



Hillingdon Autistic Care and Support
Registered Charity No 1066859



ATTENTION AUTISM WORKSHOPS 2012

**COTEFORD CHILDREN'S CENTRE ARE
SPONSORING A COURSE OF WORKSHOPS ON
AUTISM FOR H.A.C.S.**

The workshops will be presented by Gina Davies, founder of Attention Autism and Specialist Speech and Language Therapist, who has over 25 years experience in the field of autism.

WORKSHOP DATES AND TITLES

Wed 18th April	10am to 12.30pm	Social Skills — let's get it ...together!
Wed 2nd May	10am to 12.30pm	Toilets — let's flush some!
Wed 16th May	10am to 12.30pm	Sensory Problems — let's get in touch!
Wed 30th May	10am to 12.30pm	Clothes — let's wear some!
Wed 20th June	10am to 12.30pm	Outings — let's go on some!
Wed 4th July	10am to 12.30pm	Sleep — let's get some!

**VENUE: Coteford Children's Centre, Coteford Infant
School, Fore Street, Eastcote HA5 2HX**

<http://www.cotefordinfantschool.co.uk/about-us/childrens-centre.html>

Who should attend...

Parents/carers who have a child on the autism spectrum. The workshop may also be of interest to professionals or anyone else who is involved in working or supporting children with autism.

There will be a charge of £10 per person, per workshop and cold refreshments will be served.

Workshop availability is approximately 20 people.

ALL BOOKINGS AND ENQUIRIES TO BE MADE WITH HACS



Hillingdon Autistic Care and Support
Supporting those affected by Autism

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BOOKING FORM — ATTENTION AUTISM—APRIL TO JULY 2012

Cost: £10 per person, per workshop (includes cold refreshments).
(Please note that all payment is non-refundable)

Tick one or more of the following workshop dates at £10 each:-

- | | | | |
|-------------------------------------|------------------|-----------------------------------|---------|
| <input type="checkbox"/> 18th April | Social Skills | <input type="checkbox"/> 2nd May | Toilets |
| <input type="checkbox"/> 16th May | Sensory Problems | <input type="checkbox"/> 30th May | Clothes |
| <input type="checkbox"/> 20th June | Outings | <input type="checkbox"/> 4th July | Sleep |

Total paid £ _____

I wish to reserve places for the following people:

Name (please print)Contact Number

Address:.....

Email: Parent y/n Professional y/n

Organisation.....

Name (please print)Contact Number

Address:.....

Email: Parent y/n Professional y/n

Organisation.....

Allocation of places will be notified by email or post. If you would prefer confirmation by post please supply a stamped addressed envelope with your booking form.

Payment Methods

BACS payment

Sort Code 20-73-53 Account No. 50962392 Account Name: Hillingdon Autistic Care and Support (HACS). Please quote name or Invoice Number if applicable. Remittance email: louise@hacs.org.uk

Cheques

Payable to Hillingdon Autistic Care and Support and returned to HACS, Dudley Place, Off Pinkwell Lane, Hayes, Middx UB3 1PB

Further Enquiries: Tel No 0208 606 6780 Fax 0208 606 6781 Email: louise@hacs.org.uk



Biography Gina Davies—Gina qualified as a Speech and Language Therapist over 25 years ago and in that time has developed her passion for communication development into practical and joyful intervention strategies. Gina has worked with hundreds of children and adults with autism in schools, nurseries and residential settings as well as in direct work with parents and families.



Gina has now developed the Attention Autism approach in order to make autism expertise and specialist speech and language therapy more widely available and accessible to parents, families and professionals alike whatever the setting or location.

Full details www.attentionautism.com
gina@attentionautism.com
Mobile: 07704606907

Workshop Details

These workshops are suitable for parents and carers of pre-school and primary school aged children on the autism spectrum. The workshop may also be of interest to professionals or anyone else who is involved in working or supporting children with autism.

Social Skills- let's get it...together!

Children with autism spectrum disorders find these very confusing and yet they are so important in everyday life. Parents know that as their child gets older so knowing how to do things like waiting, sharing, joining in with others gets more important and yet it seems so difficult to get the child to understand what is needed and why! Tackling these things starting with the easiest skills but teaching them in a way that makes sense to the child means the child can get going and has a basic set of strategies that can be added to as they get older.

Toilets – let's flush some!

For lots of children wearing pants and using the toilet is a skill that marks an important stage in growing up and getting ready for going to school. However getting out of nappies can seem an impossibility for parents with an autism spectrum disorder as the child may not talk or shows no interest in getting rid of nappies! This workshop looks at practical ways of getting a young child started on successful toilet training. The emphasis is on making it as easy as possible for the child to get it right and strategies for getting round the tricky problems of communication and social expectations.

Sensory Problems-let's get in touch and get on with it!

Sensory problems so often go hand in hand with an autism spectrum disorder but knowing your child has got it and knowing what to do about it can be two different things. Sensory problems can confuse the child and the parent and make getting through the day difficult whether it is about refusing to wear particular clothes, allow hair brushing or finding supermarkets overwhelming. This workshop looks at how parents can build practical coping strategies that help the child manage the fallout of sensory problems such as sensory seeking behaviours, dislikes, fears and anxieties and get on with life as one of a family.

Clothes – let's wear some!

First impressions are powerful things and we can't help but make one each time we meet new people ...and most of this is based on how a person looks. Children with autism often struggle with knowing what to wear and when, tolerance of different clothes and the practicalities of dressing skills. This workshop focuses on how to tackle the problem with an understanding of sensory issues, personal preferences and how to keep going so the child gives a good impression of themselves. Practical steps forward are suggested to build self help skills and an understanding of how to adjust things as a child matures.

Outings – let's go on some!

Children with autism spectrum disorders can find outings stressful and difficult and this often means the whole family has a problem and every day trips to the park, swimming pool or shops become a challenge. This workshop looks at using autism specific strategies to get the message across about what is expected, to practice some of the things that will make life easier for everyone and some tricks and tips for the unexpected moments! The workshop suggests small achievable steps that can be adapted by each family to give the child and adults confidence that outings are both possible and enjoyable.

Sleep – let's get some!

Sleep, or rather not sleeping causes huge problems for the whole family. The child with an autism spectrum disorder may have problems getting to sleep, staying asleep or waking too early or a combination of all 3. The end result is everyone in the family is exhausted and it gets harder and harder to change things. This workshop looks at practical strategies for helping parents who are struggling to get their child to bed and keep them there to sleep! We will think about what is going wrong, how we can change these things and what we can do to build practical and do-able routines that teach children with autism spectrum disorders to sleep at the right times and in the right places!