

WHAT'S ON AT LANARKSHIRE'S OSS (APRIL-JUNE 2015)...

Drop in Times (Please note – appointments are available throughout the week, please call us to arrange)

Come along to any of our drop in sessions outlined below. Use our resource library, talk to a member of staff or simply use this time to have a coffee and a chat with others.

Mondays (10am – 1pm)

Tuesdays (2pm – 5pm)

Wednesdays (10am – 1pm)

Workshop dates and times (Please RSVP for all workshops/ groups shown below)

APRIL

Friday 3rd April 10am-12pm – Chill out and games (ages 18+)

A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.

10am-12pm – Parent/Carer Support Group

Saturday 4th April 10am- 1pm- Chill out and games drop in (children and families)

Parents and children can come along to make use of the chill out room and the toys and games available . A great opportunity for family socialising.

Monday 6th April 10am – 12pm – Basic IT Skills Workshop (for parents/carers) Session 1

In part fulfilment of his university work placement, John will provide 2 workshops on basic IT skills. These are open to parents/carers and will cover skills such as word processing and internet searching.

10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD)

Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.

1.30pm - 3pm - Understanding your diagnosis (13-16 years) Session 1

workshop for young people with aspergers/high functioning autism aiming to help them understand what a diagnosis of Aspergers or ASD means, and how it affects them. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**

Tuesday 7th April 1.30pm - 3pm - Understanding your diagnosis (13-16 years) Session 2

workshop for young people with aspergers/high functioning autism aiming to help them understand what a diagnosis of Aspergers or ASD means, and how it affects them. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**

5.30pm - 7pm – Sibling Group

Being the sibling of an individual with autism can be difficult. This group gives siblings the opportunity to meet other young people, gain basic information about autism, learn how to support each other and most importantly have some fun! Please contact the OSS to discuss the suitability of this group for your child.

Wednesday 8th April 1.30pm - 3pm - Understanding your diagnosis (13-16 years) Session 3

workshop for young people with aspergers/high functioning autism aiming to help them understand what a diagnosis of Aspergers or ASD means, and how it affects them. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**

Thursday 9th April 1.30pm - 3pm - Understanding your diagnosis (13-16 years) Session 4

A workshop for young people with aspergers/high functioning autism aiming to help them understand what a diagnosis of Aspergers or ASD means, and how it affects them. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**

Friday 10th April 10am-12pm – Chill out and games (ages 18+)

A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.

10am-12pm – Parent/Carer Support Group

Monday 13th April 10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD)

Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.

- Monday 13th April** **10.30am – 12pm - Social Skills (8-12 years) Session 1**
A social skills programme for 8- 12 year olds who have high functioning autism or aspergers. The group will work on skills such as understanding other peoples emotions, social roles and sarcasm. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**
- Tuesday 14th April** **10.30am – 12pm - Social Skills (8-12 years) Session 2**
A social skills programme for 8- 12 year olds who have high functioning autism or aspergers. The group will work on skills such as understanding other peoples emotions, social roles and sarcasm. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**
- Wednesday 15th April** **10.30am – 12pm - Social Skills (8-12 years) Session 3**
A social skills programme for 8- 12 year olds who have high functioning autism or aspergers. The group will work on skills such as understanding other peoples emotions, social roles and sarcasm. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**
- 11am-1pm - Parent/Carer Support Group (Demand Avoidant Profile Only)**
A support group organised and run by parents with children that have a diagnosis of ASD with a demand avoidant profile. Please contact the OSS to discuss the suitability of the group for you.
- Thursday 16th April** **10.30am – 12pm - Social Skills (8-12 years) Session 4**
A social skills programme for 8- 12 year olds who have high functioning autism or aspergers. The group will work on skills such as understanding other peoples emotions, social roles and sarcasm. Please contact the OSS to discuss the suitability of the group for your child. **Please note: you must be available to attend all 4 sessions.**
- Friday 17th April** **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.
- 10am-12pm – Parent/Carer Support Group**
- Monday 20th April** **10am – 12pm – Basic IT Skills Workshop (for parents/carers) Session 2**
In part fulfilment of his university work placement, John will provide 2 workshops on basic IT skills. These are open to parents/carers and will cover skills such as word processing and internet searching.
- 10.30am- 12.30pm – Parent/Carer Support Group (open to families of individuals with ASD)**
Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.
- Tuesday 21st April** **5.30pm - 7pm – Sibling Group**
Being the sibling of an individual with autism can be difficult. This group gives siblings the opportunity to meet other young people, gain basic information about autism, learn how to support each other and most importantly have some fun! Please contact the OSS to discuss the suitability of this group for your child.
- Wednesday 22nd April** **10am-1pm – Introduction to Autism (Part 1 of 2)**
PLEASE NOTE venue: Millennium Suite, Fir Park Stadium, Fir Park St, Motherwell, North Lanarkshire ML1 2QN
An introductory training, open to parents and professionals, that aims to increase awareness of common difficulties experienced by individuals with autism and gives ideas of strategies that may help. This training is provided in partnership with the Princess Royal Trust Lanarkshire Carers Centre (PRTLCC). **Please note: you must be available to attend both sessions. The second session is held on the 6th May.**
- Friday 24th April** **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.
- 10am- 12pm- Parent/Carer Support Group**
- Monday 27th April** **10.30am- 12.30pm – Parent/Carer Support Group (open to families of individuals with ASD)**
Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.
- MAY**
- Friday 1st May** **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.
- 10am-12pm – Parent/Carer Support Group**
- Saturday 2nd May** **10am- 1pm- Chill out and games drop in (children and families)**
Parents and children can come along to make use of the chill out room and the toys and games available . A great opportunity for family socialising.
- Monday 4th May** **10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD)**
Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.

Tuesday 5th May	<p>4pm- 4.45pm/ 5pm- 5.45pm - Art workshop (Adults) Session 1 Art workshops will be led by art tutor Tracy Kelly who has a range of experience working with people on the spectrum. This is a great opportunity for adults with aspergers/higher functioning autism to socialise whilst engaging in a fun creative activity. Please contact the OSS to discuss the suitability of the workshop for you.</p> <p>5.30pm - 7pm – Sibling Group Being the sibling of an individual with autism can be difficult. This group gives siblings the opportunity to meet other young people, gain basic information about autism, learn how to support each other and most importantly have some fun! Please contact the OSS to discuss the suitability of this group for your child.</p>
Wednesday 6th May	<p>10am-1pm – Introduction to Autism (Part 2 of 2) PLEASE NOTE venue: Millennium Suite, Fir Park Stadium, Fir Park St, Motherwell, North Lanarkshire ML1 2QN An introductory training, open to parents and professionals, that aims to increase awareness of common difficulties experienced by individuals with autism and gives ideas of strategies that may help. This training is provided in partnership with the Princess Royal Trust Lanarkshire Carers Centre (PRTLCC). Please note: you <u>must</u> be available to attend both sessions. The first session is held on the 22nd April.</p>
Friday 8th May	<p>10am-12pm – Chill out and games (ages 18+) A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.</p> <p>10am-12pm – Parent/Carer Support Group</p>
Monday 11th May	<p>10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD) Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.</p>
Tuesday 12th May	<p>4pm- 4.45pm/ 5pm- 5.45pm - Art workshop (Adults) Session 2 Art workshops will be led by art tutor Tracy Kelly who has a range of experience working with people on the spectrum. This is a great opportunity for adults with aspergers/higher functioning autism to socialise whilst engaging in a fun creative activity. Please contact the OSS to discuss the suitability of the workshop for you.</p>
Wednesday 13th May	<p>10.30am – 1pm - Profiling Autism Workshop (for professionals) Come along to learn about profiling the autism of the individual you work with and using the profile tools available. Having a profile of the individual's autism can help families, schools and other social groups understand how autism affects the individual. PLEASE NOTE: This workshop requires a knowledge of autism therefore attendance at both sessions of our 'Introduction to Autism' training is a prerequisite for this workshop.</p> <p>11am-1pm - Parent/Carer Support Group (Demand Avoidant Profile Only) A support group organised and run by parents with children that have a diagnosis of ASD with a demand avoidant profile. Please contact the OSS to discuss the suitability of the group for you.</p> <p>4.30pm-6.30pm – Project Ability Book Cover Making Workshop Project Ability come to the OSS to provide a book cover making workshop. All materials will be provided and attendees will make their very own book cover which is perfect if you enjoy writing or drawing and would like to make your own personalised cover for your work. This workshop is open to adults with an ASD diagnosis.</p>
Friday 15th May	<p>10am-12pm – Chill out and games (ages 18+) A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.</p> <p>10am-12pm – Parent/Carer Support Group</p>
Monday 18th May	<p>10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD) Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.</p>
Tuesday 19th May	<p>4pm- 4.45pm/ 5pm- 5.45pm - Art workshop (Adults) Session 3 Art workshops will be led by art tutor Tracy Kelly who has a range of experience working with people on the spectrum. This is a great opportunity for adults with aspergers/higher functioning autism to socialise whilst engaging in a fun creative activity. Please contact the OSS to discuss the suitability of the workshop for you.</p> <p>5.30pm - 7pm – Sibling Group Being the sibling of an individual with autism can be difficult. This group gives siblings the opportunity to meet other young people, gain basic information about autism, learn how to support each other and most importantly have some fun! Please contact the OSS to discuss the suitability of this group for your child.</p>
Wednesday 20th May	<p>3.30pm-4.30pm – Routes to Diagnosis for Children and Young People up to 18 Years in NHS Lanarkshire An information session for professionals working in education and social work around the new diagnostic pathway in Lanarkshire. Information will also be given around diagnostic indicators.</p>
Thursday 21st May	<p>9.30am-10.30am - Demand Avoidant Behaviour in ASD Workshop (open to professionals) An information session for professionals on Demand Avoidant Behaviour in ASD provided by Nici Sanderson, joint head of the Paediatric Autism Consultancy (PAC) team.</p>

- Thursday 21st May** **11am-12noon - Demand Avoidant Behaviour in ASD Workshop (open to parents/carers)**
An information session for parents/carers on Demand Avoidant Behaviour in ASD provided by Nici Sanderson, joint head of the Paediatric Autism Consultancy (PAC) team.
- Friday 22nd May** **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.
- 10am-12pm – Parent/Carer Support Group**
- Monday 25th May** **10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD)**
Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.
- Tuesday 26th May** **3.30pm- 5.30pm- Multi professional information share (open to professionals).**
Information sharing and discussion this month will be surrounding autism and respite.
- 4pm- 4.45pm/ 5pm- 5.45pm - Art workshop (Adults) Session 4**
Art workshops will be led by art tutor Tracy Kelly who has a range of experience working with people on the spectrum. This is a great opportunity for adults with aspergers/higher functioning autism to socialise whilst engaging in a fun creative activity. Please contact the OSS to discuss the suitability of the workshop for you.
- Friday 29th May** **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.
- 10am-12pm – Parent/Carer Support Group**

JUNE

- Monday 1st June** **10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD)**
Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.
- Tuesday 2nd June** **4pm- 4.45pm/ 5pm- 5.45pm - Art workshop (Adults) Session 5**
Art workshops will be led by art tutor Tracy Kelly who has a range of experience working with people on the spectrum. This is a great opportunity for adults with aspergers/higher functioning autism to socialise whilst engaging in a fun creative activity. Please contact the OSS to discuss the suitability of the workshop for you.
- 5.30pm - 7pm – Sibling Group**
Being the sibling of an individual with autism can be difficult. This group gives siblings the opportunity to meet other young people, gain basic information about autism, learn how to support each other and most importantly have some fun! Please contact the OSS to discuss the suitability of this group for your child.
- Friday 5th June** **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.
- 10am-12pm – Parent/Carer Support Group**
- Saturday 6th June** **10am- 1pm- Chill out and games drop in (children and families)**
Parents and children can come along to make use of the chill out room and the toys and games available . A great opportunity for family socialising.
- Monday 8th June** **10.30am- 12.30pm-Parent/Carer Support Group (open to families of individuals with ASD)**
Led by our Kate Liggat, our volunteer at the OSS for one year and mum of two adults with an ASD.
- Tuesday 9th June** **4pm- 4.45pm/ 5pm- 5.45pm - Art workshop (Adults) Session 6**
Art workshops will be led by art tutor Tracy Kelly who has a range of experience working with people on the spectrum. This is a great opportunity for adults with aspergers/higher functioning autism to socialise whilst engaging in a fun creative activity. Please contact the OSS to discuss the suitability of the workshop for you.
- Wednesday 10th June** **10.30am – 1pm - Profiling Autism Workshop (for parents/carers)**
Come along to learn about profiling your child's individual autism, and using the profile tools available. Having a profile of your child's autism can help your family, school and other social groups understand how autism affects your child. **PLEASE NOTE: This workshop requires a knowledge of autism therefore attendance at our 'Introduction to Autism' training is a prerequisite for this workshop.**
- Thursday 11th June** **10.30am- 12pm- Ian Jordan** comes to the OSS to speak about Visual issues and autism. Find out more at: www.jordaneyeyes.com
- Friday 12th June** **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.

10am-12pm – Parent/Carer Support Group

Monday 15th June **10.30am- 12.30pm – Parent/Carer Support Group (open to families of individuals with ASD)**
Led by our Kate Liggat, our volunteer at the OSS for one year and mum of two adults with an ASD.

Tuesday 16th June **5.30pm - 7pm – Sibling Group**
Being the sibling of an individual with autism can be difficult. This group gives siblings the opportunity to meet other young people, gain basic information about autism, learn how to support each other and most importantly have some fun! Please contact the OSS to discuss the suitability of this group for your child.

Wednesday 17th June **10am-11am – Routes to Diagnosis for Children and Young People up to 18 Years in NHS Lanarkshire**
An information session for parents/carers around the new diagnostic pathway in Lanarkshire. Information will also be given around diagnostic indicators.

11am-1pm - Parent/Carer Support Group (Demand Avoidant Profile Only)

A support group organised and run by parents with children that have a diagnosis of ASD with a demand avoidant profile. Please contact the OSS to discuss the suitability of the group for you.

Friday 20th June **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.

10am-12pm – Parent/Carer Support Group

Monday 22nd June **10.30am- 12.30pm – Parent/Carer Support Group (open to families of individuals with ASD)**
Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.

Tuesday 23rd June **10.30am-11.30am – Right Click Workshop (open to professionals)**
This workshop will provide an overview of the online parents support programme, Right Click. It will cover the background to Right Click and its development. It will highlight the topics covered within both the child and teen programmes, and will show examples of the type of videos and supporting materials you can access via Right Click. Individual's attending the workshop will also be shown a step to step guide on how to sign up to Right Click and how to access the materials within the programme. The aim of this workshop is to increase knowledge for professionals to support families through the Right Click programme.

Friday 26th June **10am-12pm – Chill out and games (ages 18+)**
A social opportunity for adults with aspergers/higher functioning autism. Please contact the OSS to discuss the suitability of the group for you.

10am-12pm – Parent/Carer Support Group

Monday 29th June **10.30am- 12.30pm – Parent/Carer Support Group (open to families of individuals with ASD)**
Led by Kate Liggat, a volunteer at the OSS and mum of two adults with an ASD.

Tuesday 30th June **5.30pm - 7pm – Sibling Group**
Being the sibling of an individual with autism can be difficult. This group gives siblings the opportunity to meet other young people, gain basic information about autism, learn how to support each other and most importantly have some fun! Please contact the OSS to discuss the suitability of this group for your child.

To RSVP please call us on 01698 267023 or email us at lanarkshireoss@scottishautism.org
For more information please see our website <http://www.scottishautism.org/help-support/one-stop-shops>