



**Autumn Term - 2016
September to December**

Issued by Autism East Midlands
www.autismeastmidlands.org.uk

The Best That We Can Be Group

A social drop-in group for individuals on the autistic spectrum, including families and friends of people on the spectrum.

Meets the 3rd Tuesday of the month.

Theme for 2016 is "Books & Authors"

Dates / Times / Content:

20th September 16:00 to 20:00

18th October 16:00 to 20:00

15th November 16:00 to 20:00

20th December 16:00 to 20:00

Venue:

Autism East Midlands
Dukeries Autism Centre
Park Street
Worksop
Nottinghamshire
S80 1HH

For Further Information:

Contact - 01909 509400

Email - btwcb@autismeastmidlands.org.uk

Autism Drop In – City Hospital, Nottingham

Informal drop-in sessions.

An opportunity for parents and carers of children with ASC to meet other parents, have a coffee and a chat and speak to professionals from Health and Social Services.

Occasional speakers and presentations.

Usually 3rd Wednesday of the month.

Dates / Times / Content:

21 st September	10:00 to 12:30	Sleep difficulties – Dr Desaline Joseph
19 th October	10:00 to 12:30	Behaviour difficulties – Matt Rooney
16 th November	10:00 to 12:30	Sensory Library Service – Fountaindale School
21 st December	10:00 to 12:30	Coffee & chat session

Venue:

The Children's Centre
City Hospital Campus
Hucknall Road
Nottingham
NG5 1PB

For Further Information:

Contact - 0115 883 1157 or 0115 883 1158

Email - infoservicescdc@nottshc.nhs.uk

Asian Parents Group

For parents and carers of children and young people of any age who have ASC. The sessions discuss various autism related topics and feature occasional workshops with Autism specialists.

Supported by Parent Partnership and Autism East Midlands.

Usually 3rd Thursday of a month

Dates / Times / Content:

15th September 10:00 to 12:00

20th October 10:00 to 12:00

17th November 10:00 to 12:00

15th December 10:00 to 12:00

Note: speakers and topics tbc

Venue:

New Art Exchange
39 – 41 Gregory Boulevard
Hyson Green
Nottingham
NG7 6BE

For Further Information:

Contact - 0115 948 2888 (Noreen Sheikh)

Email - Noreen.sheikh@ppsnotts.org.uk

or

Contact - 01909 506678

Email - linsey.atkins@autismeastmidlands.org.uk

Autism East Midlands Family Support Hubs

The Hubs will provide a regular meeting point for families affected by autism, where they can access activities for children as well as gain support, specialist training and advice. This will include the development of an on-line forum for parents to gain additional advice and support.

These are drop-in sessions and no booking is required.

Dates / Times / Content:

Monday 16:00 to 20:00 Nottingham City venue
19th September, 17th October,
21st November

Saturday 11:00 to 15:00 Worksop (11+ session)
17th September, 15th October,
19th November, 17th December

Tuesday 17:00 to 20:30 Retford
27th October, 25th October,
29th November

Saturday 10:00 to 14:00 Heanor
24th September, 22nd October,
26th November

Venues:

Worksop
91 – 93 Raines Avenue
Worksop
Nottinghamshire
S81 7PA

Tall Trees
Rectory Road
Retford
Nottinghamshire
DN22 7AY

Nottingham City
Hamilton Autism Services
Harby Lodge
13 Pelham Road
Sherwood Rise
Nottingham
NG5 1AP

Heanor
Mundy Street Day Services
Mundy Street
Heanor
Derbyshire
DE75 7EB

For Further Information:

Contact -

Email - advice@autismeastmidlands.org.uk

More Cheers, Less Tears Parents Group

Parent group for those with primary school age children. A supportive and informal coffee morning format drop in to gain and share ideas and an understanding of autism.

Based in the Stapleford area of Nottinghamshire.

Meets the last Thursday of the month in term time only.

Dates / Times / Content:

(tbc) 14:00 onwards

Venue:

William Lilley School
Halls Road
Stapleford
Nottingham
NG9 7FS

For Further Information:

Contact - Natasha Fisher

Email - nfisher1001@googlemail.com

Shining Minds

Parent group for parents of children and young people from 8+. A supportive and informal drop in to gain and share ideas and an understanding of autism.

Meets the last Tuesday of the month in term time only.

Dates / Times / Content:

27th September 09:15 to 11:15

25th October 09:15 to 11.15

29th November 09:15 to 11.15

Venue:

Fairfield Academy School
Toton Lane
Stapleford
Nottingham
NG9 7HB

For Further Information:

Newark & Sherwood Autism Support Group

A supportive and friendly parents group. Occasional speakers and other events organised by the group.

Meets 1st Thursday of the month.

Dates / Times / Content:

1st September 09:30 to 11:30 tbc

6th October 09:30 to 11:30

3rd November 09:30 to 11:30

1st December 09:30 to 11:30

5th January 2017 09:30 to 11:30

Additional date:

17th September 13:00 to 16:00 Family Funday

Venue:

William Gladstone School
Holden Crescent
Newark
Nottinghamshire
NG24 4HU

For Further Information:

Contact - 07960 121 027 (Laura / Rachel)

Introduction to PDA (Pathological Demand Avoidance)

Delivered by a member of staff from The Elizabeth Newson Diagnostic Centre.

Defining what PDA is and how it presents behaviourally. Exploring ways of managing challenging behaviours linked to diagnosis.

Dates / Times / Content:

20th October 18:30 to 20:30

Venue:

Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Cost:

£10 to be paid on the night – 50% discount for additional family members

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Sutherland House School Parent Group

A support group for parents and carers of pupils who attend Sutherland House School. There will be speakers and discussions on topics set by the group.

The group meet twice a term, with alternate meetings mornings and afternoons.

Dates / Times / Content:

14th September 13:30 to 15:00 ADHD & Autism Nurse – Susan Docherty

22nd November 10:00 to 12:00 speaker / topic tbc

Venue:

Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Cost:

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Promoting Positive Behaviour Part 1 & 2

Presented by Kevin Pakenham – Autism East Midlands Training Department.

For parents / carers of a child with a diagnosis of ASC. To gain a better understanding of the reasons for your child's behaviour and strategies for managing behaviour.

Dates / Times / Content:

Thursday

3rd November 18:30 to 20:30

10th November 18:30 to 20:30

Note: Ideally parents should attend both sessions

Venue:

Mundy Street Day Services
Mundy Street
Heanor
Derbyshire
DE75 7EB

Cost:

£10 to be paid at the session – 50% reduction for additional family members

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Outwood Academy Worksop Parent Group

A new group supporting parents of young people attending this family of schools.

Dates / Times / Content:

Autumn term dates tbc 16:00

Venue:

Outwood Academy
Valley Road
Worksop
Nottinghamshire
S81 7EN

For Further Information:

Contact - 01909 475 121, ext 341 (Helen Nixon)

Email - h.nixon@valley.outwood.com

Autism in the Early Years

A free course facilitated by Nottinghamshire County Council and delivered by Linda Jones and Victoria Jobson – **open only to County residents**.

A series of 6 workshops for parents of children between the ages of 2 – 7 years on the Autistic Spectrum, living in Nottinghamshire. Each session will include input from professionals with expertise in autism and will provide opportunities for questions and discussion.

Topics covered will include: -

- Introduction to Autism
- Communication
- Behaviour
- Education
- Accessing help
- Parents' feelings and emotions

Dates / Times / Content:

tbc – no dates are currently planned for the Autumn date. Please contact Nottinghamshire County Council direct regarding future availability

Note: Parents must commit to attending all 6 sessions

Venue:

Future courses will be held in other parts of the County

For Further Information / Booking:

Booking is through the **Autism in the Early Years** application form, as attached, which should be completed and returned to: -

Carol Davie
Nottinghamshire County Council
Schools & Families Specialist Services
Meadow House
Littleworth
Mansfield
Nottinghamshire
NG18 2TA

Sibling Support Group 2017

A group for children aged between 8 – 12 years, including Parent Workshop on supporting siblings for the parents of those attending.

Helping to understand their brother's or sister's autism, gaining support from the group and promoting more harmonious family relationships.

8 free sessions – 2016 sessions are now underway but booking for 2017 sessions are now being taken.

Dates / Times / Content:

tbc 18:00 to 20:00

Note: children should be able to attend all sessions

Venue:

Sutherland House School
Bath Street
Nottingham
NG1 1DA

For Further Information / Booking:

Complete and return the **Referral /Application for Sibling Support Group 2017** form to: -

Linsey Atkins
Autism East Midlands
Unit 31, Craggs Industrial Estate
Morven Street
Creswell
Worksop
Nottinghamshire
S80 4AJ

Contact - 01909 506678 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Understanding Sensory Issues in Autism

Delivered by Jenny Yates – Autism East Midlands Training Department.

This workshop will explore the sensory world of children and young people on the spectrum. It will consider the implications for adaptive and adjusting the environment to meet the needs of young people with autism.

Dates / Times / Content:

22nd November 18:30 to 20:30

Venue:

Autism East Midlands
Dukeries Autism Centre
Park Street
Worksop
Nottinghamshire
S80 1HH

Cost:

£10 to be paid on the night – 50% discount for additional family members

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Supporting Women and Girls on the Spectrum

Delivered by staff members from the Elizabeth Newson Diagnostic Centre and Autism East Midlands Training Department.

This session will focus on how autism may present differently in girls and women and we will consider some of the challenges that girls and women with autism face, along with positive approaches to supporting them.

Dates / Times / Content:

1st December 18:30 to 20:30

Venue:

Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Cost:

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Carers Roadshows

A series of roadshows held in local communities designed, prepared and produced by carers, for carers. If you are looking after someone and caring for their needs, you are a carer.

The roadshows offer practical and emotional support to unpaid carers who care for someone with an illness, disability, frailty or mental health issue.

Dates / Times / Content:

Nottingham City

12 th September	10:00 to 14:00	Riverside Health Centre, Bulwell, NG6 8QJ
13 th September	10:00 to 14:00	Mary Potter Health Centre, NG7 5HY
16 th September	10:00 to 14:00	Cornerstone Health Centre, NG11 8EW

For Further Information / Booking:

Contact - 01159 629 369 (Nottingham City)

01158 248 8824 (Nottinghamshire County Council)

Caudwell Children SENDsation Days

Aimed at bringing local families and organisations together, with the ambition to educate and support families.

Dates / Times / Content:

23rd September 10:00 to 13:00 This event is hosted in partnership with the Broxtowe Health Partnership and the NHS Nottingham West CCG

Venue:

Middle Street Resource Centre
74 Middle Street
Beeston
Nottingham
NG9 2AR

12th October 11:00 to 14:00 This event is hosted in partnership with the NHS Newark and Sherwood CCG

Venue:

The Salvation Army Church Centre
Mead Way
Balderton
Newark
Nottinghamshire
NG24 3GA

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Sibs for Brothers and Sisters of Disabled Children and Adult

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. This is the only UK charity representing the needs of over half a million young siblings and over one and half million adult siblings.

Access to groups is by completing an application form available from www.sibs.org.uk

Head Office address and contact details:

Autism East Midlands
Unit 31, Craggs Industrial Estate
Morven Street
Creswell
Worksop
Nottinghamshire
S80 4AJ

Tel: 01909 506678

Email: enquiries@autismeastmidlands.org.uk

Website: www.autismeastmidlands.org.uk

Bookings and Payment:

All bookings for Parent Programmes and Courses, **unless stated otherwise**, should be via a completed 'Autism Parent Programme Application Form', which when complete should be emailed to: -

linsey.atkins@autismeastmidlands.org.uk,

or posted to the above address.

Payment can be made by cash or cheques (payable to "**Autism East Midlands**") at the event.

AUTISM PARENT PROGRAMME

Application Form

Please state title of the Programme / Course you wish to attend: Date Title Venue Name of organiser	
Young Person's Name	
Young Person's Date of Birth	
What aspect would you specifically like to see covered in this course?	
School / Setting	
Name & Address of Person(s) attending	
Parent / Carer Tel No	
Email address	
Parent's Ethnic Origin	
Gender & Ages of any other children	
Who will attend the Course? (e.g. mother, father, grandmother - up to 2 persons per family)	
If offered places I / We agree to attend ALL sessions and pay any monies due	Signed: Print:

Please return completed forms to:

Linsey Atkins
Autism East Midlands,
Unit 31, Craggs Industrial Estate, Morven Street,
Creswell, Worksop Nottinghamshire, S80 4AJ
Payments for courses can be made at the event.
(Cheques payable to "**Autism East Midlands**")

Autism in the Early Years Application Form

6 sessions- Summer Term – Warsop

Your child's name:

Your child's date of birth:

Your child's diagnosis: (Please give date & name of person who gave diagnosis if known. If your child does not have a definite diagnosis please can you state this)

Your child's school / nursery / playgroup:

Parent / Carer name(s) and address:

Telephone No:

Parents' ethnic origin:

Please give names and ages of your other children (if you have any):

State briefly what you most hope to gain from attending the programme:

Who will attend the programme? (e.g. mother, father):

If offered a place, I / We agree to attend all sessions

Signed:

Print Name:

Please return the form to:

Carol Davie

Nottinghamshire County Council, Schools & Families Specialist Services
Meadow House, Littleworth Mansfield, Nottinghamshire, NG18 2TA

Referral / Application for Sibling Support Group 2017

Sibling Details:

Name:	Age:	Male / Female
School Attending:		
Please give details of any food allergies, medical conditions, e.g. asthma or any other conditions that the session leaders should be aware of:		
Can the sibling attend the full 8 weekly sessions (April to June)? <i>dates tbc, but usually early evening on a Wednesday</i> Yes / No		

Details of Child with Autism / Asperger Syndrome / PDA:

Name:	Age:	Male / Female
School Attending:		
Diagnosis:		
Details or suggestions of topics you would like to see covered in the workshops:		

Parent / Carer Contact Details:

Name:	Tel:	
Address:	Mobile:	
	Email:	
Signed:	Print Name:	Date:

Note: a completed Referral / Application is required for each sibling and / or child with a diagnosis of autism, Asperger syndrome, PDA

Please return completed Referral / Application to:

Linsey Atkins
Autism East Midlands, Unit 31, Craggs Industrial Estate, Morven Street,
Creswell, Worksop Nottinghamshire, S80 4AJ

Email: linsey.atkins@autismeastmidlands.org.uk

The Siblings Group is run by staff from the Elizabeth Newson Centre (ENC) in conjunction with Family Services. If your child is successful in gaining a place on the group, staff from the ENC will request additional information about your child.