

Information Workshops



Autism Hampshire is offering 6 free workshops to Autistic adults in Southampton



Who are the workshops aimed at:

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

Aim of the Workshops

The aim of these workshops is to support participants towards gaining a greater understanding of what being autistic means. The focus will be on developing as an autistic person rather than learning strategies aimed at 'masking' or 'passing for normal'.

After an initial Introductory session, participants will have an opportunity to shape the content of each subsequent session by submitting ideas and questions related to each set topic in advance.

What will happen at the groups?

The facilitator will deliver an interactive presentation based partly on issues suggested in advance by participants. Where appropriate, practical strategies aimed at reducing some common difficulties will be offered.

Sessions may also include some practical exercises but participation is not compulsory.

There are 3 hours allocated for each session but each person can decide how long they wish to stay.

The period will be divided into 35 minute slots followed by 10 minute breaks. Should anyone one need to take a break at any time they will be free to do so and a quiet area will be provided.

Participants can choose to attend one of two groups per month depending on their preference for either a morning or evening session. For the comfort of all, each group will be limited to 8 participants.

Once you have confirmed that you wish to attend, an information pack will be sent containing details of the venue, a description of the sensory environment, timings, a draft of course ground rules, and a set of mood stickers or badges.

Please note that sessions are only open to autistic adults resident within the Southampton City Council Boundaries.



Schedule:

Workshop 1 - Introduction

- Agree ground rules.
- Explore some definitions of what it means to be 'autistic'.
- Explore issues arising from common terms used to describe autistic people.
- Assess the accuracy of some well established beliefs concerning those on the spectrum.

Workshop 2 - Thinking

This session will look at possible differences in brain structure and how they can give rise to unique styles of thinking and perception.

Workshop 3 - Communication

This session will explore and offer some possible explanations for distinctive, autistic ways of acquiring, using and interpreting language.

Workshop 4 - Social Interaction

During this session discussions will focus on autistic perspectives on social interaction, making friends and forming relationships and contrast them with neurotypical notions of 'being social'.

Workshop 5 - Sensory Perception

During this session participants will have the opportunity to explore how their reactions to different everyday stimuli may give clues as to their unique sensory profile.

Workshop 6—Reasonable Adjustments

This will include an overview of legislation and guidance concerning equality and discrimination and the rights of people with a disability.

Each session will include opportunities for members of the group to share personal experiences and offer advice.

Course Dates:

Venue	Session	Date	Time
Fairways House Mount Pleasant Rd, Southampton SO14 0QB https://fairwayshouseoffices.com	Group1 Introduction	05/03/19	10.00-13.00
	Group 2 Introduction	26/03/19	18.00-21.00
	Group1 Thinking	02/04/19	10.00-13.00
	Group 2 Thinking	23/04/19	18.00-21.00
	Group1 Communication	07/05/19	10.00-13.00
	Group 2 Communication	21/05/19	18.00-21.00
	Group1 Social Interaction	04/06/19	10.00-13.00
	Group 2 Social Interaction	25/06/19	18.00-21.00
	Group1 Sensory Perception	02/07/19	10.00-13.00
	Group 2 Sensory Perception	16/07/19	18.00-21.00
	Group1 Reasonable Adjustments	03/09/19	10.00-13.00
	Group 2 Reasonable adjustments	24/09/19	18.00-21.00

For Booking Information and Information pack please contact Our Information and Advice team. Spaces are limited.

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