



Summer Term – 2017

May to August (v.2)

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

CONTENTS

p.3	Asian Parents Group
p.4	Autism Drop-in – City Hospital, Nottingham
p.5	Autism East Midlands Family Support Hubs
p.7	Autism in the Early Years
p.8	Best That We Can Be Group
p.9	Carers Roadshows
p.10	Introduction to PDA (Pathological Demand Avoidance)
p.11	Market Place & Information Event
p.12	More Cheers, Less Tears Parents Group
p.13	Newark & Sherwood Autism Support Group
p.14	Outwood Academy Worksop Parent Group
p.15	Promoting Positive Behaviour Part 1 & 2
p.16	Shining Minds
p.17	Sibling Support Group 2018
p.18	Sibs for Brothers and Sisters of Disabled Children and Adults
p.19	Southglade Access Centre Autism Support Group
p.20	Supporting Women and Girls on the Spectrum
p.21	Supporting Young People with their Stress and Anxiety
p.22	Sutherland House School Parent Group
p.23	Understanding Sensory Issues in Autism
p.24	Contact Details
p.25	Parent Programme Application Form
p.26	Referral / Application for Sibling Support Group

Please note that from time to time dates & times may have to be changed at very short notice, or an event cancelled, which is out of our control. Wherever possible we will try to notify people who are already booked on an event run by Autism East Midlands.

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:

18th May 10:00 to 12:00 speaker tbc

15th June 10:00 to 12:00 speaker tbc

20th July 10:00 to 12:00 speaker tbc

August – no meeting

Venue:

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

For Further Information:

Contact - 0115 804 1740 (Noreen Sheikh)

Email - Noreen.sheikh@ppsnotts.org.uk

or

Contact - 01909 506678

Email - linsey.atkins@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:

17 th May	10:00 to 12:30	Supporting brothers and sisters – <i>facilitated by Linsey Atkins (Autism East Midlands; Grace & Amy from the Siblings Group and Rose from the 18+ group</i>
21 st June	10:00 to 12:30	Autism in Girls – Nikki Stevenson
19 th July	10:00 to 12:30	Feeding and diet issues in ASD
August	– no 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

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 Hub
15th May, 19th June, 17th July, 21st August

Saturday 11:00 to 15:00 Worksop Teen Hub
20th May, 17th June, 15th July, 19th August

Monday 16:00 to 20:00 Kirkby-in-Ashfield
22nd May, 26th June, 24th July, 21st August

Tuesday 17:00 to 20:30 Retford
30th May, 27th June, 25th July, 29th August,

Tuesday 16:00 to 20:00 East Leake
2nd May, 6th June, 4th July, 1st August

Saturday 10:00 to 14:00 Heanor
20th May, 24th June, 22nd July, 19th August,

Saturday 10:00 to 14:00 Newark
6th May, 3rd June, 1st July, 5th August

Venues:

Worksop
91 – 93 Raines Avenue
Worksop
Nottinghamshire
S81 7PA

Tall Trees
Rectory Road
Retford
Nottinghamshire
DN22 7AY

Kirkby-in-Ashfield
Diamond Community Centre
Diamond Avenue
Kirkby-in-Ashfield
Nottinghamshire
NG17 7GQ

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

Newark
Salvation Army Hall
Mead Way
Balderton
Newark
Nottinghamshire
NG24 3GA

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

East Leake
Lantern Lane Primary School
Lantern Lane
East Leake
Loughborough
LE12 6QN

Details regarding the new Chesterfield Hub will be published shortly on our website

For Further Information:

Email - advice@autismeastmidlands.org.uk

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 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. Please note that childcare is **not** provided at these workshops.

Topics covered will include: -

- Introduction to Autism Spectrum Conditions
- Communication
- Health & Sensory Sensitivities
- Behaviour
- Education and Sure Start Service
- Support Agencies
- Parents' emotions and supportive resources

Dates / Times / Content:

Tuesday 13:00 to 15:00

2nd May, 9th May, 16th May, 23rd May, 6th June, 13th June, 20th June

Note: All sessions **must** be attended

Venue:

Diamond Centre
Diamond Avenue
Kirkby-in-Ashfield
Nottinghamshire
NG17 7GQ

Future courses will be held in other parts of the County

For Further Information / Booking:

Contact Carol Davie on 01158 040 832 for an application form.

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

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.

Dates / Times / Content:

16th May 16:15 to 20:15

20th June 16:15 to 20:15

18th July 16:15 to 20:15

15th August 16:15 to 20:15

Venue:

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

For Further Information:

Contact - 01909 509400

Email - btwcb@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. Information, help and advice is provided by a variety of local voluntary groups who support carers across Nottinghamshire. Autism East Midlands will be attending events indicated by *

These events are held at various locations across the City and County of Nottinghamshire.

Dates / Times / Content:

Tuesday 6 th June	Valley Health Centre, St Ann's, Nottingham
Monday 12 th June*	Riverside Health Centre, Bulwell, Nottingham
Tuesday 13 th June*	Cornerstone Health Centre, Clifton, Nottingham
Wednesday 14 th June	Methodist Church, Front Street, Arnold
Tuesday 20 th June	Mary Potter Health Centre, Hyson Green, Nottingham
Friday 23 rd June	Mansfield Market, Market Place, Mansfield
Tuesday 4 th July	Stapleford Care Centre, Stapleford
Thursday 6 th July	Kings Mill Hospital, Mansfield
Thursday 23 th July*	Retford Market, The Square, Retford
Friday 14 th July*	Newark Market, Market Place, Newark
Thursday 27 th July*	Southglade Park Life Festival, Top Valley, Nottingham
Wednesday 2 nd August*	Lark in the Park, West Bridgford
Friday 11 th August	Worksop Market, Bridge Street, Worksop
Tuesday 15 th August	Valley Health Centre, St Ann's, Nottingham
Friday 18 th August*	Riverside Health Centre, Bulwell, Nottingham
Friday 8 th September*	Cornerstone Health Centre, Clifton, Nottingham
Tuesday 12 th September*	Mary Potter Health Centre, Hyson Green, Nottingham
Thursday 14 th September*	Kings Mill Hospital, Mansfield

For Further Information / Booking:

Contact - 01159 629 369 (Nottingham City)

01158 248 8824 (Nottinghamshire County Council)

Email: carersroadshow@outlook.com

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:

Wednesday 7th June 18:30 to 20:30

Venue:

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

Cost:

£10 to be paid before the event – 50% discount for additional family members

Please note that places are not confirmed until payment has been received

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - bookings@autismeastmidlands.org.uk

Market Place & Information Event

An opportunity for parents & carers to gather information on local services.

Dates / Times / Content:

22nd May 10:00 to 14:00

Venue:

St Giles School
Babworth Road
Retford
Nottinghamshire
DN22 7NJ

Cost:

For Further Information / Booking:

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 first Wednesday of the month in term time only in the portacabin.

Dates / Times / Content:

3rd May 09:15 to 11:30

7th June 09:15 to 11:30

5th July 09:15 to 11:30

Venue:

William Lilley School
Halls Road
Stapleford
Nottingham
NG9 7FS

For Further Information:

Contact - Natasha Fisher

Email - nfisher1001@googlemail.com

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 June 09:30 to 11:30

6th July 09:30 to 11:30

Venue:

William Gladstone School
Holden Crescent
Newark
Nottinghamshire
NG24 4HU

For Further Information:

Contact - 07960 121 027 (Laura / Rachel)

Outwood Academy Worksop Parent Group

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

Dates / Times / Content:

Wednesday 3rd May 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

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

29th June

18:30 to 20:30

Venue:

Lantern Lane Primary School
Lantern Lane
East Leake
Loughborough
LE12 6QN

Cost:

£10 to be paid before the event – 50% reduction for additional family members

Please note that places are not confirmed until payment has been received

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - bookings@autismeastmidlands.org.uk

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:

23rd May 09:15 to 11:15

27th June 09:15 to 11.15

18th July 09:15 to 11.15

Venue:

Fairfield Academy School
Toton Lane
Stapleford
Nottingham
NG9 7HB

For Further Information:

Sibling Support Group 2018

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.

Free weekly sessions - there is now a waiting list for 2017 sessions, but referrals for 2018 sessions are being taken.

Dates / Times / Content:

26th April to 28th June (inc. 31st May)

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

Sibs - for Brothers and Sisters of Disabled Children and Adults

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 current groups is by completing the on-line application form on the website - www.sibs.org.uk (when on the website select the tab "Support for adult siblings" to take you to the contact form.

Please note this group is for the 18+ age group only and cannot be accessed by child siblings.

Southglade Access Centre Autism Support Group

Support group for the parents and children with Autism, Asperger Syndrome or a child with social and communication difficulties.

Your child does not have to have a diagnosis to access this support.

This is a regular event, held on alternate Wednesdays (all year round)

Dates / Times / Content:

10 th May	09:30 to 11:00
24 th May	09:30 to 11:00
7 th June	09:30 to 11:00
14 th June	09:30 to 11:00
21 st June	09:30 to 11:00
5 th July	09:30 to 11:00
12 th July	09:30 to 11:00
19 th July	09:30 to 11:00

Venue:

Southglade Access Centre
Southglade Road
Bestwood
Nottinghamshire
NG5 5GU

Cost:

For Further Information / Booking:

Contact - 01159 159 561 (Rachel Kinton)

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:

Tuesday 11th July 18:30 to 20:30

Venue:

Salvation Army Hall
Mead Way
Balderton
Newark
Nottinghamshire
NG24 3GA

Cost:

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - bookings@autismeastmidlands.org.uk

Supporting Young People with their Stress and Anxiety

Delivered by staff members from the Elizabeth Newson Diagnostic Centre.

This session will focus on how autism may present stress and anxiety within an individual and will look at positive approaches to supporting them.

Dates / Times / Content:

Tuesday 9th May 18:30 to 20:30

Venue:

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

Cost:

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - bookings@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:

10th May 13:30 to 15:00

27th June 10:00 to 12:00

Venue:

Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Cost:

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - bookings@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:

Thursday 25th May 09:30 to 11:45

Venue:

William Gladstone School
Holden Crescent
Newark
Nottinghamshire
NG24 4HU

Cost:

£10 to be paid before the event – 50% discount for additional family members

Please note that places are confirmed once payment has been received

For Further Information / Booking:

Contact - 01909 506678 (Linsey Atkins)

Email - bookings@autismeastmidlands.org.uk

Contact Details

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: bookings@autismeastmidlands.org.uk

Website: www.autismeastmidlands.org.uk

Bookings and Payment:

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

bookings@autismeastmidlands.org.uk

or posted to the above address.

Payment for all Autism East Midlands Parent Programme events and courses should be made in advance by cash, cheque or card by contacting the finance department at the above address. Payment can also be made by cash or cheque (payable to "**Autism East Midlands**"). Once payment has been received, confirmation of your place will be sent out.

Please remember that when sending payment to Head Office to include your details, title and date of event.

PARENT PROGRAMME Application Form

<p>Please state title of the Programme / Course you wish to attend:</p> <p>Date</p> <p>Title</p> <p>Venue</p> <p>Name of organiser</p>	
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	<p>Signed:</p> <p>Print:</p>

Please return completed forms to:

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

Payments for courses can be made by contacting the finance department on 01909 506678 at the event. (Cheques payable to "**Autism East Midlands**")

Referral / Application for Sibling Support Group 2018

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.