



Perth Autism Support Training and Workshop Programme 2016

Perth Autism Support, 28-30 Market Street, Perth, PH1 5QH

Web: www.perthautismsupport.org.uk

Perth Autism Support is a Registered Charity SC042875

About PAS Training

All Perth Autism Support training workshops will take place at Perth Autism Support, 28-30 Market Street, Perth, PH1 5QH **unless specified otherwise.**

If you would like advice on which training workshops would be most beneficial for you please give the office a call to discuss this with the Family Support Co-ordinators on 01738 451 081

Perth Autism Support training workshops are free to families registered with us.

For attending professionals and staff from other agencies there will be a £10 charge per person per workshop.

Bespoke training can be delivered to your organisation, tailored to fit the requirements of your staff and can vary in length from a few hours to full day sessions, depending on your needs. To discuss requirements and for pricing contact Angie Ferguson, Chief Executive Officer at angie@perthautismsupport.org.uk

Please note a charge of £5.00 will be incurred for non-attendance or cancellations where two working days' notice has not been

How to Book

All workshops can be booked by visiting:
www.eventbrite.co.uk

You will require to enter a name and email address to do this.

If you are booking multiple places you will need to book a new ticket per person although you can use the same email address multiple times if required.

Event Brite will generate a reminder email before the session.

Cancellations can be submitted through Event Brite.

Siblings

Time for us is a 6 week course designed to support brothers and sisters of children with autism, to help them understand the reasons for behaviours, look at their own support networks and build a network of understanding sibling support.

Time For Us! (Ages 12 and Over)

18 January 2016 - Getting to know you

25 January 2016 - What is it like to have autism?

1 February 2016 - Difficult times with our brothers and sisters and enjoying ourselves with our brothers and sisters

8 February 2016 - Explaining it to others

15 February 2016 - Being treated differently and feelings about our brothers and sisters

22 February 2016 - Celebrating our success!

6.00-8.30pm

Time for Us! (Ages 8-11)

25 April 2016 - Getting to know you

2 May 2016 - What is it like to have autism?

9 May 2016 - Difficult times with our brothers and sisters and enjoying ourselves with our brothers and sisters

16 May 2016 - Explaining it to others

23 May 2016 - Being treated differently and feelings about our brothers and sisters

30 May 2016 - Celebrating our success!

6.00-8.30pm

General Training Workshops

interACTION is an introductory level course delivered in partnership by Perth Autism Support, NHS Tayside Speech and Language Therapy and Perth and Kinross Council Early Years Inclusion Team. The course is designed to provide information, support and strategies for parents of children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

InterACTION: Autism And How We Can Support (Session 1)

5 February 2016, 9.30am-2.30pm

InterACTION: Autism And How We Can Support (Session 2)

12 February 2016, 9.30am-2.30pm

InterACTION: Autism And How We Can Support (Session 1)

13 September 2016, 9.30am-2.30pm

InterACTION: Autism And How We Can Support (Session 2)

20 September 2016, 9.30am-2.30pm

Parents are required to attend session 1 and 2

Sensory Workshops

Introduction to Sensory Issues

21 January 2016, 10.00am-1.00pm

Delivered in partnership with Paediatric Occupational Therapy, NHS Tayside, this workshop will look at sensory processing, how it works and what can go wrong. Participants will have the opportunity to think about their own sensory habits as well as work out what is happening to the children they are concerned about.

Eating/Food Issues

26 January 2016, 6.00-8.30pm

30 August 2016, 6.00-8.30pm

This training workshop will cover what causes eating difficulties, introducing new foods, looks at how your child's eating habits need to change and the effects of the environment on eating.

Toileting

23 February 2016, 6.00-8.30pm

13 September 2016, 6.00-8.30pm

The workshop includes information on the reasons that children may have sensory issues with toileting and covers not only toilet training (how to start and the next steps in toilet training) but toilet hygiene, constipation and leaky bowels.

Personal Care

22 March 2016, 6.00-8.30pm

25 October 2016, 6.00-8.30pm

A sensory approach to understanding why dressing, washing, teeth brushing and all aspects of personal care can be difficult and some strategies to try to help with these essential tasks.

Sensory Issues at Home and in Public Places

26 April 2016, 6.00-8.30pm

29 November 2016, 6.00-8.30pm

This workshop offers advice and strategies for helping your child with going to the shops, restaurants, hairdressers, doctors / dentist and with visiting friends and relatives and how to support sensory needs safely at home.

Additional Training Workshops

Autism Assessment Information (Pre School)

3 March 2016, 12.30-2.30pm

Autism Assessment Information (Age 5 +)

4 October 2016, 10.00am-12.00pm

Information sessions open to parents of children awaiting an autism assessment. This session will cover: The assessment process and what to expect, terms and acronyms you are likely to come across, diagnosis and what it means, support available to you before, during and after this process and recommended courses which could be beneficial to you.

Power of Attorney/Guardianship

23 March 2016, 10.00am-12.00pm

This session run by Perth & Kinross Council Learning and Development team will give parents/carers information on Power of Attorney and Guardianship. The workshop will look at what is Power of Attorney and Guardianship, when and how parent/carers should apply for this and the process families will go through, and what are the possible options for each individual families circumstances. Parents/carers should be planning to apply for this process when their child reaches the age of 16 years and this workshop will allow families to have all the relevant information to prepare for this.

Emotion Works

21 June 2016, 10.00am-12.30pm

This is an introductory session for parents. The session aims to introduce the emotion works approach, this model guides and supports learning and talking about emotion across all ages and stages of development.

Challenging Behaviour

Our Family Support Team have created a supported, facilitated group where we have some time out to analyse and discuss some of the common behaviours we see in autism. This discussion group is based on the book 'Plan A for Autism' to understand why a behaviour is happening and then look at appropriate strategies so you can leave with a plan to take home.

Challenging Behaviour Problem Solving Group

28 January 2016, 12.30-2.30pm

24 March 2016, 12.30-2.30pm

12 May 2016, 12.30-2.30pm

30 August 2016, 10.00am-12.00pm

1 November 2016, 6.00-8.30pm

Communication Workshops

Makaton

18 May 2016, 10am-12pm

Makaton is a unique language programme which uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression. This session will cover the basic signs and symbols used in Makaton to get you started.

Developing Social Skills

7 June 2016, 10.00am-2.00pm

1 November 2016, 10.00am-2.00pm

This training looks at the social skill development in children with autism spectrum disorder. It will help you to understand why people with autism have difficulties with social skills and to have some ideas about how you could improve social skills.

Education Workshops

Emotional Regulation

11 January 2016, 6.00-8.30pm

29 August 2016, 6.00-8.30pm

This training workshop will explore strategies which can be used at home and school to assist your child in maintaining a balanced emotional state, for example through the use of 5 point scales.

Visual Supports for Learning

22 February 2016, 6.00-8.30pm

12 September 2016, 6.00-8.30pm

It is thought that people with autism are visual learners, this workshop covers how to present information in a visual way to encourage and support communication, language development and ability to process information.

Social Stories

21 March 2016, 6.00-8.30pm

24 October 2016, 6.00-8.30pm

Social stories were created to help teach social skills to people with autism. They are short descriptions of a particular situation or activity, which include specific details about what to expect in that situation and why. This workshop looks at how to create a social story and the best times to introduce them to your child/young person.

Comic Strip Conversations

25 April 2016, 6.00-8.30pm

7 November 2016, 6.00-8.30pm

Comic strip conversations are a technique developed to help people with autism develop greater social understanding. By seeing the different elements of a conversation presented visually, some of the more abstract aspects of social communication are made more 'concrete' and are therefore easier to understand.

Communication Passports

6 June 2016, 6.00-8.30pm

28 November 2016, 6.00-8.30pm

Communication Passports are a practical and person-centered way of supporting children and adults who cannot easily communicate for themselves. Passports are a way of pulling information together and presenting it in an easy-to-follow format.

Transitions Workshops

Transitions can be a very difficult time for families and often knowing the processes and services available can make these easier, with parents more informed and confident in preparing children for the next stage. Our Transitions sessions can help provide information, strategies and tips which are helpful to families of children with autism.

Nursery-Primary

8 February 2016, 9.30-11.30am

Primary-Secondary

6 September 2016, 10.00am-12.00pm

Secondary-Adult Services

17 November 2016, 10.00am-1.00pm