



Perth Autism Support Training and Workshop Programme June – December 2017

Perth Autism Support, 28-30 Market Street, Perth, PH1 5QH

Web: www.perthautismsupport.org.uk

Perth Autism Support is a Registered Charity SC042875

About PAS Training

All Perth Autism Support training workshops will take place at Perth Autism Support, 28-30 Market Street, Perth, PH1 5QH **unless specified otherwise.**

If you would like advice on which training workshops would be most beneficial for you please give the office a call to discuss this with the Family Support Co-ordinators on 01738 451 081

At PAS we are keen to keep expanding, adapting and improving our training programme. We appreciate feedback from our parents and attending professionals on what workshops would give the most benefit, or subjects they would like to cover.

If you have any suggestions or comments please let us know by emailing info@perthautismsupport.org.uk

How to Book / Cancel Tickets

To Book:

1. Go to www.eventbrite.co.uk
2. Search for Perth Autism Support
3. Click on the workshop of your choice
4. You will be required to enter a name and email address to book
5. If you are booking multiple places you will need to book a new ticket per person, although you may use the same email address multiple times, please change the name per ticket
6. Event Brite will generate a reminder email before the session

I Am Me! can be booked by contacting lynsey@perthautismsupport.org.uk

The Sexual Health Education Project can be booked by contacting sandra@perthautismsupport.org.uk

To Cancel:

1. Go to www.eventbrite.co.uk
2. Click 'log in' located at the top right of the page
3. Even if you have never logged in before just enter the email address you used to book the ticket and a password of your choice
4. Your name will appear at the top right corner
5. Hover the mouse over your name and a drop down menu will appear
6. From this point you can check/cancel tickets/change account settings etc.

Please note a charge of £5.00 will be incurred for non-attendance or cancellations where two working days' notice has not been

Attending professions will be charged £10.00 per booking (including: non-attendance and cancellations where two working days' notice has not been provided).

Pricing

Perth Autism Support training workshops are **free** to families registered with us.

Please note a charge of £5.00 will be incurred for non-attendance or cancellations where two working days' notice has not been provided.

For professionals and staff from other agencies there will be a £10 charge per person per workshop for attendance (*including: non-attendance and cancellations where two working days' notice has not been provided*).

Bespoke training can be delivered to your organisation, tailored to fit the requirements of your staff and can vary in length from a few hours to full day sessions, depending on your needs. To discuss requirements and for pricing contact Angie Ferguson, Chief Executive Officer at angie@perthautismsupport.org.uk

General Training Workshops

interACTION: Autism – What is it and what helps?

22 September 2017, 9.30am-2.30pm

OR

Session 1: 21 November 2017, 6.00-8.00pm

Session 2: 28 November 2017, 6.00-8.00pm

(Attendance at sessions 1 AND 2 is required)

This an introductory level course that is suitable for parents wanting to find out some general information about autism spectrum disorder. The course is designed to provide information, support and strategies for parents of children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

Happy Families?

25 September 2017, 10.00am-2.00pm

Are you able to spend positive time together as a family, including your child with ASD?

Do you find you are losing your children to screen time?

Would you like to be able for everyone in your house to get on a little better? This session is all about making home a happier place for everyone by boosting people's relationships. Come along to get some top tips and ideas for your family.

Birds and Bees (For parents/carers of under 16's)

31 October 2017, 10.00am-1.00pm

Talking to your children about the Birds and Bees can be challenging! This informative session is designed to support parents to have those more difficult conversations in an autism friendly way!

Relationships (For parents/carers of Young People aged 16+)

December 2017 – Date to be confirmed

Relationships can be tricky for all of us, but this can be even more difficult for young people with social communication challenges, this session is for parents of older teens/young adults who may need support in understanding the complexities of emotions and behaviours within relationships, the social rules around relationships and how to keep themselves safe.

Sensory Workshops

Introduction to Sensory Issues

31 August 2017, 10.00am-1.00pm

Delivered in partnership with Paediatric Occupational Therapy, NHS Tayside, this workshop will look at sensory processing, how it works and what can go wrong. Participants will have the opportunity to think about their own sensory habits as well as work out what is happening to the children they are concerned about.

Eating/Food Issues

12 September 2017, 6.15-8.30pm

This training workshop will cover what causes eating difficulties, introducing new foods, looks at how your child's eating habits need to change and the effects of the environment on eating.

Toileting and Personal Care

24 October 2017, 6.15-8.30pm

A sensory approach to understanding why dressing, washing, teeth brushing and all aspects of personal care can be difficult and some strategies to try to help with these essential tasks. This workshop includes information on the reasons that children may have sensory issues with toileting and covers not only toilet training but also toilet hygiene.

Sensory Issues at Home and in Public

14 November 2017, 6.15-8.30pm

This workshop offers advice and strategies for helping your child with going to the shops, restaurants, hairdressers, doctors / dentist and with visiting friends and relatives and how to support sensory needs safely at home.

Communication Workshops

Visual Supports for Learning

23 August 2017, 6.00-8.00pm

It is thought that people with autism are visual learners, this workshop covers how to present information in a visual way to encourage and support communication, language development and ability to process information.

Visual Resources Drop In

30 August 2017, 6.00-8.00pm

This is a drop in session for parents who would like assistance in making visuals to support their child. Staff will be available to facilitate parents in preparing and making visual resources. Parents should come prepared with a specific issue that would be helped with a visual resource.

Developing Social Skills

22 August 2017, 10.00am-2.00pm

7 November 2017, 10.00-2.00pm

This training looks at the social skill development in children with autism spectrum disorder. It will help you to understand why people with autism have difficulties with social skills and to have some ideas about how you could improve social skills.

Social Stories and Comic Strip Conversations

8 November 2017, 10.00am-12.00noon

Social Stories and Comic strip conversations are techniques developed to help people with autism develop greater social understanding. By seeing the different elements of a conversation presented visually, some of the more abstract aspects of social communication are made more 'concrete' and are therefore easier to understand. This workshop looks at how to create social stories and comic Strip conversations and the best times to introduce them to your child/young person.

Coming in 2018!! Watch out for...

Makaton

Makaton is a unique language programme which uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression. This session will cover the basic signs and symbols used in Makaton to get you started.

Behaviour Workshops

Challenging Behaviour Problem Solving Group

29 August 2017, 12.30-2.30pm

24 October 2017, 6.00-8.00pm

Our Family Support Team have created a supported, facilitated group where we have some time out to analyse and discuss some of the common behaviours we see in autism. This discussion group is based on the book 'Plan A for Autism' to understand why a behaviour is happening and then look at appropriate strategies so you can leave with a plan to take home.

Emotion Works

3 October 2017, 6.00-9.00pm

The session aims to introduce the emotion works approach, this model guides and supports learning and talking about emotion across all ages and stages of development.

Thinking About Inflexible Thinking

24 June 2017, 9.00am-1.00pm

6 September 2017, 10.00am-2.00pm

Some children with ASD can have a particularly fixed thinking style. This can cause problems with accepting change, a strong sense of injustice, understanding why things happen and accepting people's differing point of view. This can often result in an explosion of frustration! This training is to help parents look at different ways to support a child who has inflexible thinking and how to introduce these strategies in a home setting.

We will look at some of the underlying reasons for this style of thinking and then explore different ways to expand it. This will include the Collaborative Problem Solving Approach in The Explosive Child.

Emotional Regulation

14 November 2017, 10.00am-2.30pm

This training workshop will explore regulation strategies which can be used at home and school to assist your child in maintaining a balanced emotional state, for example through the use of 5 point scales and anxiety curve.

****This workshop includes a Relax Kids Taster session!****

Children and Young People

I Am Me!

6.00-8.30pm

I am Me is a 6 week programme and is aimed at Secondary school age children, over the length of the programme we will look at the different issues young people may face surrounding their diagnosis of ASD, exploring feeling, looking at support networks and managing difficult times.

22 August 2017: Session 1 – Getting to know you

29 August 2017: Session 2 – Information Session

5 September 2017: Session 3 – Exploring Feelings

12 September 2017: Session 4 – Support Networks

19 September 2017: Session 5 – Managing Difficult Times

26 September 2017: Session 6 – Celebrating our success!

The above sessions are full however future I Am Me! courses can be booked by contacting lynsey@perthautismsupport.org.uk

Sexual Health Education Project (For young adults aged 16+)

5th, 12th, 19th, 26th July and 2nd August 2017, 6.00pm-8.00pm

Working in partnership with RASAC and the Web Project, we hope to provide vital sexual health education to young adults registered with PAS.

We want to work with our young adults, helping them to look at:

- Understanding what a healthy relationship looks like
- Online relationships and safety
- The importance of using contraceptives
- Better understanding the emotional side of sexual relationships
- Associated risks of a sexual relationship or engaging in sexual behaviour
- Rights and responsibilities regarding sexual behaviour
- Who and where to go to discuss any concerns

Book a space for your young adult by contacting sandra@perthautismsupport.org.uk

Assessment Information

Autism Assessment Info - Pre-school

19 September 2017, 9.30-11.30am

Information sessions open to parents of children awaiting an autism assessment. This session will cover: The assessment process and what to expect, terms and acronyms you are likely to come across, diagnosis and what it means, support available to you before, during and after this process and recommended courses which could be beneficial to you.

Coming in 2018!! Watch out for...

Autism Assessment Information - Age 5+

Transitions Workshops

Transitions: Primary-Secondary

12 September 2017, 10.00am-2.00pm

Transitions can be a very difficult time for families and often knowing the processes and services available can make these easier, with parents more informed and confident in preparing children for the next stage. Our Transitions sessions can help provide information, strategies and tips which are helpful to families of children with autism.

Coming in 2018!! Watch out for...

Communication Passports

Communication Passports are a practical and person-centered way of supporting children and adults who cannot easily communicate for themselves. Passports are a way of pulling information together and presenting it in an easy-to-follow format.

Power of Attorney/Guardianship

This session, run an independent Mental Health Trainer and Consultant will give parents/carers information on Power of Attorney and Guardianship. The workshop will look at what is Power of Attorney and Guardianship, when and how parent/carers should apply for this, the process families will go through, and what are the possible options for each individual family's circumstances. Parents/carers should be planning to apply for this process when their child reaches the age of 16 years and this workshop will allow families to have all the relevant information to prepare for this.