

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

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 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
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.
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.
Managing Anger	Looking at distressed behaviour and meltdowns in autistic children, how to cope and how to help them understand and communicate feelings.
Emotional Self-Regulation	How to teach your child strategies to help them manage their emotions at times of stress, including using <i>The Incredible 5-Point Scale</i> and <i>Comic Strip Conversations</i> .

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

Parenting Special Children



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 since 2006. 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:

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

For full details of these services and to register for places, see parentingspecialchildren.co.uk, call 0118 986 3532 or email admin@parentingspecialchildren.co.uk

Autism Berkshire daytime workshops 10am-2.30pm

National Autistic Society (NAS) Autism Seminars for Families:	Reading RISC (Reading International Solidarity Centre), 35-39 London Street, RG1 4PS	Thatcham Thatcham Baptist Church, 1 Wheelers Green Way, RG19 4YF	Wokingham St Paul's Church, 32 Reading Road, RG41 1EH
Understanding Autism	In February 2020	Wednesday September 25	Wednesday October 16
Meeting Sensory Needs	In January 2020	Wednesday October 23	Wednesday September 18
Managing Anger	In January 2020	Wednesday November 13	Thursday December 5
Emotional Self-Regulation	In March 2020	Wednesday December 4	In February 2020

Please book via the Autism Berkshire website at autismberkshire.org.uk/workshops-parents-carers/ or call the office on 01189 594 594. Or email admin@autismberkshire.org.uk

We 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 12.30pm during school terms at our office at 40 Caversham Road, Reading, RG1 7EB. The session on the second Tuesday of each month is in a support group format, with a visiting speaker.

Monthly Drop-in Advice sessions for parents and carers in West Berkshire take place at the Swings and Smiles playcentre, in Lower Way, Thatcham, RG19 3RR, on the first Friday of each month from 9.30am to 11am.

- 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. See the website for details.

Parenting Special Children evening workshops 6.45pm-8.45pm or 7pm-9pm

Autism Pre & Post-Assessment Workshop:	Reading Lower Earley Baptist Church Maiden Place RG6 3HE	Reading Wokingham Waterside Centre, Thames Valley Park Drive, RG6 1PQ	Thatcham West Berkshire Council Central Family Hub Park Lane, RG18 3PG
Introduction to Autism (1 of 3)	Tuesday September 24		Tuesday September 24
Autism & Anxiety (2 of 3)	Tuesday October 22		Tuesday October 22
Autism & Behaviour (3 of 3)	Tuesday November 19		Tuesday November 19
Sensory Processing for Autism and ADHD			Friday October 11 (Daytime workshop from 10am-noon)
Autism & ADHD dual diagnosis		Monday October 21	
ADHD Pre & Post-Assessment Workshop:	Reading St Nicolas Church 33 Sutcliffe Avenue Earley, RG6 7JN	Thatcham West Berkshire Council Central Family Hub Park Lane, RG18 3PG	Wokingham Methodist Church Bradbury Centre Rose Street, RG40 1XS
Introduction to ADHD (1 of 3)		Tuesday October 1	Tuesday September 17
ADHD & Anxiety (2 of 3)	Thursday October 24	Tuesday October 29	Tuesday October 15
ADHD & Behaviour (3 of 3)	Thursday November 19	Tuesday November 26	Tuesday November 19
Sensory Processing		See Autism workshops	
Autism & ADHD dual diagnosis	See Autism workshops		

Please book via the Parenting Special Children website at 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. See the website for details.