# **Information Workshops**



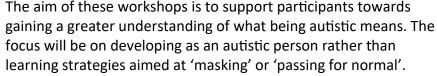
Autism Hampshire is offering 6 free workshops to Autistic adults in Southampton

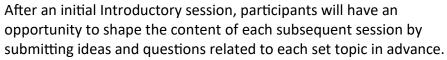


#### Who are the workshops aimed at:

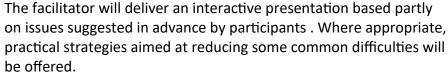
Autistic adults resident within Southampton City Council boundaries who wish to gain more insight into what makes them different and why.

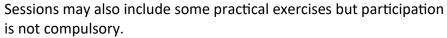
#### Aim of the Workshops

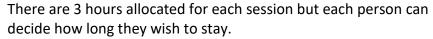


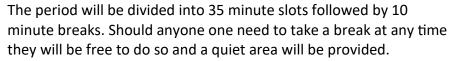












Participants can choose to attend one of two groups per month depending on their preference for either a morning or evening session. For the comfort of all, each group will be limited to 8 participants.

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
	<b>Group1 Communication</b>	07/05/19	10.00-13.00
	Group 2 Communication	21/05/19	18.00-21.00
	<b>Group1 Social Interaction</b>	04/06/19	10.00-13.00
	Group 2 Social Interaction	25/06/19	18.00-21.00
	<b>Group1 Sensory Perception</b>	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.

**T** 02380 766 162

E information.advice@autismhampshire.org.uk







