

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.

See below for details of the services that are available in September 2020, including Autism Berkshire and Parenting Special Children's Helpline services.

All workshops* and Home Visits* (visit services are available from Autism Berkshire and The Autism Group) are free of charge and are suitable if your child is waiting for an 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.

The charities are:

Autism Berkshire

Set up 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
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 (2-part workshop)	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 (2-part workshop)	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 Food Refusal in Autistic Children and Young People	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.

For full details of all these services and to register for workshop places or book a Home Visit, see www.autismberkshire.org.uk/coronavirus-support-from-autism-berkshire/ call 01189 594 594 (option 1) or email contact@autismberkshire.org.uk



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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
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

Please note that the Pre- and Post-Assessment workshops for autism and ADHD must be booked as a series of 3 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, call 0118 986 3532 or email dss@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
Managing Emotions	A look at the causes behind challenging behaviour along with tried and tested strategies to manage meltdowns and angry outbursts.	Suitable for parents and carers of primary and secondary school aged children and young people. (Waiting assessment or with a diagnosis).
Sensory Differences	Examining 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).

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

For full details of these services and to register for workshop places or book a Home Visit, please see www.theautismgroup.org.uk or call Becky Peates on 07943 551437 or email admin@theautismgroup.org.uk



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Online workshop dates for September 2020

Date	Time	Workshop Title	Provider	For details and to book, contact
Tuesday September 8	10am to 11am	Managing Emotions	The Autism Group	www.theautismgroup.org.uk
Thursday September 10	10am to 11.30am	Understanding More About Autism	Autism Berkshire	www.autismberkshire.org.uk
Thursday September 10	1pm to 2.30pm	Food Refusal	Autism Berkshire	www.autismberkshire.org.uk
Monday September 14	7pm to 8.30pm	Sensory Processing for Autism and ADHD	Parenting Special Children	www.parentingspecialchildren.co.uk
Monday September 14	7pm to 8.30pm	Introduction to ADHD	Parenting Special Children	www.parentingspecialchildren.co.uk
Wednesday September 16	7pm to 8.30pm	Introduction to Autism	Parenting Special Children	www.parentingspecialchildren.co.uk
Thursday September 17	10am to 11.30am	Meeting Sensory Needs Part 1	Autism Berkshire	www.autismberkshire.org.uk
Thursday September 17	10am to 11.30am	Managing Anger Part 1	Autism Berkshire	www.autismberkshire.org.uk
Monday September 21	7pm to 8.30pm	ADHD and Anxiety	Parenting Special Children	www.parentingspecialchildren.co.uk
Wednesday September 23	7pm to 8.30pm	Autism and Anxiety	Parenting Special Children	www.parentingspecialchildren.co.uk
Thursday September 24	10am to 11am	Sensory Differences	The Autism Group	www.theautismgroup.org.uk
Thursday September 24	10am to 11.30am	Meeting Sensory Needs Part 2	Autism Berkshire	www.autismberkshire.org.uk
Thursday September 24	10am to 11.30am	Managing Anger Part 2	Autism Berkshire	www.autismberkshire.org.uk
Monday September 28	7pm to 8.30pm	ADHD and Behaviour	Parenting Special Children	www.parentingspecialchildren.co.uk
Wednesday September 30	7pm to 8.30pm	Autism and Behaviour	Parenting Special Children	www.parentingspecialchildren.co.uk



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