




# Autism Parent Programmes & Workshops

## Autumn Term 2011

Course Date/Time	Course Title	Presenters Content	Venue & Contact
<p><b>Thurs 15<sup>th</sup> Sept 2011</b> (Talk by Fiona Speirs)</p> <p><b>Thurs 13<sup>th</sup> Oct 2011</b></p> <p><b>Thurs 10<sup>th</sup> Nov 2011</b></p> <p><b>Thurs 8<sup>th</sup> Dec 2011</b></p>	<p><b>Asian Families Workshops</b></p>	<p>For Parents &amp; carers of children of any age who have ASD</p> <p>The workshops cover various autism related topics</p> <p>Thursday 15<sup>th</sup> Sept 2011 – Guest Speaker Fiona Speirs will give a talk on Supporting Behaviour Change.</p>	<p><b>New Art Exchange</b> 39 – 41 Gregory Boulevard Nottingham <b>NG7 6BE</b></p> <p><b>Contact Sue Lee</b> <b>0115 976 1805</b></p>
<p><b>Wednesdays</b> <b>10am – 12:30pm</b></p> <p>21<sup>st</sup> Sept 2011</p> <p>19<sup>th</sup> Oct 2011</p> <p>16<sup>th</sup> Nov 2011</p> <p>21<sup>st</sup> Dec 2011</p>	<p><b>Autistic Spectrum Drop-In Mornings</b></p>	<p>An opportunity for Parents &amp; Carers of Children with ASD to meet other parents, have a coffee &amp; a chat and speak to professionals from Health &amp; Social Services.</p> <p><b>21<sup>st</sup> Sept – Speaker to be confirmed</b></p> <p><b>19<sup>th</sup> Oct – Autism &amp; Sensory Difficulties</b></p> <p><b>16<sup>th</sup> Nov – Signs, Symbols and Visual Supports</b></p> <p><b>21<sup>st</sup> Dec – Coffee Morning.</b> A chance to talk to Dr Gradwell, Dr Marder and a Social Worker from the Disabled Children's Team</p>	<p><b>The Children's Centre</b> City Hospital Campus Hucknall Road Nottingham NG5 1PB</p> <p><b>0115 8831156</b></p> <p><a href="mailto:infoservice@notts-chp.nhs.uk">infoservice@notts-chp.nhs.uk</a></p>

<p><b>Tuesday Evenings</b></p> <p>27<sup>th</sup> Sept 2011</p> <p>18<sup>th</sup> Oct 2011</p> <p>29<sup>th</sup> Nov 2011</p> <p>20<sup>th</sup> Dec 2011</p> <p>7:30pm</p>	<p><b>Dads Forum</b></p>	<p>An informal meeting of Dads in a pub or other venue where Dads have the opportunity to exchange information, ideas and experiences and have a pint at the same time.</p> <p><b>27<sup>th</sup> Sept</b> – Boules or Petanque, Notts City Patanque Club, Sherwood</p> <p><b>18<sup>th</sup> Oct</b> – Griffins Head Pub, Papplewick</p> <p><b>29<sup>th</sup> Nov</b> – Family Evening – Cinderella Pantomime Nottingham Playhouse</p> <p><b>20<sup>th</sup> Dec</b> – Driving Range at Ramsdale Golf Course, Calverton. If minus 10°C like last year will abandon to nearest Pub!</p> <p>Details of the events can be found at  <b>Notts Dads Forum</b>  <b>on Facebook</b></p> <p>See <a href="http://www.nottdadsforum.co.uk">www.nottdadsforum.co.uk</a> for further information</p>	<p>Park Hall Autism Resource Centre  Park Road  Bestwood Village  Nottingham  NG6 8TQ</p> <p>Contact Kieran Lee  <b>0115 976 1720</b></p> <p><a href="http://www.nottdadsforum.co.uk">www.nottdadsforum.co.uk</a></p>  <p>Please search facebook for</p> <p><b>Notts Dads Forum</b></p>
<p><b>Tuesdays</b>  <b>1pm – 3pm</b></p> <p>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> Oct  1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>  22<sup>nd</sup> &amp; 29<sup>th</sup> Nov 2011</p> <p>Delegates must be able to attend all 8 sessions</p>	<p><b>Early Years Parent Programme</b></p>	<p>A series of 8 sessions for parents of children between the ages of 2 – 5 years on the Autistic Spectrum, living in Nottinghamshire.</p> <p>Each session will include input from professionals with expertise in autism &amp; will provide opportunities for questions &amp; discussion.</p> <p>Topics covered will include:</p> <ul style="list-style-type: none"> <li>• Introduction to ASD</li> <li>• Communication</li> <li>• Behaviour</li> <li>• Education</li> <li>• Accessing help</li> <li>• Parents feelings &amp; emotions</li> </ul>	<p>Rhodesia Sure Start Centre  Marjorie Street  Rhodesia  Worksop  Nottinghamshire  S80 3HP</p> <p><b>Contact</b></p> <p><b>Helen Hornsby</b></p> <p><b>01623 520520</b></p>

<p><b>Weds 5<sup>th</sup> Oct 2011</b></p> <p><b>6:30 – 8:30pm</b></p>	<p><b>Pathological Demand Avoidance (PDA) &amp; Challenging Behaviour</b></p> <p><b>Presented by Fiona Speirs</b></p> <p><b>£10</b></p> <p><b>(50% reduction for additional family member)</b></p>	<p><b>Presented by Fiona Speirs</b></p> <p>Defining what PDA is and how it presents behaviourally. Exploring ways of managing challenging behaviours linked to the diagnosis.</p> <p>Due to the demand for Fiona's time, at the beginning of workshops we are adding two short appointment slots with Fiona (30 minutes each) for private consultations for each of the workshops. These are by appointment only and <b>must be pre booked prior to the night</b>. This will be over and above the general question time that is offered at the end of each session and is offered on a first come basis – we will have capacity to have a small reserve list if necessary.</p>	<p><b>£10</b></p> <p><b>(50% reduction for additional family member)</b></p> <p><b>£15 with consultation (first come, first served basis) only 2 places available, must be pre booked.</b></p> <p>Park Hall Autism Resource Centre Park Road Bestwood Village Nottingham NG6 8TQ</p>
<p><b>Mondays</b></p> <p><b>10<sup>th</sup>, 17<sup>th</sup> &amp; 31<sup>st</sup> Oct</b> <b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> &amp; 28<sup>th</sup> Nov</b> <b>5<sup>th</sup>, 12<sup>th</sup> &amp; 19<sup>th</sup> Dec</b></p> <p><b>12.30 – 2.30pm</b></p> <p>Delegates must be able to attend all 10 sessions</p>	<p><b>Autism in the Primary Years</b></p>	<p>A free 10 week course for parents of Primary aged children who have had a recent diagnosis within the last two years.</p> <p>Topics include:</p> <ul style="list-style-type: none"> <li>• Introduction to Autism</li> <li>• Communication</li> <li>• Sensory Issues</li> <li>• Behaviour</li> <li>• Education and Signposting</li> <li>• Make it and Take it Workshop</li> <li>•</li> </ul> <p>Crèche available – places must be booked</p>	<p><b>Sure Start Wollaton Children's Centre</b> Fernwood Junior School, Arleston Drive Wollaton Nottingham NG8 2FZ</p> <p>Contact</p> <p>Park Hall Autism Resource Centre</p> <p><b>0115 976 1805</b></p>
<p><b>Weds 12<sup>th</sup> Oct 2011</b></p> <p><b>6:30 – 8:30pm</b></p>	<p><b>Meltdown &amp; Challenging Behaviour</b></p> <p><b>Presented by Fiona Speirs</b></p> <p><b>£10</b></p> <p><b>(50% reduction for additional family member)</b></p>	<p>This workshop gives practical hints based on her years of experience of teaching this age group.</p> <p>Due to the demand for Fiona's time, at the beginning of workshops we are adding two short appointment slots with Fiona (30 minutes each) for private consultations for each of the workshops. These are by appointment only and <b>must be pre booked prior to the night</b>. This will be over and above the general question time that is offered at the end of each session and is offered on a first come basis – we will have capacity to have a small reserve list if necessary.</p>	<p><b>£10</b></p> <p><b>(50% reduction for additional family member)</b></p> <p><b>£15 with consultation (first come, first served basis) only 2 places available, must be pre booked.</b></p> <p>Park Hall Autism Resource Centre Park Road Bestwood Village Nottingham NG6 8TQ</p> <p><b>0115 976 1805</b></p>

<p><b>Weds 19<sup>th</sup> Oct 2011</b></p> <p><b>6:30 – 8:30pm</b></p>	<p><b>Relationships &amp; Sexuality</b></p> <p><b>Presented by Fiona Speirs</b></p> <p><b>£10</b></p> <p><i>(50% reduction for additional family member)</i></p>	<p>Exploring issues of sexuality with more able young people on the autistic spectrum. Giving information and advice</p> <p>Due to the demand for Fiona's time, at the beginning of workshops we are adding two short appointment slots with Fiona (30 minutes each) for private consultations for each of the workshops. These are by appointment only and <b>must be pre booked prior to the night</b>. This will be over and above the general question time that is offered at the end of each session and is offered on a first come basis – we will have capacity to have a small reserve list if necessary.</p>	<p><b>£10</b></p> <p><i>(50% reduction for additional family member)</i></p> <p><b>£15 with consultation (first come, first served basis) only 2 places available, must be pre booked.</b></p> <p>Park Hall Autism Resource Centre Park Road Bestwood Village Nottingham NG6 8TQ</p> <p><b>0115 976 1805</b></p>
<p><b>Friday 18<sup>th</sup> Nov 2011-08-02</b></p> <p><b>10am – 12:30pm</b></p>	<p><b>Sleep Difficulties</b></p> <p><b>Presented by Patricia Everitt from Cerebra</b></p>	<p>Why sleep is sometimes difficult for children and what strategies can help to overcome these difficulties</p> <p>Patricia Everitt, Cerebra Sleep Counsellor, offers practical advice for parents on topics including:</p> <ul style="list-style-type: none"> <li>• Anxiety at night</li> <li>• Night waking</li> <li>• Nightmares/Night terrors</li> <li>• Head banging/rocking</li> <li>• Bed wetting</li> <li>• Early rising</li> </ul> <p>Plus many more</p>	<p>Park Hall Autism Resource Centre Park Road Bestwood Village Nottingham NG6 8TQ</p> <p><b>0115 976 1805</b></p> <p><b>Free for Parents</b> <b>£10 charge for professionals</b> <i>(even if accompanying parents)</i></p>



National Autistic Society Courses  
Summer 2011



**PLEASE DO NOT CONTACT NORSACA ABOUT THE COURSES LISTED BELOW**

**PLEASE CONTACT KAREN ABDY AT THE NAS**

The following courses are being organised by the NAS

**If you require further information or wish to attend any of these courses you must contact:**

**Karen Abdy on 07425 624 592**

Course Date/Time	Course Title/Venue	Presenters Content	Contact
Thursday 10 <sup>th</sup> Nov 2011 10am – 2:30pm	<b>Common Toileting Difficulties</b> <b>Bestwood Village, Nottingham</b>	For course details and an application form please see <a href="http://www.autism.org.uk/help!">www.autism.org.uk/help!</a>  A one day Family Support Programme which provides information and advice to families of young people affected by autism	For bookings please contact <b>Karen Abdy</b> <b>Help! Team</b> NAS Early Bird Building Barnsley Road Dodworth, Barnsley West Yorkshire S75 3JT  Tel: 07425 624 592 <a href="mailto:Help.programme@nas.org.uk">Help.programme@nas.org.uk</a>  <b>Please do not send applications to NORSACA, Park Hall. You must contact the National Autistic Society</b>

<p><b>Friday 11<sup>th</sup> Nov 2011</b></p>	<p><b>Adult Life Seminar</b> <b>Bestwood Village,</b> <b>Nottingham</b></p>	<p>For parents and carers supporting an adult with a recent diagnosis.</p> <p>For further course details and an application form please see <a href="http://www.autism.org.uk/help!">www.autism.org.uk/help!</a></p>	<p>For bookings please contact <b>Karen Abdy</b> <b>Help! Team</b> NAS Early Bird Building Barnsley Road Dodworth, Barnsley West Yorkshire S75 3JT</p> <p><b>Tel: 07425 624 592</b> <a href="mailto:Help.programme@nas.org.uk">Help.programme@nas.org.uk</a></p> <p><b>Please do not send applications to NORSACA, Park Hall. You must contact the National Autistic Society</b></p>