



# 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 and Merseyside Integrated Care Board, Cheshire East Place have 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 and Merseyside**

# Occupational Therapy Individual Workshops - delivered by Manchester Occupational Therapy Services Ltd.

These sessions 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).

These courses are offered to those parents who's children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

All courses are delivered face to face at Space4Autism as they are interactive and work better in person.

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.

**DressingSkills** - 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 may be observed and how sensory strategies can be used to help manage over or under responsiveness within each sensory system.

*Note: you do not have to book all the workshops above and each session is 2hrs*

# Cygnnet

The Barnardo's Cygnnet 6-week programme is widely recognised as an award-winning parenting support programme. It is now available to parents/cares of children aged 5-18yrs **who have been diagnosed with Autism. To attend this course we must see evidence of diagnosis of ASC.**

*6 sessions delivered over 6 weeks for 2 hours per week, **face to face at Space4Autism.***

## Parent/Carer Autism Skills Programme

7 sessions delivered over 6 weeks for 2hrs per week. They are held face to face at Space4Autism apart from the 1st session which is delivered by Ben Simpson, an adult with ASC, via zoom.

This course is offered to parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

- What it's really like living with Autism – delivered by Ben Simpson (adult on the spectrum)
- Communication Session
- Sensory Session
- Focus on Food
- Anxiety Session
- Promoting Positive Behaviour
- Good Sleep

*7 sessions delivered over 6 weeks for 2 hours per week, **delivered face to face at SpaceAutism. Apart from the 1st session.***

## Promoting Positive Behaviour and Sensory Knowledge and Skills

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.

This course is offered to those parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

*3 sessions delivered over 3 weeks for 2 hours per week, **face to face at Space4Autism.***

## Promoting Good Sleep – 1:1 appointment delivered by Peak Sleep

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

This course is offered to those parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

*2 sessions delivered over 2 weeks for 2hrs per week, **face to face at Space4Autism** then a 1:1 bookable with Nicki from Peak Sleep over zoom.*

## Anxiety Skills Programme – delivered by Autumn Psychology

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

This course is offered to those parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

*6 sessions delivered over 6 weeks for 2 hours per week, **face to face at Space4Autism.***

## 0-4's Parent 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.

This course is offered to those parents whose children have a diagnosis of Autism we will need evidence of this to book this course for you.

- What is Autism?
- Intro to Play and Learning
- Intro to Sensory Processing Differences
- Intro to Communication, Emotions & Behaviour
- Strategies for Comm, Emotions & Behaviour
- Informal lunch, meet the team and get to know each other

*6 sessions delivered over 6 weeks for 2 hours per week, delivered face to face at Space4Autism.*

## Focus on Food – delivered by a specialist nurse & play therapist

3 week course focusing on food, building a picture of your child's food development and how making small changes can make a difference. The 1st session 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, delivered face to face at Space4Autism. Apart from the 1st session which is in the evening on zoom.*



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 9-3pm
- 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
- 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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# Testimonials and feedback:

I just wanted to thank you for an excellent Cygnet course, the trainer went above and beyond and I can honestly say this is the best training I have ever attended. The added bonus was that I have made some new friends and we meet regularly for a catch up, this is just amazing as none of my friends get what I am going through.

Thank you very much for this, the training and guidance from Space 4 Autism is proving invaluable.

Thank you again you run such great courses with wonderful trainers running them. I've thoroughly enjoyed and learned from the ones I have been on.

I would like to say a massive thank you to you for making the courses at Space happen! I have found the 6 weeks very informative, interesting and most importantly very helpful and fun. Me and my family are very grateful for all the help and support we have received through Space. Space4Autism is an amazing place with amazing people!

Can you pass on my thanks to our wonderful trainer, she is so knowledgeable and made us feel so relaxed in the session. I can't wait to get home and look at our house and the things that have been suggested to make our life easier, I hadn't ever thought about the sensory overload. Thank you again.

I just wanted to drop a note to say could you please pass on huge thanks to Ben for me for tonight's session. Ben is really inspiring, incredibly informative and delivered the sessions clearly, a true inspiration.