

# Autism & ADHD Support for Families in East Berkshire



East Berkshire  
Clinical Commissioning Group

The East Berkshire NHS Clinical Commissioning Group has commissioned three charities to provide a range of advice and support services to you and your family. All workshops are free of charge and are suitable if your child is waiting for an assessment for autism or ADHD or has a diagnosis. The charities are:

## Autism Berkshire

Founded in 1990, Autism Berkshire delivers a range of quality specialist advice and support services, guided by a team of trustees with personal and professional experience of autism. The services it is providing are:

Workshop Title	Description of Workshop	Who for
<b>National Autistic Society (NAS) Seminars for Families: Understanding Autism</b>	Looking at what autism is, what the autism assessment process in Berkshire CAMHS is, where to get help, how to get help in school, and other conditions associated with autism	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
<b>National Autistic Society (NAS) Seminars for Families: Meeting Sensory Needs</b>	Looking at sensory systems and how they work, how children and young people with autism may process and experience sensory information differently and strategies to help with sensory needs	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
<b>National Autistic Society (NAS) Seminars for Families: Managing Anger</b>	Looking at distressed behaviour and meltdowns in autistic children, how to cope and how to help them understand and communicate feelings	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
<b>Workshop on Emotional Self-Regulation, including using visual supports</b>	How to teach your child strategies to help them manage their emotions, including using <i>The Incredible 5-Point Scale</i> and <i>Comic Strip Conversations</i>	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
<b>Support Groups for Parents &amp; Carers, with visiting speakers</b>	Visiting speakers will talk about topics relevant to parents and carers of autistic children and answer questions, plus the chance to chat	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis

For full details of these services and to register for places, see [www.autismberkshire.org.uk](http://www.autismberkshire.org.uk), call 01189 594 594 or email [admin@autismberkshire.org.uk](mailto:admin@autismberkshire.org.uk)

## Parenting Special Children

Parenting Special Children has been delivering specialist parenting support to families of children and young people with additional needs in Berkshire since 2006. The team brings a wealth of personal and professional experience of children and young people with additional needs. The services it is providing are:

Workshop Title	Description of Workshop	Who for
<b>Pre &amp; Post Assessment Workshops: Introduction to Autism Introduction to ADHD</b>	Topics include: What is Autism/ADHD? challenges & concerns; strengths & opportunities; signposting & support	Parent/carers of children & young people who are waiting for an assessment for autism and/or ADHD or who have recently been diagnosed
<b>Pre &amp; Post Assessment Workshops: Autism &amp; Anxiety ADHD &amp; Anxiety</b>	What is anxiety? Why it makes sense to be anxious if you have autism/ADHD. Strategies to support you & your child	Parent/carers of children & young people who are waiting for an assessment for autism and/or ADHD or who have recently been diagnosed



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<b>Pre &amp; Post Assessment Workshops: Autism &amp; Behaviour ADHD &amp; Behaviour</b>	Challenging behaviour: distressing or distress; becoming a detective; strategies to help you & your child	Parent/carers of children & young people who are waiting for an assessment for autism and/or ADHD or who have recently been diagnosed
<b>Pre &amp; Post Assessment Workshop: Sensory Processing for Autism and ADHD</b>	Unpicking the science behind SP; sensory overload; strategies to help child/young person better	Parent/carers of children & young people who have sensory difficulties pre and post assessment
<b>ADHD &amp; Medication, with Dr Carsten Vogt, of Berkshire Healthcare NHS Trust</b>	Dr Vogt is a psychiatrist who works with children and young people at Berkshire CAMHS.	Parent/carers of children & young people with ADHD who live, or attend a school, in Berkshire
<b>Supporting Autistic Children with Eating Difficulties, with occupational therapist Amy Plumer</b>	Food and eating; restricted diets; over-eating; sensory issues and food; eating disorders; signposting to support	Parent/carers of autistic children & young people who live, or attend a school, in Berkshire
<b>Autism and ADHD dual diagnosis</b>	Autism and ADHD co-occurrence; links between autism and ADHD; challenges and concerns; signposting to support	Parent/carers of children & young people who have a dual diagnosis of autism and ADHD, who live, or attend a school, in Berkshire

For full details of these services and to register for places, see [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk), call 0118 986 3532 or email [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk)

## The Autism Group

The Autism Group is committed to supporting and enhancing the lives of young people on the spectrum, their parents, and carers. It is led by a team of qualified autism professionals who have family members on the spectrum, offering autism training and 1-1 home autism support, as well as social opportunities for young people aged 9 to 25. The services it is providing are:

Workshop Title	Description of Workshop	Who for
<b>Managing Emotions</b>	How to help young people on the spectrum to recognise and respond to powerful feelings such as anger, sadness and anxiety.	Suitable for parents and carers of primary and secondary school aged children and young people. (Waiting assessment or with a diagnosis).
<b>Adolescence</b>	Understanding and responding to the changes and challenges of parenting and caring for teenagers on the spectrum.	Suitable for parents and carers of young people aged 10 upwards. (Waiting assessment or with a diagnosis).
<b>Girls on the Spectrum</b>	A look at how autism affects girls and young women, why it can be difficult to diagnose and how best to support the unique pattern of behaviours of females on the spectrum.	Suitable for parents and carers of primary and secondary school aged girls and young women. (Waiting assessment or with a diagnosis).
<b>High Alert! When Anxiety Strikes</b>	What to do when worries take over. Looking at what causes anxiety and some tried and tested strategies to tackle it.	Suitable for parents and carers of primary and secondary school aged children and young people. (Waiting assessment or with a diagnosis).
<b>Emotion Explosion! When Anger Strikes</b>	A look at the causes behind challenging behaviour along with tried and tested strategies to manage meltdowns and angry outbursts.	Suitable for parents and carers of primary and secondary school aged children and young people. (Waiting assessment or with a diagnosis).
<b>What About Me? Siblings and Autism (taking place in early 2020)</b>	What is it like to grow up with a sibling on the spectrum? How can we help young people to better understand and thrive in an autism-friendly family?	Suitable for parents and carers of primary and secondary school aged girls and young women. (Waiting assessment or with a diagnosis).

For full details of these services and to register for places, please see [www.theautismgroup.org.uk](http://www.theautismgroup.org.uk) or call Becky Peates on 07943 551437 or email [admin@theautismgroup.org.uk](mailto:admin@theautismgroup.org.uk)



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## What's available from Autism Berkshire in Autumn 2019

### Workshops for parents and carers (10am to 2.30pm)

National Autistic Society (NAS) Autism Seminars for Families:	Bracknell Forest	Slough	Windsor & Maidenhead
	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Curve (Green Room), William Street, Slough, SL1 1XY	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD
Understanding Autism	Friday September 13	Thursday November 7	In January 2020
Meeting Sensory Needs	Friday October 11	Monday December 2	In March 2020
Managing Anger	Friday November 8	Thursday October 10	Friday September 20
Emotional Self-Regulation	Friday November 22	In February 2020	Friday November 29

For full details of these workshops and to register for places, see [www.autismberkshire.org.uk/workshops-parents-carers/](http://www.autismberkshire.org.uk/workshops-parents-carers/) or call 01189 594 594 or email [admin@autismberkshire.org.uk](mailto:admin@autismberkshire.org.uk)

### Support Groups for parents and carers (10am to noon)

Bracknell Forest	Slough	Windsor & Maidenhead
Forest Park Community Centre, Horndean Road, Forest Park, Bracknell, RG12 0XQ	The Curve (The Gallery), William Street, Slough, SL1 1XY	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD
Monday September 30 Thursday November 14	Wednesday November 27	Friday October 18

These support groups are free of charge and light refreshments are provided. There is no need to book, please just come along. For information about visiting speakers, once these are confirmed, see our website at [www.autismberkshire.org.uk/supportgroups/](http://www.autismberkshire.org.uk/supportgroups/) or call 01189 594 594 or email [admin@autismberkshire.org.uk](mailto:admin@autismberkshire.org.uk)

## What's available from Parenting Special Children in Autumn 2019

### Autism workshops for parents and carers (7pm to 9pm)

Pre and Post Assessment Autism Workshops:	Bracknell Forest	Slough
	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR
Introduction to Autism	Wednesday September 18	Monday September 30
Anxiety and Autism	Thursday October 17	Monday October 28
Behaviour and Autism	Thursday November 14	Monday December 2
Autism & ADHD dual diagnosis	Monday September 30	
Supporting Autistic Children with Eating Difficulties	Monday October 7	
Sensory Processing for Autism & ADHD	Friday November 8	

For full details of these workshops and to register for places, see [parentingspecialchildren.co.uk](http://parentingspecialchildren.co.uk), call 0118 986 3532 or email [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk)



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## ADHD workshops for parents and carers (6.45pm to 8.45pm)

Pre and Post Assessment ADHD Workshops:	Bracknell Forest Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Slough Arbour Park Stadium, Stoke Road, Slough, SL2 5AY	Windsor & Maidenhead Maidenhead Town Hall, St Ives Road, SL6 1RF
Introduction to ADHD	Thursday September 19	Monday September 30	Tuesday September 17
Anxiety and ADHD	Thursday October 17	Monday November 4	Tuesday October 15
Behaviour and ADHD	Thursday November 28	Monday December 2	Tuesday November 19
ADHD and Medication	Wednesday October 2 (NB 7-9pm)		
See Autism workshops list for dates of sessions about ADHD & Autism dual diagnosis and about Sensory Processing			

For full details of these workshops and to register for places, see [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk), call 0118 986 3532 or email [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk)

## What's available from The Autism Group in Autumn 2019 Autism Toolkit workshops for parents and carers

Toolkit title:	Bracknell Forest Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Slough Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Windsor & Maidenhead Braywick Heath Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX
Understanding Behaviour - Making Sense of Sensory Differences	Wednesday September 11 (10am to noon)	In March 2020	
Girls on the Spectrum		Wednesday September 25 (6.30pm to 8.30pm)	Thursday November 21 (10am to noon)
Adolescence	In January 2020		Thursday October 3 (6.30pm to 8.30pm)
High Alert! When Anxiety Strikes	Thursday October 17 (6.30pm to 8.30pm)	In January 2020	
Emotion Explosion! When Anger Strikes		Wednesday November 6 (10am to noon)	In February 2020
What About Me? Siblings and Autism	In February 2020		

All these workshops will be followed by an optional half-hour group chat to focus on problem-solving and sharing ideas.

For full details of these workshops and to register for places, please see [www.theautismgroup.org.uk](http://www.theautismgroup.org.uk), or call Becky Peates on 07943 551437 or email [admin@theautismgroup.org.uk](mailto:admin@theautismgroup.org.uk)



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