



Perth Autism Support Training Programme January-June 2020

Perth Autism Support, 28-30 Market Street, Perth, PH1 5QH
Web: www.perthautismsupport.org.uk
Perth Autism Support is a Registered Scottish Charitable
Incorporated Organisation SC048183

Which training sessions are right for you?

For newly registered families or those who haven't attended within two years you will need to attend the entry level workshop 'Autism – What is it and what helps?' workshop appropriate to the age of your child*. All other Perth Autism Support workshops require a basic understanding of Autism to attend.

For those who have attended our entry level workshop* and are looking to increase their knowledge of strategies and understanding and how we can support individuals to develop skills in specific areas, we recommend you attend our intermediate Sensory and Social Coaching Workshops appropriate to the age of your child.

Please make sure and attend our basic and intermediate training* as a pre requisite to attending our advanced workshops. These workshops explore more complex social concepts and behaviours and require a good level of autism understanding. Basic concepts will not be covered in these workshops.

Family Support workshops are targeted group sessions which explore situations personal to you / your family, aiming to find solutions to complex behaviours and evaluating how these solutions work for you. These sessions are for those who have attended our basic and intermediate training sessions*.

*You may have attended our entry level workshops previously however due to continued research and changes within our approach to autism if you have not attended within two years you will be required to attend the entry level workshop appropriate to the age of your child before gaining access to our advanced workshops



Community Workshops

This workshop is designed for volunteers, group leaders and youth workers who work with children with autism in community groups like Scouts, Guides, church groups, youth groups, dance and sporting activities. It will give you a basic understanding of autism and suggest some common strategies that might help you include a young person with autism. ***Please note all attendees will be charged £25 per space for this workshop.***

When: Wednesday 1 April 2020 @ 6.00pm-8.30pm

Location: Strathearn Community Campus, Plittenzie Road, Crieff, PH7 3JN

When: Tuesday 27 April 2020 @ 6.00pm-8.30pm

Location: Strathmore Centre For Youth Development (SCYD), Wellmeadow House, GAS Brae, Blairgowrie, PH10 6AU

When: Tuesday 18 May 2020 @ 6.00pm-8.30pm

Location: The Atholl Centre, Atholl Road, Pitlochry PH16 5BX

When: Tuesday 1 June 2020 @ 6.00pm-8.30pm

Location: Breadalbane Community Campus, Crieff Road, Aberfeldy, PH15 2DU

About PAS Training Workshops

If you have barriers to attending training

If there is a reason you are unable to attend training please contact us to discuss. We may be able to offer alternative arrangements.

Outreach Workshops

As well as our Perth sessions Perth Autism Support delivers training sessions in Crieff, Blairgowrie, Aberfeldy and Pitlochry.

If you need some guidance on which workshop is right for you

If you would like advice on which training workshops would be most beneficial for you please email training@perthautismsupport.org.uk or call 01738 451 081 to speak to one of our team.

Feedback

At Perth Autism Support we are keen to keep expanding, adapting and improving our training programme. With this in mind, you will be asked to complete an evaluation form at the end of each workshop you attend.

We appreciate feedback from our parents/carers and attending professionals on which workshops would give the most benefit, or subjects they would like to cover; if you have any suggestions or comments please let us know by emailing training@perthautismsupport.org.uk.

How to Book / Cancel

To Book:

1. Go to www.eventbrite.co.uk
2. Search for Perth Autism Support
3. Click on the workshop of your choice
4. You will be required to enter a name and email address to book
5. If you are booking multiple places you will need to book a new ticket per person, although you may use the same email address multiple times, please change the name per ticket
6. Event Brite will generate a reminder email before the session

Please see our pricing structure included in this booklet.

To Cancel:

1. Go to www.eventbrite.co.uk (you cannot cancel through the app)
2. Click 'log in' located at the top right of the page
3. Even if you have never logged in before just enter the email address you used to book the ticket and a password of your choice
4. An account icon (outline of a person's head and shoulders) will appear at the top right corner
5. Hover the mouse over this icon and a drop down menu will appear
6. From this point you can check/cancel tickets/change account settings etc.

Please see our Cancellation Policy included in this booklet.

Outreach Training – Crieff

Location: Strathearn Community Campus, Pittenzie Rd, Crieff PH7 3JN

Workshop: Autism – What is it and What Helps? (Entry)

Part 1: Monday 3 February 2020 @ 6.00pm-8.30pm

Part 2: Monday 10 February 2020 @ 6.00pm-8.30pm

This is an introductory level course that is suitable for parents/carers wanting to find out some general information about autism spectrum disorder. The course is designed to provide information, support and strategies for parents/carers of children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

Workshop: Social Coaching (Intermediate)

When: Thursday 5 March 2020 @ 10.00am-2.00pm

This training will equip you to help coach your child/young person in developing social skills. The training will give you a background to social development as well as practical strategies to help build social skills in children and young people through using everyday situations.

Workshop: Emotional Regulation (Advanced)

When: Friday 3 April 2020 @ 10.00am-2.00pm

This training workshop will explore what happens when you become emotionally deregulated, including what could be happening with your child or young person when they are emotionally distressed. We look at a range of strategies that can help children and young people to lower anxiety and when it is best to use them. Finally we will look at how parents/carers can support their young person through challenging situations and look after their own emotional wellbeing.

Workshop: Thinking About Inflexible Thinking (Advanced)

When: Wednesday 17 June 2020 @ 10.00am-2.00pm

Some autistic children and young people can have a particularly fixed thinking style. This can make it more difficult to accept change, a strong sense of injustice, understanding why things happen and accepting people's differing point of view. This can often result in an explosion of frustration! This training is to help parents/carers look at different ways to support a young person who has inflexible thinking and how to introduce these strategies in a home setting. We will look at some of the underlying reasons for this style of thinking and then explore different ways to expand it.

Outreach Training – Pitlochry

Location: The Atholl Centre, Atholl Road, Pitlochry PH16 5BX

Workshop: Autism – What is it and What Helps? (Entry)

Part 1: Monday 9 March 2020 @ 6.00pm-8.30pm

Part 2: Monday 16 March 2020 @ 6.00pm-8.30pm (*Attend both*)

This is an introductory level course that is suitable for parents/carers wanting to find out some general information about autism spectrum disorder. The course is designed to provide information, support and strategies for parents/carers of children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

Workshop: Social Coaching (Intermediate)

When: Wednesday 22 April 2020 @ 10.00am-2.00pm

This training will equip you to help coach your child/young person in developing social skills. The training will give you a background to social development as well as practical strategies to help build social skills in children and young people through using everyday situations.

Workshop: Emotional Regulation (Advanced)

When: Wednesday 11 May 2020 @ 10.00am-2.00pm

This training workshop will explore what happens when you become emotionally deregulated, including what could be happening with your child or young person when they are emotionally distressed. We look at a range of strategies that can help children and young people to lower anxiety and when it is best to use them. Finally we will look at how parents/carers can support their young person through challenging situations and look after their own emotional wellbeing.

Workshop: Thinking About Inflexible Thinking (Advanced)

When: Wednesday 10 June 2020 @ 10.00am-2.00pm

Some autistic children and young people can have a particularly fixed thinking style. This can make it more difficult to accept change, a strong sense of injustice, understanding why things happen and accepting people's differing point of view. This can often result in an explosion of frustration! This training is to help parents/carers look at different ways to support a young person who has inflexible thinking and how to introduce these strategies in a home setting. We will look at some of the underlying reasons for this style of thinking and then explore different ways to expand it.

Pricing / Cancellation Policy

Pricing

Perth Autism Support training workshops are free to families registered with us. Please see cancellation policy below for cancellation and non-attendance charges. For all other attendees there will be a £25.00 charge per person per workshop for attendance. Please see cancellation policy below for cancellation and non-attendance charges.

Cancellation Policy

Cancellations *must* be made through Event Brite *by cancelling your ticket*. Registered families will be charged £10.00 for cancellations received within 48 hours of the workshop start time and non-attendance. All other attendees will be charged £25.00 for cancellations received within 48 hours of the workshop start time and non-attendance.

Community Workshops

All attendees at these workshops will be charged £25.00 per space.

Bespoke Workshops

Bespoke training can be delivered to your organisation, tailored to fit the requirements of your staff and can vary in length from a few hours to full day sessions, depending on your needs. To discuss requirements and for pricing contact Angie Ferguson, Chief Executive Officer at angie@perthautismsupport.org.uk

Entry Training Workshops

Autism – What is it and What Helps?

This an introductory level course that is suitable for parents/carers wanting to find out some general information about autism spectrum disorder. The course is designed to provide information, support and strategies for parents/carers of children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

Workshop: Early Years Autism – What is it and What Helps?

When: Thursday 16 January 2020 @ 9.30am-2.30pm

Location: Perth Autism Support

Or

Part 1: Tuesday 4 February 2020 @ 6.00pm-8.30pm

Part 2: Tuesday 11 February 2020 @ 6.00pm-8.30pm (*Attend both*)

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Workshop: Primary Age Autism – What is it and What Helps?

When: Thursday 20 February 2020 @ 9.30am-2.30pm

Location: Perth Autism Support

Or

Part 1: Tuesday 3 March 2020 @ 6.00pm-8.30pm

Part 2: Tuesday 10 March 2020 @ 6.00pm-8.30pm (*Attend both*)

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Workshop: Secondary Age Autism – What is it and What Helps?

When: Wednesday 18 March 2020 @ 9.30am-2.30pm

Location: Perth Autism Support

Or

Part 1: Monday 30 March 2020 @ 6.00pm-8.30pm

Part 2: Tuesday 31 March 2020 @ 6.00pm-8.30pm (*Attend both*)

Location: Perth Autism Support

Outreach Training – Blairgowrie

Location: Strathmore Centre for Youth Development, Wellmeadow House,
Gas Brae, Blairgowrie, PH10 6AY

Workshop: Autism – What is it and What Helps? (Entry)

Part 1: Monday 20 January 2020 @ 6.00pm-8.30pm

Part 2: Monday 27 January 2020 @ 6.00pm-8.30pm (*Attend both*)

This an introductory level course that is suitable for parents/carers wanting to find out some general information about autism spectrum disorder. The course is designed to provide information, support and strategies for parents/carers of children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

Workshop: Social Coaching (Intermediate)

When: Thursday 27 February 2020 @ 10.00am-2.00pm

This training will equip you to help coach your child/young person in developing social skills. The training will give you a background to social development as well as practical strategies to help build social skills in children and young people through using everyday situations.

Workshop: Emotional Regulation (Advanced)

When: Friday 26 March 2020 @ 10.00am-2.00pm

This training workshop will explore what happens when you become emotionally deregulated, including what could be happening with your child or young person when they are emotionally distressed. We look at a range of strategies that can help children and young people to lower anxiety and when it is best to use them. Finally we will look at how parents/carers can support their young person through challenging situations and look after their own emotional wellbeing.

Workshop: Thinking About Inflexible Thinking (Advanced)

When: Thursday 7 May 2020 @ 10.00am-2.00pm

Some autistic children and young people can have a particularly fixed thinking style. This can make it more difficult to accept change, a strong sense of injustice, understanding why things happen and accepting people's differing point of view. This can often result in an explosion of frustration! This training is to help parents/carers look at different ways to support a young person who has inflexible thinking and how to introduce these strategies in a home setting. We will look at some of the underlying reasons for this style of thinking and then explore different ways to expand it.

Family Support Workshops

Our Family Support Team have created a supported, facilitated group where we have some time out to analyse and discuss some of the common more complex behaviours we see in autism. This discussion group helps to understand why a behaviour is happening and then look at appropriate strategies so you can leave with a plan to take home. The Family Support Team will then help you evaluate how this is going and how to develop it further at a follow up session. **Please note a good understanding of autism is required to attend these sessions.**

Session 1: Wednesday 5 February 2020 @ 6.00pm-8.00pm

Session 2: Wednesday 19 February 2020 @ 6.00pm-7.00pm

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Session 1: Thursday 5 March 2020 @ 10.00am-12.00pm

Session 2: Thursday 19 March 2020 @ 10.00am-11.00pm

Location: Perth Autism Support

Session 1: Monday 20 April 2020 @ 6.00pm-8.00pm

Session 2: Monday 4 May 2020 @ 6.00pm-7.00pm

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Session 1: Tuesday 26 May 2020 @ 10.00am-12.00noon

Session 2: Tuesday 9 June 2020 @ 10.00am-11.00am

Location: Perth Autism Support

Intermediate Training Workshops

Introduction to Sensory Issues

Delivered in partnership with Paediatric Occupational Therapy, NHS Tayside, this workshop will look at sensory processing and how it works. Participants will have the opportunity to think about their own sensory habits as well as work out how to support the young people they are concerned about and how we can support any challenges our young people can have. **This workshop is delivered by a trained Occupational Therapist.**

Workshop: Early Years Introduction to Sensory Issues

When: 27 February 2020 @ 6.00pm-8.30pm

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Workshop: Primary Age Introduction to Sensory Issues

When: Tuesday 24 March 2020 @ 10.00am-12.30pm

Location: Perth Autism Support

Workshop: Secondary Age Introduction to Sensory Issues

When: Thursday 30 April 2020 6.00pm-8.30pm

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Workshop: Social Coaching for All Ages

Part 1: Tuesday 21 April 2020 @ 6.00pm-8.30pm

Part 2: Thursday 23 April 2020 @ 6.00pm-8.30pm (*Attend both*)

Location: Perth Autism Support

Or

When: Wednesday 29 April 2020 @ 10.00am-2.00pm

Location: Perth Autism Support

This training will equip you to help coach your child/young person in developing social skills. The training will give you a background to social development as well as practical strategies to help build social skills in children and young people through using everyday situations.

Advanced Training Workshops

Workshop: Teenage Kicks

When: Wednesday 22 January 2020 @ 10.00am-2.00pm

Location: Perth Autism support

A Parent/Carer's Guide to Supporting Your Young Adult's Relationships. Relationships can be tricky for all of us, but this can be even more difficult for young people with social communication challenges, this session is for parents/carers of older teens/young adults who may need support in understanding the complexities of emotions and behaviours within relationships, the social rules around relationships and how to keep themselves safe.

Workshop: Emotional Regulation

Part 1: Wednesday 6 May 2020 @ 6.15pm-8.15pm

Part 2: Wednesday 13 May 2020 @ 6.15pm-8.15pm (Attend both)

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Or

When: Tuesday 19 May @ 10.00am-2.00pm

Location: Perth Autism Support

This training workshop will explore what happens when you become emotionally deregulated, including what could be happening with your child or young person when they are emotionally distressed. We look at a range of strategies that can help children and young people to lower anxiety and when it is best to use them. Finally we will look at how parents/carers can support their young person through challenging situations and look after their own emotional wellbeing.

Workshop: Guardianship

When: Thursday 14 May 2020 @ 10.00am-1.00pm

Location: Perth Autism support

This session will give parents/carers information on the Adults with Incapacity Act, Guardianship and Power of Attorney. The workshop will look at what Guardianship is, when and how parents/carers should apply for Power of Attorney, the process families will go through, and what the possible options for each individual family's circumstances are. Parents/carers should be planning for this when their child reaches the age of 16 years and therefore we would encourage early planning and attend this workshop well in advance of your young person's birthday. **This workshop is delivered by an independent Mental Health Trainer and Consultant.**

Advanced Workshops Continued

Workshop: Thinking about Inflexible Thinking

When: Wednesday 20 May 2020 @ 10.00am-2.00pm

Location: Perth Autism Support

Or

Part 1: Wednesday 27 May 2020 @ 6.00pm-8.30pm

Part 2: Wednesday 3 June 2020 @ 6.00pm-8.30pm (Attend both)

Location: North Inch Community Campus, Gowans Terrace, Perth PH1 5BF

Some autistic children and young people can have a particularly fixed thinking style. This can make it more difficult to accept change, a strong sense of injustice, understanding why things happen and accepting people's differing point of view. This can often result in an explosion of frustration! This training is to help parents/carers look at different ways to support a young person who has inflexible thinking and how to introduce these strategies in a home setting. We will look at some of the underlying reasons for this style of thinking and then explore different ways to expand it.

Workshop: Happy Families

When: Thursday 4 June 2020 @ 10.00am-1.00pm

Location: Perth Autism support

Family life can be stressful sometimes, even more so when you have a child/children with additional support needs. Are you worrying about how you are going to manage some quality family time together during the holidays? Would you like to get a better balance between other activities and screen time? Would you like to be able for everyone in your house to get on a little better? This session is all about making home a happier place by using tools like Love Languages to help nurture positive relationships. Come along to get some top tips and ideas for your family.