

# Autism & ADHD Support for Families in Berkshire West

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.

See below for details of the services that are available in August and September 2020.

All the workshops\* and Autism Berkshire's Home Visit\* service are free of charge and are suitable if your child is waiting for an autism and/or ADHD assessment or has a diagnosis.

\*Please note that these services are currently being delivered online using video conferencing systems, due to the coronavirus pandemic and the Government's social distancing guidance to help limit the spread of the virus.

## Autism Berkshire

Founded 30 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 Workshop	Who for
<b>National Autistic Society (NAS) Seminars for Families: 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	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
<b>National Autistic Society (NAS) Seminars for Families: Meeting Sensory Needs (2-part workshop)</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	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
<b>National Autistic Society (NAS) Seminars for Families: Managing Anger (2-part workshop)</b>	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
<b>Workshop on Food Refusal in Autistic Children and Young People</b>	An introduction to a topic that affects many families with autistic children, discussing what to look out for, the causes of food refusal and tips to help	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis

In addition to these online autism advice workshops, Autism Berkshire provides a virtual Home Visit service to offer one-to-one in-depth advice and support to parents and carers of autistic children and an autism Helpline service.

For full details of all these services and to register for workshop places or book an appointment for a Home Visit, see [www.autismberkshire.org.uk/coronavirus-support-from-autism-berkshire/](http://www.autismberkshire.org.uk/coronavirus-support-from-autism-berkshire/) call 01189 594 594 (option 1) or email [contact@autismberkshire.org.uk](mailto:contact@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 15 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
<b>Pre &amp; Post Assessment Workshops: Introduction to Autism Introduction to ADHD</b>	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
<b>Pre &amp; Post Assessment Workshops: Autism &amp; Anxiety ADHD &amp; Anxiety</b>	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



Talking sense about autism.



<b>Pre &amp; Post Assessment Workshops: Autism &amp; Behaviour ADHD &amp; Behaviour</b>	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
<b>Pre &amp; Post Assessment Workshop: Sensory Processing for Autism and ADHD</b>	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

Please note that the Pre- and Post-Assessment workshops for Autism and ADHD must be booked as a series of three linked sessions. In addition to these online workshops, Parenting Special Children provides a Helpline service to offer one-to-one in-depth advice and support to parents and carers of children with additional needs,

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

## Online workshop dates for September 2020

Date	Time	Workshop Title	Provider	For details and to book, contact
Thursday September 10	10am to 11.30am	<b>Understanding More About Autism</b>	Autism Berkshire	<a href="http://www.autismberkshire.org.uk">www.autismberkshire.org.uk</a> 01189 594 594 (option 1)
Thursday September 10	1pm to 2.30pm	<b>Food Refusal in Autistic Children and Young People</b>	Autism Berkshire	<a href="http://www.autismberkshire.org.uk">www.autismberkshire.org.uk</a> 01189 594 594 (option 1)
Monday September 14	7pm to 8.30pm	<b>Sensory Processing for Autism and ADHD</b>	Parenting Special Children	<a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Monday September 14	7pm to 8.30pm	<b>Introduction to ADHD</b>	Parenting Special Children	<a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Wednesday September 16	7pm to 8.30pm	<b>Introduction to Autism</b>	Parenting Special Children	<a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Thursday September 17	10am to 11.30am	<b>Meeting Sensory Needs Part 1</b>	Autism Berkshire	<a href="http://www.autismberkshire.org.uk">www.autismberkshire.org.uk</a> 01189 594 594 (option 1)
Thursday September 17	10am to 11.30am	<b>Managing Anger Part 1</b>	Autism Berkshire	<a href="http://www.autismberkshire.org.uk">www.autismberkshire.org.uk</a> 01189 594 594 (option 1)
Monday September 21	7pm to 8.30pm	<b>ADHD and Anxiety</b>	Parenting Special Children	<a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Wednesday September 23	7pm to 8.30pm	<b>Autism and Anxiety</b>	Parenting Special Children	<a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Thursday September 24	10am to 11.30am	<b>Meeting Sensory Needs Part 2</b>	Autism Berkshire	<a href="http://www.autismberkshire.org.uk">www.autismberkshire.org.uk</a> 01189 594 594 (option 1)
Thursday September 24	10am to 11.30am	<b>Managing Anger Part 2</b>	Autism Berkshire	<a href="http://www.autismberkshire.org.uk">www.autismberkshire.org.uk</a> 01189 594 594 (option 1)
Monday September 28	7pm to 8.30pm	<b>ADHD and Behaviour</b>	Parenting Special Children	<a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Wednesday September 30	7pm to 8.30pm	<b>Autism and Behaviour</b>	Parenting Special Children	<a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532



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