



WORKSHOP DETAILS

Who are the sessions aimed at?

Autistic adults resident within Southampton City Council boundaries who wish to gain more insight into what makes them different and why.

What are the aims of the workshops?

The aim of these workshops is to support participants towards understanding and accepting who they really are rather than teaching them to 'mask' or 'pass for normal'.

Workshop structure:

- There are two hours allocated for each session, but each person can decide how long they wish to stay.
- There will be a 15-minute break in the middle of the session. Should anyone need to take a break at any other time they are, of course, free to do so.
- Each group will have up to 30 participants.

When and how often sessions take place:

- Participants can choose to join one of two small groups depending on whether they prefer a morning or evening session.
- Sessions will take place once a month, and the dates are given below.

SESSION SCHEDULE

Session 1 – Introduction. Set the context for the other workshops and explore:

- Competing definitions of what it is to be autistic.
- The diversity of the autistic population.

Session 2 – Thinking.

- Differences in the way we think and process the world.
- Accommodating such differences.

Session 3 – Communication.

- How autistic children might acquire language and move on to develop distinctive styles of communication.
- Ways of enabling better communication between us and non autistic people.

Session 4 – Social Interaction.

- Distinctly autistic ways of being social.
- Strategies for avoiding social burnout.

Session 5 – Sensory Perception.

- How reactions to everyday stimuli may give clues as to our unique sensory profiles.
- Ways to stimulate or calm our senses.

Session 6 – Behaviour.

- Legislation and guidance concerning equality and discrimination.
- How such legislation and guidance applies to us.

COURSE DATES



Group 1

Online

Booking capacity: 30

Time: Wednesdays 10am-12pm

Wednesday 24th April 2024
Wednesday 22nd May 2024
Wednesday 19th June 2024
Wednesday 17th July 2024
Wednesday 11th September 2024
Wednesday 9th October 2024

Group 2

Online

Booking capacity: 30

Time: Wednesdays 6pm-8pm

Wednesday 9th October 2024
Wednesday 13th November 2024
Wednesday 11th December 2024
Wednesday 8th January 2025
Wednesday 5th February 2025
Wednesday 5th March 2025

BOOK HERE:

<https://www.eventbrite.co.uk/o/autism-hampshire-38614451203>

Please be aware that we expect participants to attend and actively engage with all six sessions. A certificate will be issued on successful completion of the full course.

In the event that you are unable to attend a session, please let us know in advance, where possible at trainingadmin@autismhampshire.org.uk or contact your trainer directly.

These sessions will all be held virtually via Microsoft Teams, so you will need to have access to the appropriate technology, including camera and microphone. If you require any reasonable adjustments in order to attend, please contact us to discuss prior to the start of the course.