

# S4A



## 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 Cheshire Clinical Commissioning group (CCG) 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.



**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 parent/carers of children aged 5-18 years who have been diagnosed with Autism.

*6 sessions delivered over 6 weeks for 2 hours per week.*

## Puberty, Sexual Wellbeing and Relationships (PSR)

This is an additional 6 sessions available to parent/carers of children aged 11-18 years upon completion of the Cygnnet Course.

*6 sessions delivered over 6 weeks for 2 hours per week.*

## Parent/Carer Autism Skills Programme for parent/carers of school aged children 4yrs+

- What it's really like living with Autism delivered by Ben Simpson (adult on the spectrum)
- Communication
- Sensory
- Food
- Anxiety
- Sleep
- Promoting positive behaviour

*7 sessions delivered over 6 weeks for 2 hours per week.*

## Promoting Positive Behaviour for parent/carers of school aged children 4yrs+

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

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

## Promoting Good Sleep delivered by Nickie Sutton from Peak Sleep for parent/carers of school aged children 4yrs+

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

*2 sessions for 2hrs then an individual session 1hr 1:1, delivered over 3 weeks.*

## Anxiety Skills Programme for parent/carers of school aged children 4yrs+

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

*6 sessions delivered over 6 weeks for 2 hours per week.*

## 0-4's Parent Course

This course has been specifically written for parent/carers of children 0-4 who have a diagnosis.

- Introduction to Autism
- Behaviour and Emotions
- Play and Learning
- Sensory, Food and Toileting
- Meet the Team
- Informal lunch and get to know each other better

*6 sessions delivered over 6 weeks for 2 hours per week.*

## Focus on Food for parent/carers of school aged children 4yrs+

This course is looking at issues with food relating to Autism. Building up a picture of your child's development and how making small changes can make a difference.

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

## Occupational Therapy Individual Sensory Workshops for parent/carers of any child or young person upto the age of 18yrs

These courses have been written and will be delivered by Manchester Occupational Therapy Services Ltd. They are for parent/carers of children/young people ages 0-18yrs (either diagnosed or on the pathway) they will be delivered via zoom and they will all take place in the evening.

Workshops available are:-

**Self-Care Skills** - Explore the areas that relate to the daily self-care skills for toothbrushing, hair washing, hair cutting, nail cutting, bathing / showering and hand washing. • Explore sensory behaviours that may make these areas more difficult to achieve. • Explore strategies to help increase levels of independence within the areas including using sensory strategies and practical advice.

**Dressing Skills** - Explore the areas that relate to dressing skills including the motor skills that are needed to achieve dressing activities. • Explore sensory behaviours that make increasing independence in these areas more difficult to achieve. • Explore strategies to help increase levels of independence within the areas including using sensory strategies and practical advice.

**Toileting Skills** - Explore the areas that relate to toileting skills including clothes management and toilet hygiene. • Explore sensory behaviours that make increasing independence in these areas more difficult to achieve. • Explore strategies to help increase levels of independence within this area including using sensory strategies and practical advice.

**Eating and Drinking Skills** - Explore the areas that relate to eating, drinking including using cutlery and exploring motor skills that are needed for eating and drinking skills. • Explore sensory based feeding difficulties. • Explore developing use of cutlery, and alternative cups and dishes alongside practical strategies.

**Daily routines and Schedules** - Explore the areas that relate to daily routines and how visuals can be beneficial. • Explore sensory behaviours that may make daily routines difficult to achieve.

**Sensory Behaviour** - Explore the sensory systems for tactile, vestibular and proprioceptive processing. • Explore sensory behaviours that maybe observed and how sensory strategies can be used to help manage over or under responsiveness within each sensory system.

*Note: The above Occupational Therapy sessions are standalone, you do not need to book them all.*

*Each session is 1.5 hours*

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

**training@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:

- Drop In Mon-Thurs 10-3pm
- Practical help and advice
- Social skills groups for children/young people
- An adult social group
- Cooking and nutrition classes
- Art therapy
- 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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