

talk to?

Support for families with autistic and ADHD children & teenagers from

# Berkshire West Autism & ADHD Support Service



**Providing free information, advice and workshops for families with**

autistic and ADHD children and teenagers in Reading, Wokingham and West Berkshire.

**Berkshire West**  
Autism & ADHD Support Service



Contact

 Helpline: **01189 594 594**   
[www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)

# Free workshops for parents and family carers of autistic children and teenagers from the Berkshire West Autism & ADHD Support Service

## Autism Advice Workshops

- Understanding More About Autism
- Sensory Differences (two-part workshop)
- Supporting Behaviour (two-part workshop)
- Emotional Regulation
- Autism & Mainstream Schools

- Eating & Mealtime Challenges
- Autism & Teenagers
- Anxiety & Autistic Teenagers
- Teenagers & Social Situations

## ADHD Advice Workshops

ADHD advice workshops are delivered as a linked series of three sessions, as follows:

- An Introduction to ADHD
- Anxiety and ADHD
- Managing ADHD Behaviours

## Follow-up Workshops

For parents and family carers of autistic and ADHD children:

- Sleep Difficulties, with Parenting Special Children's sleep specialists
- Preparing for Adulthood, with Autism Berkshire and guest speakers
- Transition to Primary School, with Autism Berkshire's family support team



For more information about all these services, see: [autismberkshire.org.uk](http://autismberkshire.org.uk),  
email: [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk) or call: 01189 594 594



## How we can help

The Berkshire West Autism & ADHD Support Service provides free information, advice and workshops for the families of children and young people aged up to 17 who have an autism or ADHD diagnosis, who are waiting for assessment, or where autism or ADHD is suspected.

The service is a partnership between Autism Berkshire, Parenting Special Children and the Thames Valley NHS Integrated Care Board. Please note that to be supported by the service, you must be registered with a GP surgery that is in the Reading, Wokingham and West Berkshire unitary council areas. For a list of surgeries, see our website.

- **Helpline** – a free and confidential service available by email and telephone offering advice and signposting to autistic young people, their parents and carers, and to professionals who support autistic children and teenagers,

plus signposting to support from our partners Parenting Special Children for the families of children and teenagers who have possible or confirmed ADHD. To contact the Helpline, email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk) or call **01 189 594 594** and select **option1** to leave a voicemail.

- **Support Calls** – Parents and carers of autistic children and teenagers can book an appointment with one of our family support workers for an extended in-depth discussion.
- **Autism advice workshops** – see opposite for a full list.
- **ADHD advice workshops** – see opposite for details.
- **Follow-up workshops** – for parents and family carers of autistic and ADHD children covering topics including Sleep Difficulties, Preparing for Adulthood and Transition to Primary School.

## Other Support

Autism Berkshire also provides other activities for autistic children and teenagers and their families, funded by councils in the county and charitable trusts and foundations. These include trampolining sessions for 5 to 17-year-olds and family fun days. Visit the Autism Berkshire website for details.

**For more information about all these services, see: [autismberkshire.org.uk](http://autismberkshire.org.uk), email: [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk) or call: 01189 594 594**

## What our service users say...

*"I just wanted to thank you for the fantastic workshop sessions on sensory processing differences. I'm new to all this and trying to inform myself as much as possible in order to help my son, and I have to say I learned so much from both these sessions. The things talked about in the workshops relate to my son and whilst I noticed he did certain things, I didn't always know the why... I'm really looking forward to learning more."*

*"Thank you for hosting this morning's workshop - it was interesting and a relief to share and listen to others - makes this journey a little less lonely!"*

*"Thanks so much for your email and for our conversation earlier this afternoon. As last time, it was so useful and reassuring to hear your advice and suggestions."*

*"Thank you so much to the team, I'm recommending your workshops to anyone that will listen! They were brilliantly delivered!"*

*"Thank you so much for your help and advice. I'm so happy I was able to talk with you today, as I didn't know where to start."*

*"Very impressed with telephone support and follow-up. You're doing a very good job. Thank you."*

### Berkshire West

Autism & ADHD Support Service



Parenting  
Special  
Children

**NHS**  
Thames Valley  
Integrated Care Board

The Berkshire West Autism & ADHD Support Service is funded by the Thames Valley NHS Integrated Care Board

## For more information about support from the service:

Details of the support that the service provides and how to register for workshops and courses are available at:

**Call us:** 01189 594 594

**Email:** [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

**Website:** [www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)

VISIT OUR  
WEBSITE



Autism  
Berkshire

Autism Berkshire – the working name for Berkshire Autistic Society. Charity no: 1076217, Company number: 03750656  
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Facebook: @AutismBerkshire Instagram: @autismberkshire [www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)