

Information Workshops



Autism Hampshire will be holding 6 free Autism Support and Information workshops for families of children and young people on the autism spectrum, across Southampton.



Workshop Details

The aim of the sessions is to provide insight, advice and support prior, during or following a child's assessment and diagnosis. Each session will explore a different aspect of your child's unique way of experiencing the world, and suggest practical ways in which their differences can be accommodated and supported. The focus will be on nurturing the autistic child and their characteristics rather than teaching them to 'mask' or 'pass for normal'.



What will happen at the group?

Each workshop is 3 hours long. The first part consists of a presentation after which there will be an opportunity for questions. The workshops are open to family members and others closely associated with the care and support of the child.

The course is not open to professionals unless they are attending in their capacity as parent or carer.

Schedule:

Workshop 1 - Introduction into Autism

This session will provide some general context for the other sessions.

Workshop 2 - Thinking

This session explores differences in brain structure and how this generates some unique styles of thinking. It includes some practical suggestions on how to support areas of difficulty.

Workshop 3 - Communication

This session explores autistic perspectives on the use and processing of communication and strategies for adapting interactions in order to take these into account.

Workshop 4 - Social Interaction

This session will focus on rethinking social expectations concerning your child and developing relationships in an autistic way.

Workshop 5 - Sensory Perception

During this session we will be looking at sensory perception, how it manifests itself in behaviour, and strategies to either alert or calm your child as appropriate.

Workshop 6 - Behaviour

This session will explore how accepting, understanding and adapting to how your child sees the world can dramatically reduce anxiety and behaviours of concern.

COURSE DATES

Venue	Session	Date
Oasis Academy Sholing Middle Road Southampton SO19 8PH All sessions are from 10am-1pm	Introduction	Thurs 17/10/2019
	Thinking	Thurs 14/11/2019
	Communication	Thurs 05/12/2019
	Social interaction	Thurs 16/01/2020
	Sensory perception	Thurs 06/02/2020
	Behaviour	Thurs 05/03/2020
Upper Shirley High Belle Moor Road Shirley Southampton SO15 7QU All sessions are from 10am-1pm	Introduction	Thurs 24/10/2019
	Thinking	Thurs 21/11/2019
	Communication	Thurs 12/12/2019
	Social interaction	Thurs 23/01/2020
	Sensory perception	Thurs 13/02/2020
	Behaviour	Thurs 12/03/2020
The Cedar School Redbridge Lane Nursling Southampton SO16 0XN All sessions are from 10am-1pm	Introduction	Thurs 07/11/2019
	Thinking	Thurs 28/11/2019
	Communication	Thurs 09/01/2020
	Social interaction	Thurs 30/01/2020
	Sensory perception	Thurs 27/02/2020
	Behaviour	Thurs 19/03/2020
<u>EVENING SESSIONS</u>		
Fairways House Mount Pleasant Southampton SO14 0QB *All sessions at Fairways are from 6pm-9pm.	*Introduction	Thurs 07/11/2019
	*Thinking	Thurs 28/11/2019
	*Communication	Thurs 09/01/2020
	*Social interaction	Thurs 30/01/2020
	*Sensory perception	Thurs 27/02/2020
	*Behaviour	Thurs 19/03/2020

It is beneficial to start at the beginning and work through the 6 sessions, as they are designed to create a context for the final session which focuses on behaviour.

Attendance at the sessions is not dependent on your child attending any of the designated schools.

To book a place please contact The Information, Advice and Guidance Service. Spaces are limited.

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