



## Space4Autism

### Autism Training Programme

### Courses available from September

#### Cygnets Course

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

6 sessions delivered over 6 weeks for 3hrs per week

Dates of courses are:-

Age group of parent/carers child or young person	Time of courses	Dates of courses
Primary Age <b>FULLY BOOKED</b>	9.30am-12.30pm	2020 Oct 12 <sup>th</sup> , 19 <sup>th</sup> , Nov 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup>
Secondary Age	5.30pm – 8.30pm	2020 Nov 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> , Dec 7 <sup>th</sup>
Secondary Age	9.30am – 12.30pm	<b>2021 June</b> 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> July 5 <sup>th</sup> , 12 <sup>th</sup>
Primary Age	5.30pm - 8.30pm	<b>2021 June</b> 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> , July 5 <sup>th</sup> 12 <sup>th</sup>

## Puberty, Sexual Wellbeing and Relationships (PSR)

This is an additional six sessions available to parent/carers of children aged 11-18yrs upon completion of the Cygnet Course

6 sessions delivered over 6 weeks for 3hrs per week

Dates of courses are:-

Age group of parent/carers child or young person	Time of courses	Dates of courses
11-14yrs	1.00pm – 3.00pm	2020 Oct 12 <sup>th</sup> , 19 <sup>th</sup> , Nov 2 <sup>nd</sup> 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup>
11-14yrs	5.30pm – 8.30pm	2021 Jan 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> , Feb 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup>
15-18yrs	5.30pm – 8.30pm	<b>2021 April</b> 19 <sup>th</sup> , 26 <sup>th</sup> , May 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , and Wednesday 26 <sup>th</sup> (due to bank holidays)
15-18yrs	1.00pm – 3.00pm	<b>2021 June</b> 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> , July 5 <sup>th</sup> , 12 <sup>th</sup>

## 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 2hrs per week

Dates of courses are:-

Age group of parent/carers child or young person	Time of courses	Dates of courses
Primary Age	6.00pm – 8.00pm	2020 Sept 9 <sup>th</sup> , 16 <sup>th</sup> then a 1:1 on 23 <sup>rd</sup> time to be arranged
Primary Age	10.00am – 12noon	2020 Dec 2 <sup>nd</sup> , 9 <sup>th</sup> , then a 1:1 on 16 <sup>th</sup> time to be arranged
Secondary Age	6.00pm-8.00pm	<b>2021 Feb</b> 24 <sup>th</sup> , March 3 <sup>rd</sup> , then a 1:1 on 10 <sup>th</sup> time to be arranged
Secondary Age	10.00am – 12noon	<b>2021 June</b> 9 <sup>th</sup> , 16 <sup>th</sup> , then a 1:1 on 23 <sup>rd</sup> time to be arranged

## 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 2hrs

Age group of parent/carers child or young person	Time of courses	Dates of courses
Primary Age	10.00am-12noon	Jan 2021 14 <sup>th</sup> and 21 <sup>st</sup>
Secondary Age	10.00am – 12noon	Feb 2021 4 <sup>th</sup> and 11 <sup>th</sup>
Primary Age	Evening course	Dates to be confirmed
Secondary Age	Evening course	Dates to be confirmed

## 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

4 sessions delivered over 7 weeks for 2hours per week

Age Group of Parent/carers child or young person	Time of Courses	Date of Courses
Primary Age	6-8pm	Oct 2020 7 <sup>th</sup> , 14 <sup>th</sup> , Nov 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>
Secondary Age	6-8pm	Jan 2021 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> , Feb 3 <sup>rd</sup> , 10 <sup>th</sup>
Primary Age	10-00am – 12noon	Feb 24 <sup>th</sup> , March 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>
Secondary Age	10.00am – 12noon	April 2021 21 <sup>st</sup> , 28 <sup>th</sup> , May 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>

If you would be interested in booking any of the above please email [info@space4autism.org](mailto:info@space4autism.org) with your preferred start date, we will then confirm your place back to you.

**Note: please make sure you choose the right age group**

More courses will follow soon inc:- Parent/Carer Autism Skills Programme, Sensory Knowledge and Skills evening courses, Promoting Positive Behaviour, Supporting Siblings, Food in ASC, Specialist Social Group

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