



**Autumn Term – 2017**  
**September to December**

Issued by Autism East Midlands  
[www.autismeastmidlands.org.uk](http://www.autismeastmidlands.org.uk)

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

The Parent Programme for the next term should be available on our website week commencing 4<sup>th</sup> December 2017

## 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 'Ask Us Nottinghamshire (formerly Parent Partnership Service) and Autism East Midlands.

Usually 3<sup>rd</sup> Thursday of a month

### Dates / Times / Content:

21 <sup>st</sup> September	10:00 to 12:00	speaker tbc
19 <sup>th</sup> October	10:00 to 12:00	speaker tbc
16 <sup>th</sup> November	10:00 to 12:00	speaker tbc
21 <sup>st</sup> December	10:00 to 12:00	

### Venue:

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

### For Further Information:

Contact - 0115 804 1740 (Noreen Sheikh)

Email - [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)

or

Contact - 0115 960 9263

Email - [linsey.atkins@autismeastmidlands.org.uk](mailto: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 3<sup>rd</sup> Wednesday of the month.

### Dates / Times / Content:

20 <sup>th</sup> September	10:00 to 12:30	Dental Issues – <i>Special Needs Dental Service</i>
18 <sup>th</sup> October	10:00 to 12:30	Sleep – <i>presented by Cerebra</i>
15 <sup>th</sup> November	10:00 to 12:30	speaker tbc
20 <sup>th</sup> December	10:00 to 12:30	Coffee Morning & Chat

### 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](mailto: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.

Please note these sessions focus on the primary school age unless indicated \*.

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

### Dates / Times / Content:

Monday 16:00 to 20:00 Nottingham City Hub  
18<sup>th</sup> September, 16<sup>th</sup> October, 20<sup>th</sup> November, 18<sup>th</sup> December

Saturday 11:00 to 15:00 Worksop Teen Hub (11+) \*  
16<sup>th</sup> September, 21<sup>st</sup> October, 18<sup>th</sup> November, 16<sup>th</sup> December

Monday 16:00 to 20:00 Kirkby-in-Ashfield  
25<sup>th</sup> September, 23<sup>rd</sup> October, 27<sup>th</sup> November, December tbc

Tuesday 17:00 to 20:30 Retford  
26<sup>th</sup> September, 31<sup>st</sup> October, 28<sup>th</sup> November, December tbc

Tuesday 16:00 to 20:00 East Leake  
5<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup> November, 5<sup>th</sup> December

Saturday 10:00 to 14:00 Heanor  
23<sup>rd</sup> September, 28<sup>th</sup> October, 25<sup>th</sup> November, December tbc

Saturday 10:00 to 14:00 Newark  
2<sup>nd</sup> September, 7<sup>th</sup> October, 4<sup>th</sup> November, 2<sup>nd</sup> December

### Venues:

Worksop  
91 – 93 Raines Avenue  
Worksop  
Nottinghamshire  
S81 7PA

Tall Trees  
Rectory Road  
Retford  
Nottinghamshire  
DN22 7AY

Kirkby-in-Ashfield  
The Ashwood Centre  
Portland Street  
Kirkby-in-Ashfield  
Nottingham  
NG17 7AB

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 soon – please regularly check the webpage and look in the events calendar

**For Further Information:**

Email - [advice@autismeastmidlands.org.uk](mailto:advice@autismeastmidlands.org.uk)

## Autism in the Early Years

A free course facilitated by Nottinghamshire County Council and delivered by specialist teaching staff – **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

dates tbc

Note: All sessions **must** be attended

### Venue:

tbc

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 session for families with children; providing activities for the children as well as support, information and advice for parents.

Meets the 3rd Tuesday of the month.

### **Dates / Times / Content:**

19<sup>th</sup> September     16:15 to 20:15

17<sup>th</sup> October        16:15 to 20:15

21<sup>st</sup> November     16:15 to 20:15

19<sup>th</sup> December     16:15 to 20:15

### **Venue:**

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

### **For Further Information:**

Contact -    0115 960 9263 (Linsey Atkins)

Email -       [btwcb@autismeastmidlands.org.uk](mailto: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:

Friday 8 <sup>th</sup> September	Cornerstone Health Centre, Clifton, Nottingham
Tuesday 12 <sup>th</sup> September*	Mary Potter Health Centre, Hyson Green, Nottingham
Thursday 14 <sup>th</sup> September*	Kingsmill Hospital, Mansfield

### For Further Information / Booking:

Contact - 01159 629 369 (Nottingham City)

01158 248 8824 (Nottinghamshire County Council)

Email: [carersroadshow@outlook.com](mailto:carersroadshow@outlook.com)

## Introduction to PDA (Pathological Demand Avoidance)

Delivered by a member of staff from Autism East Midlands / 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:**

Tuesday 24<sup>th</sup> October 18:30 to 20:30

### **Venue:**

Autism East Midlands  
Harby Lodge  
13 Pelham Road  
Sherwood Rise  
Nottingham  
NG5 1AP

### **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 (Training Admin)

Email - [bookings@autismeastmidlands.org.uk](mailto:bookings@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 first Wednesday of the month in term time only in the portacabin.

### **Dates / Times / Content:**

6<sup>th</sup> September      09:15 to 11:30

4<sup>th</sup> October          09:15 to 11:30

November tbc      09:15 to 11:30

6<sup>th</sup> December      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](mailto:nfisher1001@googlemail.com)

## Newark & Sherwood Autism Support Group

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

Meets 1<sup>st</sup> Thursday of the month.

### Dates / Times / Content:

16<sup>th</sup> September 09:30 to 11:30

5<sup>th</sup> October 09:30 to 11:30

2<sup>nd</sup> November 09:30 to 11:30

7<sup>th</sup> December 09:30 to 11:30

### Venue:

Bishop Alexander School  
Wolsey Road  
Newark  
Nottinghamshire  
NG24 2BQ

**Please note New Venue**

### For Further Information:

Contact - 07960 121 027 (Laura / Rachel)

## Nottingham Carers Federation - Conference

The Carers Federation delivers support services available to a population of over 6 million people. Embedded within an ethos of empowering the individual they offer: - young carer support, adult carer support, support to medical practices, counselling, Independent Complaints Advocacy (ICA), research, mentoring, training, The Clinic and Family Centre, The Carers Standard.

The Nottingham Carers Conference will include key speakers from: - NHS, Social Care, Local Authority, Education, Adult & Young Carers and a 'Question Time' Panel.

### **Dates / Times / Content:**

Thursday 23<sup>rd</sup> November

11:00 to 15:00

### **Venue:**

Indian Community Centre  
99 Hucknall Road  
Nottingham  
NG5 1QZ

### **Cost:**

### **For Further Information / Booking:**

Contact - Carers Federation – 0115 962 9310

Email -

## Outwood Academy Worksop Parent Group

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

### **Dates / Times / Content:**

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](mailto:h.nixon@valley.outwood.com)

## Promoting Positive Behaviour

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:**

Wednesday

25<sup>th</sup> October      17:30 to 19:30

### **Venue:**

Ashfield School  
Sutton Road  
Kirkby-in-Ashfield  
Nottinghamshire  
NG17 8HP

### **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 (Training Admin)

Email - [bookings@autismeastmidlands.org.uk](mailto:bookings@autismeastmidlands.org.uk)

## Relaxed Performance – ‘Beauty and the Beast’

The performance is essentially the same, but with some small changes to create a more relaxed environment.

Benefits of the relaxed performance include: - reduced sound levels, increased lighting levels inside the auditorium, no strobe lighting, auditorium doors left open for audience to come and go should they need to, chill-out zones in the foyer areas to relax.

### **Dates / Times / Content:**

Wednesday 10<sup>th</sup> January 2018

Performance times – 13:30 & 19:15

### **Venue:**

Theatre Royal Nottingham  
Theatre Square  
Nottingham  
NG1 5ND

### **Cost:**

£12.50

### **For Further Information / Booking:**

Contact - Theatre Royal Box Office on 0115 989 555  
or [www.trch.co.uk/relaxed](http://www.trch.co.uk/relaxed)



## 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:**

26<sup>th</sup> September 09:15 to 11:15

October tbc 09:15 to 11.15

28<sup>th</sup> November 09:15 to 11.15

19<sup>th</sup> December 09:15 to 11:15

### **Venue:**

Fairfield Academy School  
Toton Lane  
Stapleford  
Nottingham  
NG9 7HB

### **For Further Information:**

Email - [shiningmindsgroup@hotmail.com](mailto:shiningmindsgroup@hotmail.com)

## 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 during the summer term - *referrals for 2018 sessions are being taken.*

### Dates / Times / Content:

April to June 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 2018** form (available towards the end of this publication or on our website – [www.autismeastmidlands.org.uk](http://www.autismeastmidlands.org.uk)) to: -

Linsey Atkins  
Autism East Midlands  
Sutherland House School  
Bath Street  
Sneinton  
Nottingham  
NG1 1DA

Contact - 0115 960 9263 (Linsey Atkins)

Email - [linsey.atkins@autismeastmidlands.org.uk](mailto:linsey.atkins@autismeastmidlands.org.uk)

## Sibs - for Brothers and Sisters of Disabled Children and Adults

Sibs exists to support people who grow up, 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.

The Sibs adult group in Nottingham is facilitated by volunteers who are also members of the group. They have attended Sibs' group facilitator training. The role of the facilitator is to make contact with new group members and to help everyone in the group talk about sibling issues and share information with each other.

Access to current groups is by completing the on-line application form on the website - [www.sibs.org.uk](http://www.sibs.org.uk) (when on the website select the tab "Support for adult siblings" to take you to the contact form. Dates and venue will be confirmed upon receipt of application 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

This is an open 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, now held on the second Wednesday of the month only(all year round)

### **Dates / Times / Content:**

13 <sup>th</sup> September	09:30 to 11:00	tbc
11 <sup>th</sup> October	09:30 to 11:00	Sue Docherty – Autism & ADHD nurse will be attending this session
8 <sup>th</sup> November	09:30 to 11:00	tbc
13 <sup>th</sup> December	09:30 to 11:00	tbc

### **Venue:**

Southglade Access Centre  
Southglade Road  
Bestwood  
Nottinghamshire  
NG5 5GU

### **Cost:**

### **For Further Information / Booking:**

Contact - 0115 915 9561

## Supporting Young People with their Stress and Anxiety

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:**

Wednesday 8<sup>th</sup> November

17:30 to 19:30

### **Venue:**

Ashfield School  
Sutton Road  
Kirkby-in-Ashfield  
Nottingham  
NG17 8HP

### **Cost:**

### **For Further Information / Booking:**

Contact - 01909 506678 (Training Admin)

Email - [bookings@autismeastmidlands.org.uk](mailto: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:**

18<sup>th</sup> October      13:00 to 15:00

29<sup>th</sup> November    13:00 to 15:00

### **Venue:**

Sutherland House School  
Bath Street  
Sneinton  
Nottingham  
NG1 1DA

### **Cost:**

### **For Further Information / Booking:**

Contact - 0115 960 9263 (Ann Stewart)

Email - [ann.stewart@autismeastmidlands.org.uk](mailto:ann.stewart@autismeastmidlands.org.uk)

## Understanding Autism

Delivered by Autism East Midlands Training Department.

This course provides an introductory awareness of autism spectrum condition. It provides participants with key areas of knowledge and explores important themes such as individuality, communication, behaviour and person centred support.

### **Dates / Times / Content:**

Tuesday 31<sup>st</sup> October                      10:00 to 12:00

### **Venue:**

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

### **Cost:**

£20 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 (Training Admin)

Email - [bookings@autismeastmidlands.org.uk](mailto:bookings@autismeastmidlands.org.uk)

## Understanding Executive Functioning

Delivered by Jenny Yates – Autism East Midlands Training Department.

Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions and juggle multiple tasks successfully.

This session will help parents to understand why individuals with autism may have difficulties with this and what strategies may help.

### **Dates / Times / Content:**

Thursday 7<sup>th</sup> December

18:30 to 20:30

### **Venue:**

Autism East Midlands  
Harby Lodge  
13 Pelham Road  
Sherwood Rise  
Nottingham  
NG5 1AP

### **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 (Training Admin)

Email - [bookings@autismeastmidlands.org.uk](mailto:bookings@autismeastmidlands.org.uk)



## Understanding Sensory Issues in Autism

Delivered by 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 16<sup>th</sup> November                      18:30 to 20:30

### **Venue:**

Autism East Midlands  
Mundy Street Day Services  
Mundy Street  
Heanor  
Derbyshire  
DE75 7EB

### **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 (Training Admin)

Email - [bookings@autismeastmidlands.org.uk](mailto: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](mailto:bookings@autismeastmidlands.org.uk)

Website: [www.autismeastmidlands.org.uk](http://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](mailto: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 (payable to "**Autism East Midland**") or card by contacting the finance department at the above address. 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.

# **APPENDIX / EVENT FLYERS**

## Workshop Dates

Newark and Sherwood Community  
and Voluntary Service  
Thursday 14th September 2017

Retford Library  
Thursday 12th October 2017

Mansfield Library  
Tuesday 17th October 2017

Beeston Library  
Tuesday 24th October 2017

West Bridgford Library  
Thursday 23rd November 2017

Workshops will run  
10.30am – 3.30pm

Lunch and  
refreshments  
will be  
provided



## Other Wellbeing Workshops for Carers

A range of additional Health and Wellbeing  
Workshops are also available just for carers,  
focusing on specific topics:

### Mindfulness Being Here and Now

Monday 9th October 2017, 1pm – 4pm  
Ashfield Health and Wellbeing Centre

### Introduction to Seated Yoga

Monday 16th October 2017, 1pm – 4pm  
Mansfield Library

### Food and Nutrition – The Complete Diet

Friday 20th October 2017, 10am – 12.30pm  
Newark Library

### Managing Stress, Anxiety and Depression

Friday 20th October 2017, 4.30pm – 7pm  
Hucknall Library

### Mindfulness and Sensory Walks

Saturday 21st October 2017, 1pm – 4pm  
Worksop Library

### Peace of Mind

Friday 27th October 2017, 10am – 1pm  
Stapleford Library

### Introduction to Seated Yoga

Friday 27th October 2017, 10am – 1pm  
Eastwood Library

### Mental Health Awareness

Friday 27th October 2017, 10am – 1pm  
Arnold Library

FREE

# Health and Wellbeing Workshops for Carers



**Inspire**  
Cultural Learning Libraries



**Nottinghamshire  
County Council**



## Workshop overview

### Your Caring Role

Taking Stock of the Role  
How are you feeling?

### Your Healthy Lifestyle

The Importance of Nutrition and Diet  
Fitting in Exercise and Activity

### Your Wellbeing

Mindfulness Techniques  
Managing Stress and Anxiety  
Looking after Yourself

## Your Caring Role

You are a carer if you look after a family member or friend without being paid. This may be due to illness, disability, mental health problems or an addiction.

The workshop will identify the types of support you provide and help you to develop the knowledge and skills to assist you and the person you look after.

### The session will help you to:

- Develop personal aspirations and plan for the future
- Manage stress, anxiety and depression
- Get your voice heard by professionals
- Consider your happiness and wellbeing
- Get advice and support from other agencies

## Your Healthy Lifestyle

This session will explore the simple steps you can take towards a healthier lifestyle, such as improving diet and nutrition and incorporating exercise and activities into daily routines.

## Your Wellbeing

The final part of the workshop will look at how mindfulness techniques and different ways to manage stress and anxiety can help you to improve your mental health, and the mental health of the person you look after.

The session will also look at ways to enable you to include leisure, pleasure and other activities into your life. It will also look at ways to celebrate small successes and rewards in a simple and effective way.



## Further information

The courses are funded by Nottinghamshire County Council and local NHS Clinical Commissioning Groups. This means all workshops on offer are provided **FREE OF CHARGE** to all carers, who provide support to a relative or friend who live in Nottinghamshire (excluding Nottingham City).

## Book a place

Please contact:

**The Nottinghamshire Carers Hub**

On: **0115 824 8824** (lines are open Monday to Friday, 9am until 5pm)

Email: [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

## Our Partners





## **Disability Living Allowance Workshop for Parents/Carers**

This free workshop for parents and carers aims to highlight some of the problem areas and bust some of the myths surrounding DLA, as well as discussing related benefits. The workshop uses a combination of presentations and interactive case studies.

**Thursday 7th September 2017**

**10:00—14:00**

**With a light lunch provided**

**Venue: NCVS building, 7 Mansfield Road, Nottingham NG1 3FB  
(opposite Victoria Centre)**

Please book by emailing [admin@rainbowpcf.org.uk](mailto:admin@rainbowpcf.org.uk) or telephone 0115 934 8451

[www.rainbowpcf.org.uk](http://www.rainbowpcf.org.uk)

**Rainbow Parents Carers Forum**

**7 Mansfield Road, Nottingham NG1 3FB**

[www.rainbowpcf.org.uk](http://www.rainbowpcf.org.uk)

# PARENT PROGRAMME Application Form

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

**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, Sutherland House School, Bath Street,  
Sneinton, Nottingham, NG1 1DA

Email: [linsey.atkins@autismeastmidlands.org.uk](mailto: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.