

# Autism & ADHD Support for Families in East Berkshire



East Berkshire  
Clinical Commissioning Group

The East Berkshire NHS Clinical Commissioning Group has asked three charities to provide a range of advice and support services to you and your family. All workshops are free of charge and are suitable if your child is waiting for an assessment or has a diagnosis. The charities are:

## Autism Berkshire

Set up over 28 years ago, Autism Berkshire delivers a range of quality specialist advice and support services, guided by a team of trustees with personal and professional experience of autism. The services it is providing are suitable for parents of primary and secondary school aged children and young people:

Workshop Title	Description of the workshop	Who for
National Autistic Society (NAS) Seminars for Families: Understanding Autism	Looking at what autism is, what the autism assessment process in Berkshire CAMHS is, where to get help, how to get help in school, and other conditions associated with autism	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
National Autistic Society (NAS) Seminars for Families: Meeting Sensory Needs	Looking at sensory systems and how they work, how children and young people with autism may process and experience sensory information differently and strategies to help with sensory needs	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
National Autistic Society (NAS) Seminars for Families: Managing Anger	Looking at distressed behaviour and meltdowns in autistic children, how to cope and how to help them understand and communicate feelings	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
Workshop on Emotional Self-Regulation, including using visual supports	How to teach your child strategies to help them manage their emotions, including using <i>The Incredible 5-Point Scale</i> and <i>Comic Strip Conversations</i>	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
Support Groups for Parents and Carers, with visiting speakers	Visiting speakers will talk about topics relevant to parents and carers of autistic children and answer questions, plus the chance to chat in a supportive environment	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis

For full details of these services and to register for places, see [autismberkshire.org.uk](http://autismberkshire.org.uk), call 01189 594 594 or email [admin@autismberkshire.org.uk](mailto:admin@autismberkshire.org.uk)

## Parenting Special Children

Parenting Special Children has been delivering specialist parenting support to families of children and young people with additional needs in Berkshire for 12 years. The team brings a wealth of personal and professional experience of children and young people with additional needs. The services it is providing are:

Workshop Title	Description of Workshop	Who for
Pre & Post Assessment Workshops: Introduction to Autism (1 of 3) Introduction to ADHD (1 of 3)	Topics include: What is Autism/ADHD? challenges & concerns; strengths & opportunities; signposting & support	Parent/carers of children & young people who are waiting for an assessment for autism and/or ADHD or who have recently been diagnosed
Pre & Post Assessment Workshops: Autism & Anxiety (2 of 3) ADHD & Anxiety (2 of 3)	What is anxiety? Why it makes sense to be anxious if you have autism/ADHD. Strategies to support you & your child	Parent/carers of children & young people who are waiting for an assessment for autism and/or ADHD or who have recently been diagnosed
Pre & Post Assessment Workshops: Autism & Behaviour (3 of 3) ADHD & Behaviour (3 of 3)	Challenging behaviour: distressing or distress; becoming a detective; strategies to help you & your child	Parent/carers of children & young people who are waiting for an assessment for autism and/or ADHD or who have recently been diagnosed
Pre & Post Assessment Workshop: Sensory Processing, Autism and ADHD	Unpicking the science behind SP; sensory overload; strategies to help child/young person better	Parent/carers of children & young people who have sensory difficulties pre and post assessment

For full details of these services and to register for places, see [parentingspecialchildren.co.uk](http://parentingspecialchildren.co.uk), call 0118 986 3532 or email [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk)



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# The Autism Group

The Autism Group is committed to supporting and enhancing the lives of young people on the spectrum, their parents, and carers. It is led by a team of autism qualified professionals who have family members on the spectrum, offering autism training, 1-1 home autism support as well as social opportunities for young people aged 9-25. Details of the parent training services it is providing are:

Workshop Title	Description of Workshop	Who for
<b>Young Children and Autism</b>	A look at the impact of autism spectrum conditions in the younger years – on play and learning, including how to spot the difference between a tantrum and a meltdown. Practical tips and ideas	Suitable for parents and carers of children up to the age of around 7. (Waiting assessment or with a diagnosis).
<b>Misbehaving or misunderstood?</b>	We look at the effect of communication difficulties for those on the spectrum and how tried and tested strategies can have a positive impact on challenging behaviour.	Ideal for parents and carers who want to understand the core strengths and difficulties of autism and how best to support their child or young person. Suitable for any age. (Waiting assessment or with a diagnosis).
<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	We examine the overlooked sensory causes behind challenging behaviour, and how to recognise and respond to them.	Ideal for parents and carers who want to understand the core strengths and difficulties of autism and how best to support their child or young person. Suitable for any age. (Waiting assessment or with a diagnosis).
<b>Managing Emotions</b>	How to help young people on the spectrum to recognise and respond to powerful feelings such as anger, sadness and anxiety.	Suitable for parents and carers of primary and secondary school aged children and young people. (Waiting assessment or with a diagnosis).
<b>Adolescence</b>	Understanding and responding to the changes and challenges of parenting and caring for teenagers on the spectrum.	Suitable for parents and carers of young people aged 10 upwards. (Waiting assessment or with a diagnosis).
<b>Girls on the Spectrum</b>	A look at how autism affects girls and young women, why it can be difficult to diagnose and how best to support the unique pattern of behaviours of females on the spectrum.	Suitable for parents and carers of primary and secondary school aged girls and young women. (Waiting assessment or with a diagnosis).

For full details of these services and to register for places, please see [theautismgroup.org.uk](http://theautismgroup.org.uk), or call Tricia Kempton on 07423 636339 or email [tricia@theautismgroup.org.uk](mailto:tricia@theautismgroup.org.uk)

## What's available

Date	Time	Session Title	Where	Contact
<b>2019</b> Wednesday 9 January	10 am to noon	<b>Misbehaving or Misunderstood?</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Thursday 10 January	9.30am to 2.30pm	<b>NAS Seminar Managing Anger</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 23 January	9.30am to 2.30pm	<b>NAS Seminar Meeting Sensory Needs</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 23 January	10am to noon	<b>Managing Emotions</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Wednesday 23 January	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Thursday 24 January	6.45 to 8.45pm	<b>Pre &amp; Post Assessment Workshop: Introduction to ADHD (1 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532



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Monday 28 January	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 29 January	6.45 to 8.45pm	<b>Pre &amp; Post Assessment Workshop: Introduction to ADHD (1 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Thursday 31 January	6.30 to 8.30 pm	<b>Young Children and Autism</b>	Braywick Heath Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Friday 1 February	9.30am to 12.30pm	<b>Emotional Self-Regulation</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Friday 8 February	9.30am to 2.30pm	<b>NAS Seminar Understanding Autism</b>	The Curve (Green Room), William Street, Slough, SL1 1XY	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 13 February	6.30 to 8.30 pm	<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Wednesday 13 February	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Anxiety (2 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Thursday 14 February	9.30 to 11.30am	<b>Bracknell Support Group</b>	Forest Park Community Centre, Horndean Road, Forest Park, Bracknell, RG12 0XQ	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Friday 15 February	9.30am to 2.30pm	<b>Emotional Self-Regulation</b>	The Curve (Green Room), William Street, Slough, SL1 1XY	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Monday 25 February	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Anxiety (2 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 26 February	6.45 to 8.45pm	<b>Pre &amp; Post Assessment Workshop: ADHD &amp; Anxiety (2 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Wednesday 27 February	10 am to noon	<b>Girls on the Spectrum</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Thursday 28 February	6.45 to 8.45pm	<b>Pre &amp; Post Assessment Workshop: ADHD &amp; Behaviour (3 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Wednesday 6 March	9.30am to 12.30pm	<b>Emotional Self-Regulation</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 6 March	6.30 to 8.30 pm	<b>Adolescence</b>	Braywick Heath Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Friday 8 March	9.30am to 2.30pm	<b>NAS Seminar Meeting Sensory Needs</b>	The Curve (Green Room), William Street, Slough, SL1 1XY	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 13 March	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Behaviour (3 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Friday 15 March	9.30am to 2.30pm	<b>NAS Seminar Managing Anger</b>	The Curve (Green Room), William Street, Slough, SL1 1XY	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Tuesday 19 March	10am to noon	<b>Windsor Support Group</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594



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Friday 22 March	Noon to 2.30pm	<b>Slough Support Group – with a short presentation about Emotional Self-Regulation</b>	The Curve (The Gallery), William Street, Slough, SL1 1XY	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autisंबरkshire.org.uk">admin@autisंबरkshire.org.uk</a> 01189 594 594
Monday 25 March	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Behaviour (3 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 26 March	6.45 to 8.45pm	<b>Pre &amp; Post Assessment Workshop: ADHD &amp; Behaviour (3 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Wednesday 27 March	10am to noon	<b>Managing Emotions</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
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Friday 29 March	9.30am to 2.30pm	<b>NAS Seminar Meeting Sensory Needs</b>	The Curve (Green Room), William Street, Slough, SL1 1XY	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autisंबरkshire.org.uk">admin@autisंबरkshire.org.uk</a> 01189 594 594
Friday 5 April	9.30am to 2.30pm	<b>NAS Seminar Managing Anger</b>	The Curve (Green Room), William Street, Slough, SL1 1XY	Autism Berkshire Georgie Mitchell <a href="mailto:admin@autisंबरkshire.org.uk">admin@autisंबरkshire.org.uk</a> 01189 594 594



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