACE
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# Aim

Explore Cavendish Space As A Framework For Neurodivergent Regulation & Creative Practice

Understand Regulation As Relational, Sensory, And Environmental

Experience Campfire, Watering Hole, And Cave Spaces In Practice

Reflect On How We Can Build Neurodivergent-Affirming Cultures Together

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# Workshop

- Campfire: community safety & learning about Cavendish Space
- Watering Hole: sensory activity & connection
- Cave: personal regulation time
- Watering Hole: sharing reflections
- Campfire: key takeaways & closing

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# WHAT DO WE MEAN BY REGULATION?

Neurodivergent  Regulation is:

Embodied

Sensory

Relational

Environmental

Interdependent

Neuronormative spaces often deny us agency and autonomy and invalidate our needs. There is no learning or creativity without the body.

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# What Is Cavendish Space?

**Cavendish Space:**

Cavendish Space describes psychologically and sensory safe spaces that support:



- intermittent collaboration
- flow states
- embodiment
- co-regulation
- cognitive liberty (freedom to think in our own ways)
- neurological pluralism (many kinds of minds, all valid)
- niche construction (shaping environments so people can thrive)

Rather than expecting people to adapt to a single way of working or being,

Cavendish Space asks:

How can we design spaces that adapt to different ways of being?

Cavendish Space is the relational space where conditions, context, and capacities interact.

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## CAMPFIRE

**Shared meaning and orientation**

Storytelling and framing

Collective understanding

Low-demand presence



## WATERING HOLE

**Social connection and co-regulation**

Conversation and exchange

Body doubling

Neurodivergent love languages



## CAVE

**Solitude and sensory regulation**

Quiet, rest, focus

Withdrawal & safety

Sensory autonomy

Cavendish Space is inspired by primordial human patterns of learning and relating.
Neurodivergent people often need movement between all these different spaces
to be regulated and creative.

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# Neurodivergent Love Languages



Many neurodivergent ways of connecting are also ways of regulating, including:

- Info-dumping
- Parallel play / body doubling
- Sharing special interests
- Stimming together
- Deep presence without pressure
- Communicating in ways that work for you

Cavendish Space recognises these as forms of care, not problems to correct.

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# Creative Activity

## Watering Hole

Social connection
Co-regulation
Communication on own terms
Parallel presence/body doubling
Embracing neurodivergent love languages

Free to chat/ text/ mic or video on or off

What works best for you?

Explore your filling to begin in any way that feels good for you

Create your sensory sock ball

When finished, you can stay in the watering hole or go into your own cave space for 10 minutes to time by yourself to regulate before returning to the Campfire to share our experiences.




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# Cave Space

Solitude and sensory regulation
Quiet, rest, monotropic focus
Sensory autonomy
Bodily autonomy

Do what feels right for you - change lighting, get a blanket, stim, listen to music
Explore your sensory ball  in different ways using different your senses or just focus on 1 or 2 (smell, feel, tap/ roll/ squeeze/ use on different body parts )

or... you may prefer to do something else that you think may help you regulate. You may prefer sit, lie down or jump around instead!



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# Campfire

Storytelling and sharing our experiences

What have we learnt?

What felt good for your sensory system?

Which space worked for you best today?

Reflect on how we can build neurodivergent-affirming cultures together - could Cavendish Space work for you or others?



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# Find Out More:

CAVENDISH SPACE

www.stimpunks.org

www.autisticrealms.com



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