

# SYA



## Space4Autism Autism Training Programme

Do you live in Eastern Cheshire? Is your child or young person either waiting for, or has already received, a diagnosis of Autism?

NHS Eastern Cheshire Clinical Commissioning Group has recently commissioned Space4Autism to coordinate and arrange an Autism Training Programme, covering some of the key issues identified by people living with Autism and their parents/families.

All the courses will be delivered by trained professionals, including Speech and Language Therapists, Specialist Nurses, Therapists, Sleep Practitioners and our own in-house staff team.



**Eastern Cheshire**  
Clinical Commissioning Group

## Cygnnet

The Barnardo's Cygnnet 6-week programme is widely recognised as an award winning parenting support programme. It is now available to parents/carers of children aged 5 -18 years who have been diagnosed with Autism.

*6 sessions delivered over 6 weeks for 3 hours per week.*

## Puberty, Sexual Wellbeing and Relationships (PSR)

This is an additional six sessions available to parents/carers of children aged 11-18 years upon completion of the Cygnnet Course.

*6 sessions delivered over 6 weeks for 3 hours per week.*

*On completion of the Cygnnet/PSR Course you can then be invited to the wider Parent/Carer Training Programme. This programme is also available to those families who are currently waiting for a diagnosis.*

## Parent/Carer Autism Skills Programme

- What it's really like living with Autism
- Communication
- Sensory
- Food
- Anxiety
- Sleep
- Promoting positive behaviour

*7 sessions delivered over 7 weeks for 2 hours per week.*

## Sensory Knowledge and Skills

Offers parent/carers a better insight into sensory issues and how making small changes can make a huge difference to your child/young person.

*2 sessions delivered over 2 weeks for 2 hours per week.*

## Promoting Good Sleep

Improve your knowledge and understanding of techniques that can help your child/young person sleep.

*3 sessions delivered over 3 weeks for 2 hours per week.*

## Promoting Positive Behaviour

Focused on behaviour and communication skills and how to promote positive behaviour to help your child/young person to self-regulate their emotions more effectively.

*3 sessions delivered over 3 weeks for 2 hours per week.*

## Anxiety Skills Programme

An intensive approach aimed to support parent/carers to manage their own and their child/young person's anxieties related to Autism.

*7 sessions delivered over 7 weeks for 2 hours per week.*

## Supporting Siblings

Aimed at siblings aged 10 -16 years to provide an improved understanding of Autism and how this can affect a brother or sister. This will be delivered in an informal 'play' environment and lunch will be provided with access to our Staff Team.

*1 x 6 hour session on Saturday or Sunday*

**To book on any of the above  
courses please email**

**[kim@space4autism.org](mailto:kim@space4autism.org)  
or telephone 01625 617884**

Space4Autism is a registered charity. We deliver over 2,000 activities every year to benefit children, young people and adults living with Autism and their parents and families.



Some of the things we offer:

- Understanding and support
- Practical help and advice
- Social skills groups for children/young people
- An adult social group
- Cooking and nutrition classes
- Art therapy
- O2 'Techy' Sessions
- Sleep Workshops
- Fun Days for the whole family
- Afterschool Clubs
- School Holiday clubs
- Appointments with local professionals and specialists for advice, including Occupational Therapy, Cheshire East Autism Team (CEAT) and Cheshire East Information and Advice
- And much...much...much more!

*Please visit our website for further details...*

**Space4Autism**

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