

# 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

Founded in 1990, 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	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 Introduction to ADHD	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 ADHD & Anxiety	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 ADHD & Behaviour	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 for 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



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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)

## 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 Becky Peates on 07943 551437 or email [admin@theautismgroup.org.uk](mailto:admin@theautismgroup.org.uk)

## What's available from Autism Berkshire

### Workshops for parents and carers (all 10am to 2.30pm)

National Autistic Society (NAS) Autism Seminars for Families:	Bracknell Forest	Slough	Windsor & Maidenhead
	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Curve (Green Room), William Street, Slough, SL1 1XY	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD
<b>Understanding Autism</b>	Thursday June 13	Friday, April 26	Friday May 3
<b>Meeting Sensory Needs</b>	Thursday June 27	Friday May 10	Monday May 20
<b>Managing Anger</b>	Thursday May 2	Friday June 14	Wednesday June 12
<b>Emotional Self-Regulation</b>	Thursday May 16	Thursday June 20	Friday June 28

For full details of these workshops 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)



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## Support groups for parents and carers

<b>Bracknell Forest</b> Forest Park Community Centre, Horndean Road, Forest Park, Bracknell, RG12 0XQ	<b>Slough</b> The Curve (The Gallery), William Street, Slough, SL1 1XY	<b>Windsor &amp; Maidenhead</b> Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD
Thursday June 6, 10am to noon	Friday May 17, noon to 2pm	Wednesday, May 8, 10am to noon

These support groups are free of charge and light refreshments are provided. There is no need to book, please just come along. For information about visiting speakers, once these are confirmed, see the website at [autismberkshire.org.uk/supportgroups/](http://autismberkshire.org.uk/supportgroups/) or call 01189 594 594 or email [admin@autismberkshire.org.uk](mailto:admin@autismberkshire.org.uk)

## What's available from Parenting Special Children

### Autism workshops for parents and carers (all 7pm to 9pm)

<b>Pre and Post Assessment Autism Workshops:</b>	<b>Bracknell Forest</b> Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	<b>Slough</b> Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	<b>Windsor &amp; Maidenhead</b> Maidenhead Town Hall, St Ives Road, SL6 1RF
<b>Introduction to Autism</b>	Wednesday May 8	Monday May 13	
<b>Anxiety and Autism</b>	Wednesday June 12	Monday June 3	
<b>Behaviour and Autism</b>	Wednesday June 26	Monday June 17	
<b>Introduction to Sensory Processing</b>			Wednesday, July 3

For full details of these workshops 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)

### Evening ADHD workshops for parents and carers (all 6.45pm to 8.45pm)

<b>Pre and Post Assessment ADHD Workshops:</b>	<b>Bracknell Forest</b> Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	<b>Slough</b> Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	<b>Windsor &amp; Maidenhead</b> Maidenhead Town Hall, St Ives Road, SL6 1RF
<b>Introduction to ADHD</b>	Thursday May 9	Tuesday May 7	Tuesday May 14
<b>Anxiety and ADHD</b>	Thursday May 23	Tuesday May 21	Tuesday June 11
<b>Behaviour and ADHD</b>	Thursday June 20	Tuesday June 18	Tuesday June 25
<b>ADHD and Medication</b>	Autumn term – to be confirmed		

For full details of these workshops 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 ADHD workshops for parents and carers (all 12.30pm to 2.30pm)

<b>Pre and Post Assessment ADHD Workshops:</b>	<b>Slough</b> The Curve, William Street, SL1 1XY
<b>Introduction to ADHD</b>	Wednesday May 22
<b>Anxiety and ADHD</b>	Wednesday June 12
<b>Behaviour and ADHD</b>	Wednesday July 17

For full details of these workshops 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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# What's available from The Autism Group

## Autism toolkit workshops for parents and carers

Toolkit title:	Bracknell Forest	Slough	Windsor & Maidenhead
	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Windsor & Maidenhead Braywick Heath Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX
<b>Misbehaving or Misunderstood</b>			Thursday May 9 (10am to noon) Wednesday July 10 (6.30pm to 8.30pm)
<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	Wednesday May 15 (6.30pm to 8.30pm)		
<b>Girls on the Spectrum – Missed and Misunderstood</b>		Wednesday, May 22 (10am to noon)	
<b>Young Children and Autism</b>			Thursday June 6 (6.30pm to 8.30pm)
<b>Adolescence</b>	Wednesday June 12 (10am to noon)		
<b>Managing Emotions</b>		Wednesday June 26 (6.30pm to 8.30pm)	

All these workshops will be followed by an optional half-hour group chat to focus on problem-solving and sharing ideas.

For full details of these workshops and to register for places, please see [theautismgroup.org.uk](http://theautismgroup.org.uk), or call Becky Peates on 07943 551437 or email [admin@theautismgroup.org.uk](mailto:admin@theautismgroup.org.uk)

## Free Workshop with Cerebra about their Accessing Public Services Toolkit

Autism Berkshire is hosting this special free workshop, which is open to parents and carers of all children with additional needs and disabilities living in Berkshire, at RISC (Reading International Solidarity Centre), 35-39 London Street, Reading, RG1 4PS, on Thursday, May 23, from 10am to 2pm.

Led by trainers from Cerebra, the charity for children with brain conditions, including autism, it aims to help parents and carers of disabled children who are encountering difficulties with the statutory agencies in relation to the provision of health, social care and education support services. It will guide participants through the use of the Accessing Public Services toolkit developed by Cerebra to help them identify and use the problem-solving approaches it includes.

There are also a limited number of places available for professionals from Berkshire who support families of disabled children and young people.

For more information and to register for free places at this workshop, 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)



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