



Space4Autism

Autism Training Programme

Courses available from September 2021-Feb 2022

NHS Cheshire Clinical Commissioning Group has 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

You must live or have your GP surgery within East Cheshire to attend

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 2.5/3hrs per week

Dates of courses are:-

Age group of parent/carers child or young person	Time of courses	Dates of courses
Primary Age	9.30-12.30pm	2021 Oct 4 th , 11 th , 18 th , Nov 1 st , 8 th , 15 th
Secondary age	6.00-8.30pm	2021 Nov 8 th , 15 th , 22 th , 29 th , Dec 6 th , 13 th

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 2hrs per week

Dates of courses are:-

Age group of parent/carers child or young person	Time of courses	Dates of courses
11-18yrs	10-12noon	2022 Jan 10 th , 17 th , 24 th , 31 st , Feb 7 th , 14 th

Parent/Carer Autism Skills Programme

7 sessions delivered over 7 weeks for 2hrs per week – this course is for waitlist list families and those with a diagnosis

Sessions include: -

- What its really like living with Autism – presentation by Ben Simpson an adult with ASC
- Communication
- Sensory
- Food
- Anxiety
- Sleep
- Promoting Positive Behaviour

Age group of the parent/carers child or young person	Time of courses	Dates of courses
Primary Age	10-12 Note 8 th Nov talk will be 6-8pm (not 10-12)	2021 Nov 8 th , 11 th , 18 th , 25 th , Dec 2 nd , 9 th , 16 th

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	2021 Nov 3 rd , 10 th , 17 th , 24 th , Dec 1 st , 8 th
Secondary age	10-12	2022 Jan 12 th , 19 th , 26 th , Feb 2 nd , 9 th , 16 th

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	10-12noon	2021 Oct 6 th , 13 th then a 1:1 on 20 th Oct (time to be confirmed)
Secondary age	6-8pm	2022 Jan 12 th , 19 th , then a 1:1 on 26 th Jan (time to be confirmed)

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
5-18yrs	6.30-8.30pm	2021 Dec 8 th and 15 th
5-18yrs	1-3pm	2022 Feb 9 th and 16 th

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.

2 sessions delivered over 2 weeks for 2 hours per week

Age group of parent/carers child or young person	Time of courses	Dates of courses
5-18yrs	6.30-8.30pm	2022 Feb 9 th and 16 th

Focusing on Food

Three week course focusing on food, building a picture of your child's food development and how making small changes can make a difference. 1st Week is Ben Simpson (ASC adult) talking about food and mental health on the autism spectrum

3 sessions delivered over 3 weeks for 2 hours per week

Age group of parent/carers child or young person	Time of courses	Dates of courses
5-18yrs FULLY BOOKED	10-12noon Note: this one is only 2 sessions	2021 Sept 23 rd and 30 th
5-18yrs	10-12noon Note 10 th Jan talk will be 6-8pm (not 10-12)	2022 Jan 10 th , 13 th , 20 th

0-4yrs ASC Parenting Course

For parent/carers of younger children diagnosed with ASC. This course will help you understand your little ones and give you some tips and advice to help you through the early years.

6 sessions delivered over 6 weeks for 2hrs per week

Week 1—Introduction to Autism

Week 2—Communication, Behaviour and Emotions

Week 3—Play and Learning

Week 4—Sensory, Food and Toileting

Week 5—Meet the Team

Week 6—Informal brunch or dinner to get to know each other better

Dates of courses are:-

Time of courses	Dates of courses
10-12noon	2021 Nov 8 th , 15 th , 22 nd , 29 th Dec 6 th , 13 th

If you would be interested in booking any of the above please email 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

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