



**Autumn Term - 2016**  
**September to December**

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

20<sup>th</sup> September     16:00 to 20:00

18<sup>th</sup> October        16:00 to 20:00

15<sup>th</sup> November     16:00 to 20:00

20<sup>th</sup> 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](mailto: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 3<sup>rd</sup> Wednesday of the month.

### Dates / Times / Content:

21 <sup>st</sup> September	10:00 to 12:30	Sleep difficulties – Dr Desaline Joseph
19 <sup>th</sup> October	10:00 to 12:30	Behaviour difficulties – Matt Rooney
16 <sup>th</sup> November	10:00 to 12:30	Sensory Library Service – Fountaindale School
21 <sup>st</sup> 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](mailto: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 3<sup>rd</sup> Thursday of a month

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

15<sup>th</sup> September     10:00 to 12:00

20<sup>th</sup> October        10:00 to 12:00

17<sup>th</sup> November     10:00 to 12:00

15<sup>th</sup> 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](mailto:Noreen.sheikh@ppsnotts.org.uk)

or

Contact - 01909 506678

Email - [linsey.atkins@autismeastmidlands.org.uk](mailto: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
19 <sup>th</sup> September, 17 <sup>th</sup> October, 21 <sup>st</sup> November		

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

Tuesday	17:00 to 20:30	Retford
27 <sup>th</sup> October, 25 <sup>th</sup> October, 29 <sup>th</sup> November		

Saturday	10:00 to 14:00	Heanor
24 <sup>th</sup> September, 22 <sup>nd</sup> October, 26 <sup>th</sup> 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](mailto: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](mailto: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:**

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

25<sup>th</sup> October        09:15 to 11.15

29<sup>th</sup> 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 1<sup>st</sup> Thursday of the month.

### Dates / Times / Content:

1 <sup>st</sup> September	09:30 to 11:30	tbc
---------------------------	----------------	-----

6 <sup>th</sup> October	09:30 to 11:30	
-------------------------	----------------	--

3 <sup>rd</sup> November	09:30 to 11:30	
--------------------------	----------------	--

1 <sup>st</sup> December	09:30 to 11:30	
--------------------------	----------------	--

5 <sup>th</sup> January 2017	09:30 to 11:30	
------------------------------	----------------	--

Additional date:

17 <sup>th</sup> 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:**

20<sup>th</sup> 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](mailto: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:

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

22<sup>nd</sup> 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](mailto: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

3<sup>rd</sup> November      18:30 to 20:30

10<sup>th</sup> 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](mailto: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](mailto: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](mailto: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:**

22<sup>nd</sup> 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](mailto: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:**

1<sup>st</sup> 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](mailto: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 <sup>th</sup> September	10:00 to 14:00	Riverside Health Centre, Bulwell, NG6 8QJ
13 <sup>th</sup> September	10:00 to 14:00	Mary Potter Health Centre, NG7 5HY
16 <sup>th</sup> 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:

23 <sup>rd</sup> 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

12 <sup>th</sup> 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](mailto: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](http://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](mailto:enquiries@autismeastmidlands.org.uk)

Website: [www.autismeastmidlands.org.uk](http://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](mailto: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



<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>	<b>Signed:</b>  <b>Print:</b>

### 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> <b>Yes / No</b>		

### 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](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.