



# SPACE4AUTISM

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## *Autism Training Programme*

Do you live in Cheshire East? Does your child have a diagnosis of Autism or are they on the Pathway for an Autism Diagnosis?

NHS Cheshire and Merseyside Integrated Care Board, Cheshire East Place have commissioned Space4Autism to coordinate and arrange an Autism Training Programme, covering some of the key issues identified by people living with Autism and their parents/families.



Cheshire and Merseyside

**Courses are available for parent/carer members of S4A only, and not open to professionals. Members will be asked to provide evidence of their child's ASC Diagnosis or proof of being on the ASC pathway to be booked onto a course**

## **Cygnnet**

The Barnardo's Cygnnet 6 week programme is widely recognised as an award winning parenting support programme. It is now available to parents/carers of children/young people ages 5-18years who have been diagnosed with Autism.

This course is only available for parents and carers of children who have a diagnosis of Autism.

6 sessions, delivered over 6 weeks, for 2 hours per week at S4A

## **Focus on Food - A Sensory Guide**

This course looks at issues with food relating to Autism, building up a picture of your child/young person's development and how making small changes can make a difference.

The first session will be delivered by Ben Simpson, an autistic adult, talking about the link between food and mental health on the Autism Spectrum. The following sessions are at S4A.

3 sessions, delivered over 3 weeks, for 2 hours per week

## **Big Emotions for Little People - Children aged 4-11yrs**

An intensive course to support parents/carers to understand and become aware of emotional development in autistic children. This course also provides parents/carers with many helpful ways to support their children to understand their feelings and find strategies to cope with big emotions.

5 sessions, delivered over 5 weeks, for 2 hours per week at S4A

## **Understanding Education, Health & Care Plans (EHCP's)**

Education, Health and Care Plans are legally binding documents that set out the support that is required by law to be delivered to support your child/young person to be able to engage with their education. This 2-part course explains the process, basic law, jargon used, timescales, who does what, what to expect when an application is made and how parent/carers can fully participate with this process.

2 sessions, delivered over 2 weeks, for 2 hours per week, both online and at S4A

## **Practical Support for Parents of Teens - Support with distressing behaviours and independent skills (13-17yrs)**

This workshop is to support parents with preparing their teens for transition to adult life, managing some of those distressing behaviours that stem from friendships, independence and learning new skills for life.

Standalone session, delivered for 2 hours, at S4A

## **SEN Support - What you need to know**

Do you think your child/young person might need a little extra support in school and are unsure where to start or what support you can ask for?

This workshop will go through the basics, explain jargon, what to expect, what the graduated response means and how this can help your child/young person.

Standalone session, delivered for 2 hours, online

## **Understanding and Supporting PDA (Pathological Demand Avoidance)**

The aim of this workshop is to offer parents/carers an understanding of what PDA is, and how a child/young person who is likely to have a PDA profile could be supported at school or at home; gathering observations, sharing with practitioners when trying to secure more formal support advocating for your child/young person.

2 sessions, delivered over 2 weeks, for 2 hours per week, both online and at S4A

## **Challenging Behaviours - support for parents to understand and work with behaviours that are challenging (primary age)**

A two week, in person course to support parents to understand aspects of communication and behaviours that they find difficult to understand and manage supporting and building positive family relationships.

2 sessions, delivered over 2 weeks, for 4 hours per week, at S4A

## **Masking at School**

Some children/young people hide their true feelings and emotions from others, sometimes at home, often in school. This is commonly referred to as 'masking'. The result can lead to disengagement in everyday activities such as hobbies, family life and going to school. This workshop will guide parents/carers to feel empowered to gather quality information, and to make and share observations with professionals working with their child/young person when trying to secure appropriate support.

*Standalone session, delivered for 2 hours, online*

## **Reasonable Adjustments In Education Webinar**

This non interactive, one-hour webinar explains reasonable adjustments for education and knowing your rights with the understanding of the Equality Act 2010, how this law can support disabled children in education, discuss what reasonable adjustments are and how to ask for these to be implemented. Parents/carers will be able to access this webinar as a recording for up to 30 days after it has gone live allowing the opportunity to share the information with other members of the family.

*Standalone session, delivered for 1 hour, online*

## **Transition to High School**

Tips to help make a smooth transition to a new setting with and without an EHCP. Legal timescales, who can help, what evidence you may need to consider for consistency.

*Standalone session, delivered for 2 hours, online*

## **Interoceptive Sense (and the impact on toileting, drinking, feelings, and emotions)**

This workshop is aimed at understanding and supporting our internal sense and how we learn to recognise signs or signals that we're hungry, thirsty, hot, cold, need to use the toilet and the impact on our emotions.

*Standalone session, delivered for 1 hour, online*

## **EHCP Annual Reviews**

This workshop will explain the legal framework relating to Education, Health and Care Plan Annual Reviews. What to expect and how to prepare for a successful meeting. We will look at ways to ensure that your child's views and aspirations are central to the discussion. We will explain what should happen after the meeting and who has responsibility for the writing of reports following the meeting. We explain any next steps you might wish to consider and hopefully bust some EHCP myths.

*Standalone session, delivered for 2 hours, online*

## **Understanding and Implementing Visual Strategies: to support learning, independence and more for ages 3-11yrs and 11-17yrs**

This workshop supports parents with children who are experiencing language/communication delays or barriers, provides an understanding of how to make good use of visual supports that aid learning, independence, looking at skills needed and assists the child to have their voice heard at school or in the home.

*Standalone session, delivered for 2 hours at S4A*

## **Anxiety Skills Programme - Children/young people aged 11-17**

An intensive approach that supports parent/carers to understand Anxiety and how it may present in autistic children/young people.

This course also offers practical ideas for parent/carers to share with their children/young people to help them understand and cope with feelings of anxiety.

This course is offered to those parents/carers who's children/young people are aged 11-18, and either on the pathway for diagnosis or diagnosed.

*6 sessions, delivered over 6 weeks, for 2 hours per week, at S4A*

## Autism & Sleep

Sleep is much harder for autistic children and young people for reasons that they cannot control; there are biological differences which get in the way.

You may have had advice before, but normal sleep strategies often don't work and are based on out of date information.

Join Nickie for a workshop on how being autistic affects sleep and what you can do to help (no taking away of screens!)

Standalone session, delivered for 2 hours, online

## PDA & Sleep

Sleep is much harder for children and young people with PDA for reasons that they cannot control. Everything about sleep and bedtimes is a demand which they will try and push back against; they are not being difficult, they just \*can't\*.

Normal sleep strategies do not work for PDA.

Join Nickie for a workshop on how to manage bedtimes with a demand avoidant child and how to avoid the battles.

Standalone session, delivered for 2 hours, online

## Sensory Processing & Sleep

To sleep well, we need to feel calm, safe, and comfortable. Children and young people with sensory differences are often in a heightened state of anxiety and overwhelm before they settle, and then discomfort can stop them sleeping (and wake them up!)

Nickie will explain how sensory differences affect sleep and how you can help.

Standalone session, delivered for 2 hours, online

## What It's Really Like Living With Autism

A talk delivered by Ben Simpson, an autistic adult, looking at his experiences from childhood up to adulthood. The session is offered to those parents/carers who's children/young people are either on the pathway for diagnosis or diagnosed. We will need evidence of either to book this course.

Standalone session, delivered for 1.5 hours, online

## A taste of other activities we offer:

- We are open Mon-Thurs 9am-3pm for you to call in for advice and support
- Evening/online appointments available, please enquire
- Social skills groups for children, young people and adults
- Appointments with local professionals
- Plus much more, please visit our website for more information

[www.space4autism.com](http://www.space4autism.com)

Workshops and courses delivered by



**“The training course was very informative and invaluable. The trainer’s knowledge and compassion for the work they do is amazing.”**



Our workshops are delivered by experienced professionals and aim to provide a friendly, supportive workshop for parents and carers to meet together and learn to support their child to improve and maintain their health and wellbeing.

***Please email [training@space4autism.org](mailto:training@space4autism.org) with the name of the courses you are interested in. You will need to be a member of Space4Autism – if you are not a member and interested in training, please register online, via our website or call into our Centre. (Cheshire East residents only).***

**Tel: 01625 617884**

**Space4Autism<sup>®</sup>**

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