

**Space4Autism**

**Autism Training Programme**

**Courses available from September**

**Cygnet Course**

The Barnardo’s Cygnet 6 week programme is widely recognised as an award winning parenting support programme. It is now available to parents/cares of children aged 5-18yrs who have been diagnosed with Autism

6 sessions delivered over 6 weeks for 3hrs per week

**Dates of courses are:-**

|  |  |  |
| --- | --- | --- |
| **Age group of parent/carers child or young person** | **Time of courses** | **Dates of courses** |
| Primary Age **FULLY BOOKED** | 9.30am-12.30pm | 2020 Oct 12th, 19th, Nov 2nd, 9th, 16th, 23rd |
| Secondary Age | 5.30pm – 8.30pm | 2020 Nov 2nd, 9th, 16th, 23rd, 30th, Dec 7th |
| Secondary Age | 9.30am – 12.30pm | **2021 June** 7th, 14th, 21st, 28th July 5th, 12th |
| Primary Age | 5.30pm - 8.30pm | **2021 June** 7th, 14th, 21st, 28th, July 5th 12th  |

**Puberty, Sexual Wellbeing and Relationships (PSR)**

This is an additional six sessions available to parent/carers of children aged 11-18yrs upon completion of the Cygnet Course

6 sessions delivered over 6 weeks for 3hrs per week

**Dates of courses are:-**

|  |  |  |
| --- | --- | --- |
| **Age group of parent/carers child or young person** | **Time of courses** | **Dates of courses** |
| 11-14yrs | 1.00pm – 3.00pm | 2020 Oct 12th, 19th, Nov 2nd 9th, 16th, 23rd |
| 11-14yrs | 5.30pm – 8.30pm | 2021 Jan 11th, 18th, 25th, Feb 1st, 8th, 15th  |
| 15-18yrs | 5.30pm – 8.30pm | **2021 April** 19th, 26th, May 10th, 17th, 24th, and Wednesday 26th (due to bank holidays) |
| 15-18yrs | 1.00pm – 3.00pm | **2021 June** 7th, 14th, 21st, 28th, July 5th, 12th |

**Promoting Good Sleep**

Improve your knowledge and understanding of techniques that can help your child/young person sleep

3 sessions delivered over 3 weeks for 2hrs per week

Dates of courses are:-

|  |  |  |
| --- | --- | --- |
| **Age group of parent/carers child or young person** | **Time of courses** | **Dates of courses** |
| Primary Age | 6.00pm – 8.00pm | 2020 Sept 9th, 16th then a 1:1 on 23rd time to be arranged |
| Primary Age | 10.00am – 12noon | 2020 Dec 2nd, 9th, then a 1:1 on 16th time to be arranged |
| Secondary Age | 6.00pm-8.00pm | **2021 Feb** 24th, March 3rd, then a 1:1 on 10th time to be arranged |
| Secondary Age | 10.00am – 12noon | **2021 June** 9th, 16th, then a 1:1 on 23rd time to be arranged |

**Sensory Knowledge and Skills**

Offers parent/carers a better insight into sensory issues and how making small changes can make a huge difference to your child/young person

2 sessions delivered over 2 weeks for 2hrs

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| **Age group of parent/carers child or young person** | **Time of courses** | **Dates of courses** |
| Primary Age | 10.00am-12noon | **Jan 2021** 14th and 21st |
| Secondary Age | 10.00am – 12noon | **Feb 2021** 4th and 11th  |
| Primary Age | Evening course | Dates to be confirmed |
| Secondary Age | Evening course | Dates to be confirmed |

**Anxiety Skills Programme**

An intensive approach aimed to support parent/carers to manage their own and their child/young person’s anxieties related to Autism

4 sessions delivered over 7 weeks for 2hours per week

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| **Age Group of Parent/carers child or young person** | **Time of Courses** | **Date of Courses** |
| Primary Age | 6-8pm | Oct 2020 7th, 14th, Nov 4th, 11th, 18th  |
| Secondary Age | 6-8pm | Jan 2021 6th, 13th, 20th, 27th, Feb 3rd, 10th  |
| Primary Age | 10-00am – 12noon | Feb 24th, March 3rd, 10th, 17th, 24th, 31st  |
| Secondary Age | 10.00am – 12noon | April 2021 21st, 28th, May 5th, 12th, 19th, 26th  |

If you would be interested in booking any of the above please email info@space4autism.org with your preferred start date, we will then confirm your place back to you.

**Note: please make sure you choose the right age group**

More courses will follow soon inc:- Parent/Carer Autism Skills Programme, Sensory Knowledge and Skills evening courses, Promoting Positive Behaviour, Supporting Siblings, Food in ASC, Specialist Social Group

Space4Autism

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