

# Autism & ADHD Support Services for Families in the West of Berkshire



**Berkshire West**  
Clinical Commissioning Group

The Berkshire West NHS Clinical Commissioning Group has asked two 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:



Talking sense about autism.

## Autism Berkshire [www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)

Founded 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 provides are suitable for parents of primary and secondary school-aged children and young people:

National Autistic Society (NAS) Autism Seminars for Families:	Description of the workshop
<b>Understanding Autism</b>	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.
<b>Meeting Sensory Needs</b>	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.
<b>Managing Anger</b>	Looking at distressed behaviour and meltdowns in autistic children, how to cope and how to help them understand and communicate feelings.

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

## Parenting Special Children

[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)



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 suitable for parents and carers of children and young people who are waiting for an assessment for autism or ADHD or who have recently been diagnosed:

Workshop Title: Autism Pre & Post Assessment Workshop	Workshop Title: ADHD Pre & Post Assessment Workshop	Description of Workshop
<b>Introduction to Autism (1 of 3)</b>	<b>Introduction to ADHD (1 of 3)</b>	Topics include: What is Autism? What is ADHD? challenges & concerns; strengths & opportunities; signposting & support
<b>Autism &amp; Anxiety (2 of 3)</b>	<b>ADHD &amp; Anxiety (2 of 3)</b>	What is anxiety? Why it makes sense to be anxious if your autistic. Top strategies to support you & your child
<b>Autism &amp; Behaviour (3 of 3)</b>	<b>ADHD &amp; Behaviour (3 of 3)</b>	Challenging behaviour: distressing or distress; becoming a detective; top strategies to help you & your child
<b>Sensory Processing</b>	<b>Sensory Processing</b>	Unpicking the science behind SP; sensory overload; strategies to help child/young person better

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)

## Daytime workshops 9.30am-2.30pm

<b>National Autistic Society (NAS) Autism Seminars for Families:</b>	<b>Reading</b> RISC (Reading International Solidarity Centre), 35-39 London Street, RG1 4PS	<b>Thatcham</b> Thatcham Baptist Church, 1 Wheelers Green Way, Thatcham, RG19 4YF	<b>Wokingham</b> St Paul's Church, 32 Reading Road, RG41 1EH
<b>Understanding Autism</b>	Spring – date to be confirmed	Wednesday January 30	Friday January 18
<b>Meeting Sensory Needs</b>	Spring – date to be confirmed	Wednesday February 27	Friday February 8
<b>Managing Anger</b>	Spring – date to be confirmed	Wednesday March 27	Friday March 8

Please book via the Autism Berkshire website at [autismberkshire.org.uk/workshops-parents-carers/](http://autismberkshire.org.uk/workshops-parents-carers/) or call the office on 01189 594 594.

We also provide a Home Visiting service for families who would like a one-to-one appointment to discuss their child in the privacy of their own home. Please contact the office to book.

Autism Berkshire also offers a weekly Drop-in Advice session on Tuesdays from 10.30am to 1.30pm during school terms at our office at 40 Caversham Road, Reading, RG1 7EB. Monthly Drop-in Advice sessions take place at Swings and Smiles in West Berkshire, at a Place to Play, Lower Way, Thatcham, RG19 3RR, on the first Friday of each month from 9.30am to 11am. Please come along to meet one of our Home Visit workers for support on anything to do with autism.

- Autism Berkshire offers a range of other support services, including Youth Groups, Trampolining, Family Fun Days at Thames Valley Adventure Playground and a Benefits Advice Service.

## Evening workshops 6.45pm-8.45pm or 7pm-9pm

<b>Workshop Title Autism Pre &amp; Post-Assessment Workshop:</b>	<b>Reading</b> Wokingham Waterside Centre, Thames Valley Park Drive, RG6 1PQ	<b>Thatcham</b> West Berkshire Council Central Family Hub Park Lane, RG18 3PG	
<b>Introduction to Autism (1 of 3)</b>	Tuesday January 29	Tuesday January 29	
<b>Autism &amp; Anxiety (2 of 3)</b>	Tuesday February 26	Tuesday February 26	
<b>Autism &amp; Behaviour (3 of 3)</b>	Tuesday March 19	Tuesday March 26	
<b>Sensory Processing</b>	Wednesday March 4	Wednesday January 30 ( <b>NB: This workshop will run from 10am-noon</b> )	
<b>Workshop Title ADHD Pre &amp; Post Assessment Workshop:</b>	<b>Reading</b> Wokingham Waterside Centre, Thames Valley Park Drive, RG6 1PQ	<b>Thatcham</b> West Berkshire Council Central Family Hub Park Lane, RG18 3PG	<b>Wokingham</b> Our House, Toutley Road, RG41 1QN
<b>Introduction to ADHD (1 of 3)</b>	Tuesday January 22	Tuesday January 22	Thursday January 31
<b>ADHD &amp; Anxiety (2 of 3)</b>	Tuesday February 5	Tuesday February 12	Thursday March 7
<b>ADHD &amp; Behaviour (3 of 3)</b>	Tuesday March 5	Tuesday March 19	Thursday April 4
<b>ADHD &amp; Medication, with Dr Carsten Vogt of Berkshire Healthcare NHS Trust</b>	Thursday March 6		
<b>Sensory Processing</b>	See date under Autism workshops		

Please book via the Parenting Special Children website at [parentingspecialchildren.co.uk](http://parentingspecialchildren.co.uk) or call 0118 986 3532.

- Parenting Special Children offers a range of other support services, including sleep courses and workshops for parents and carers of autistic girls/young women. Please see the website for details.