

**Activity Prospectus
April—June 2018**

**A comprehensive guide to the work-
shops and courses offered within the
Autism Service**

Eligibility criteria:

Your child must have a working diagnosis or a formal diagnosis of Autism Spectrum Condition (ASC) in order to access interventions through Midlands Psychology.

For information on diagnostic services (where there are concerns about possible ASC but no assessment has yet been made) please see the 'Information for referrers' section on our website.

Bookings:

Workshops and training courses run subject to minimum attendance numbers. For this reason, you must book in advance and we reserve the right to cancel groups where attendance numbers are not achieved.

Cancelling activities where uptake is low enables us to offer a flexible and responsive service by re-scheduling activities that are not in demand with groups and workshops that better meet families' needs. We thank you in advance for your support in enabling us to do this.

To book a space on one of our upcoming groups, workshops and training courses, please telephone our main office in Stafford on 01785 748447.

This list is not an exhaustive list but provides information on recurring planned activities for the next quarter. Additional courses and workshops may be added where a need is identified (e.g. Sleep / Exam stress) and will be advertised on the 'News' area of our website and on our Facebook page.

We look forward to seeing you...



Social Stories Workshop

Due to popular demand Midlands Psychology is delighted to offer a new Social Stories workshop! This workshop is for parents, carers and family members of children who have autism.

Social Stories are a visual representation of various situations which can be challenging for the child. Attendees will learn what Social Stories are, what they are used for and are invited to make one during the workshop.

Midlands Psychology is offering this course in the following areas.

Queens Community Centre, Queens Street, Burton-On-Trent, DE14 3LW

Wednesday 9th May 2018

9.30am—11.30am

Cannock Fire Station, Old Hednesford Road, Cannock, WS11 6LD

Monday 18th June 2018

9.30—11.30am



To secure a place on the date of your choice please contact our office on 01785 748447.

I Am Me

Midlands Psychology is offering a two-session programme of education and exploration into understanding what it means to have a diagnosis of Autism. The group will be young person focused and will celebrate differences. Children must be accompanied by at least one adult. The I Am Me workshop is offered to children **aged 10 and onwards**.

Attendance at both sessions of the programme is compulsory.

Midlands Psychology is offering this programme in the following areas.

Queens Community Centre, Queens Street, Burton-On-Trent, DE14 3LW

Session 1: Thursday 19th April 2018

Session 2: Wednesday 25th April 2018

Both sessions begin at 9:30am and end at 11:00am.

Rising Brook Baptist Church, Burton Square, Stafford, ST17 9LT

Session 1: Wednesday 25th April 2018

Session 2: Wednesday 2nd May 2018

Both sessions run from 9:30am—11:30am



Introduction to Autism

Midlands Psychology is pleased to offer an introductory course for parents, carers and family members of a child with a diagnosis of Autism. This course offers the opportunity to gain knowledge and insight into the condition itself, as well as the chance to meet other parents. This informal course will cover a wide range of difficulties faced by a child with autism, including communication, rigidity of thought, social interaction and sensory differences.

The course aims to help you see the world from an autism perspective which will help you manage and support your child in a positive way.

Midlands Psychology is offering this course in the following areas.

Rising Brook Fire Station, Hesketh Road, Rising Brook, Stafford, ST17 9NF

Friday 27th April 2018

9.30am—12.30pm

Queens Community Centre, Queens Street, Burton-On-Trent, DE14 3LW

Tuesday 12th June 2018

9.30am—12.30pm

To secure a place on the date of your choice please contact our office on 01785 748447.

Exam Stress

Midlands Psychology is offering young people aged **14 or above** with a diagnosis of Autism Spectrum Condition the chance to attend our exam stress group. The aim of this group is to help young people understand why we feel stress about exams and what can be done to help prevent and cope with this stress. This will include helping to manage emotions, relaxation strategies, planning and scheduling time. Parents are required to attend this session.

Midlands Psychology is offering this programme in the following areas.

Tamworth Library, Corporation Street, Tamworth, B79

7DN

Wednesday 18th April 2018

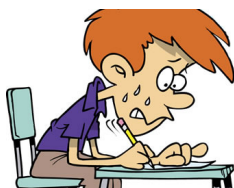
9.30am—11.30am

Rugeley Community Centre, Burnthill Ln, Rugeley

WS15 2HX

Thursday 3rd May

4pm—6pm



To secure a place on the date of your choice please contact our office on 01785 748447.

Emotions Group 12+ — East Staffordshire

This is a series of workshops to help children with a diagnosis of Autism to identify, understand and manage their emotions, particularly anger and anxiety. This workshop is aimed at children aged 12 and over. Children must be accompanied by at least one adult. **Attendance to all workshops in the series is compulsory.**

Midlands Psychology is offering this course in the following areas.

Age: 12+

Queens Community Centre, Queens Street, Burton-on-Trent, DE14 3LW

Session 1: Tuesday 15th May 2018

Session 2: Tuesday 22nd May 2018

Session 3: Tuesday 5th June 2018

All sessions start at 9:30am and finish at 11:30am



To secure a place on the date of your choice please contact our office on 01785 748447.

Emotions Group 8-11 — East Staffordshire

This is a series of workshops to help children with a diagnosis of Autism to identify, understand and manage their emotions, particularly anger and anxiety. This workshop is aimed at children aged 8-11. Children must be accompanied by at least one adult. **Attendance to all workshops in the series is compulsory.**

Midlands Psychology is offering this course in the following areas.

Age: 8-11

Burntwood Library, Sankeys Corner Bridge Cross Road, Burntwood, WS7 2BX

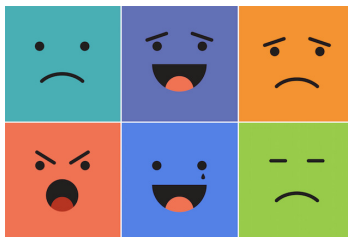
Session 1: Wednesday 13th June 2018

Session 2: Wednesday 20th June 2018

Session 3: Wednesday 27th June 2018

Session 4: Wednesday 4th July 2018

All sessions start at 9.30am & end at 11.30am



To secure a place on the date of your choice please contact our office on 01785 748447.

Better Sleep for Children with Autism Parent Workshop



Join us for a workshop exploring sleep difficulties in children with autism.

Sleep is one of the most common difficulties that parents report to us and a problem which impacts on all members of the household.

Children (and adults) with better sleep have fewer behavioural difficulties, higher levels of attention and concentration, perform better in academic tests and show higher levels of physical health and immunity.

Our sleep experts will share with you their knowledge of sleep and autism to help you tackle your son or daughters sleeping difficulties and improve sleep outcomes for children of all ages. You will learn about the biology and behaviour of sleep and how to modify your child's sleeping pattern. Whether they can't get to sleep, can't stay asleep or sleep at the wrong time of day, join us to find out how to have a more restful night.

Glascote Library, Caledonian, Glascote, Tamworth, B77 2ED

Thursday 24th May

Cannock Library, Manor Avenue, Cannock, WS11 1AA

Tuesday 26th June

Both sessions will start at 9.30am and finish at 11.30am

To secure a place on the date of your choice please contact our office on 01785 748447.

Sibling Support

This is a two session course in which siblings of children with Autism can come along and learn about how autism affects their sibling

Midlands Psychology is offering this programme in the following areas.

Rugeley Community Centre, Burnthill Ln, Rugeley WS15 2HX

Thursday 17th May 2018

Wednesday 23rd May 2018

Both sessions start at 4pm and finish at 6pm

Tamworth Library, Corporation Street, Tamworth, B79 7DN

Friday 8th June 2018

Friday 15th June 2018

Both sessions will start at 9.30am and finish at 11.30am

To secure a place on the date of your choice please contact our office on
01785 748447.

Other Groups and Workshops

This quarter, as well as offering our 'rolling' programme, we are also planning to add additional workshops, training courses and groups in response to demand.

This is to help ensure that we are meeting the requirements of our families by offering a programme that is responsive to families' needs. Groups that have run in the past include Managing Challenging Behaviour, Sensory Workshop, Exam Stress, Managing Meltdowns, Sibling Group, Growing up on the Spectrum (coping with puberty), Triple-P Parenting, Early Bird, Rest & Relaxation, Sensory Crafts, Adaptive Skills (Social skills), Dance Workshop and Specialist Feeding Group.

If there is something you would like to see added to our programme please email enquiries@midlandspsychology.co.uk and we will endeavour to run groups where there is sufficient interest.



Adaptive skills — West Staffordshire

Many children with ASC struggle with social skills, whether it is understanding what is being said to them, how to express their needs, understanding personal space or predicting what a situation is going to be like. These sessions address these issues with the children directly and aim to lay the foundations for the children to build experience in these skills. Much like a person may struggle with a certain subject, many children struggle with their social skills; it is just a case of practicing to improve.

Midlands Psychology is offering this course in the following areas.

Age: 7-12

**Rugeley Community Centre, Burnthill Lane, Rugeley,
WS15 2HX**

Session 1: Wednesday 6th June 2018
Session 2: Wednesday 13th June 2018

All sessions start at 4pm and end at 6pm



To secure a place on the date of your choice please contact our office on 01785 748447.

Emotions Group 12+ — West Staffordshire

This is a series of workshops to help children with a diagnosis of Autism to identify, understand and manage their emotions, particularly anger and anxiety. This workshop is aimed at children aged 12 and over. Children must be accompanied by at least one adult. **Attendance to all workshops in the series is compulsory.**

Midlands Psychology is offering this course in the following areas.

Age: 12+

**Rugeley Community Centre, Burnthill Ln, Rugeley
WS15 2HX**

Session 1: Friday 11th May 2018
Session 2: Friday 18th May 2018
Session 3: Friday 25th May 2018

All sessions start at 4:00pm & end at 6:00pm



To secure a place on the date of your choice please contact our office on 01785 748447.

Emotions Group 8-11 — West Staffordshire

This is a series of workshops to help children with a diagnosis of Autism to identify, understand and manage their emotions, particularly anger and anxiety. This workshop is aimed at children aged 8-11. Children must be accompanied by at least one adult. **Attendance to all workshops in the series is compulsory.**

Midlands Psychology is offering this course in the following areas.

Age: 8-11

**Rugeley Community Fire Station, Rugeley, WS15
2FX**

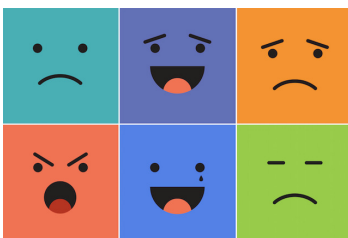
Session 1: Tuesday 17th April 2018

Session 2: Tuesday 24th April 2018

Session 3: Tuesday 1st May 2018

Session 4: Tuesday 8th May 2018

All sessions start at 4:00pm and end at 6:00pm



To secure a place on the date of your choice please contact our office on 01785 748447.

Adaptive skills — East Staffordshire

Many children with ASC struggle with social skills, whether it is understanding what is being said to them, how to express their needs, understanding personal space or predicting what a situation is going to be like. These sessions address these issues with the children directly and aim to lay the foundations for the children to build experience in these skills. Much like a person may struggle with a certain subject, many children struggle with their social skills; it is just a case of practicing to improve.

Midlands Psychology is offering this course in the following areas.

Age: 7-12

Tamworth Library, Corporation Street, Tamworth, B79 7DN

Session 1: Friday 22nd June 2018

Session 2: Friday 29th June 2018

All sessions start at 9:30am & end at 11:30am



To secure a place on the date of your choice please contact our office on 01785 748447.

Extended 'Introduction to Autism' Course

Our new six session course aims to introduce families to the common difficulties experienced by children and young people on the autism spectrum and explore strategies and support targeted to each area explored. This course can be attended after our one-session 'Introduction to Autism Course' or can be attended with no prior knowledge. Although attendance at all six sessions is recommended, sessions can also be attended in isolation. If the course proves popular, it will become a regular feature which will enable families who are unable to attend six sessions in succession to build up their knowledge over time.

The course overview can be found on the following page.

	St Peters Community Church, Silver Link Road, Tamworth, B77 2HH	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX
Session Imagination	Tuesday 1st May 6.30—8.30pm	Friday 4th May 9.30—11.30am
Session Interaction	Tuesday 22nd May 6.30—8.30pm	Friday 11th May 9.30—11.30am
Session Communication	Tuesday 15th May 6.30—8.30pm	Friday 18th May 9.30—11.30am
Session Sensory & Motor	Tuesday 8th May 6.30—8.30pm	Friday 25th May 9.30—11.30am
Session Emotions	Tuesday 5th June 6.30—8.30pm	Friday 8th June 9.30—11.30am
Session Behaviour	Tuesday 12th June 6.30—8.30pm	Friday 15th June 9.30—11.30am

To secure a place on the date of your choice please contact our office on 01785 748447.

Course overview

SESSION: Social Imagination

Learn how deficits in social imagination impact on children's ability to think flexibly, adapt to change and use social prediction and perspective taking and how to help children cope with the unpredictable world in which they live.

SESSION: Social Interaction

Find out about the social challenges faced by children and young people on the autism spectrum and ways in which you can help your child to develop their social understanding and improve the success of their social relationships.

SESSION: Social Communication

Our specialist Speech and Language Therapist will introduce you to the common communication difficulties experienced by children on the autism spectrum and give advice and suggestion on improving communication skills.

SESSION: Sensory and Motor Differences

Our specialist Occupational Therapist will explain the sensory and motor differences affecting many children on the autism spectrum sharing advice along the way for managing sensory needs.

SESSION: Understanding emotions

Find out why children on the autism spectrum experience heightened emotions, in particular anxiety and anger, and ways to increase emotion regulation and coping.

SESSION: Managing behaviour

An introduction to using behaviour modification techniques to help reduce challenging behaviour in children and young people with autism.