



Activity Prospectus
For
April to June 2017

**A comprehensive guide to the groups,
workshops and courses offered within
the Autism Service**

Eligibility criteria:

Midlands Psychology is a Social Enterprise (Community Interest Company) commissioned by the NHS to provide Autism Services in South Staffordshire. Our services are free to families at the point of access but are only available to families of children registered with a GP in South Staffordshire for whom the service has been commissioned.

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:

Groups, 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.

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 groups 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.

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.

We look forward to seeing you...

Managing Meltdowns

For many young people with Autism, the world around them can appear unpredictable and chaotic. The primary response for an autistic individual is often one of fear. 'Meltdowns', or brain overloads can be scary for the individual with Autism, and for the person trying to help if they don't know how to react in this situation.

East Staffs Children's Centre, Waterloo St, Burton-on-Trent DE14 2NJ

Wednesday 3rd May 10.00am-12.00p.m

Staffordshire University Academy, Marston Road, Hednesford, Cannock, WS12 4JH

Tuesday 23rd May 10.00-12.00p.m

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

Sibling Support

Midlands Psychology is offering siblings of a child with a diagnosis of Autism the chance to attend our Sibling Support Group. This group aims to help siblings understand what the diagnosis means and difficulties associated with this, for example anger and anxiety. Additionally, it gives them the chance to meet other children in a similar situation. The content of the group will be provided for children **aged 7-14 years old**.

Stafford Castle Church Barn, Newport Road, Stafford, ST16 1DP

Wednesday 17th May

Wednesday 24th May

Wednesday 31st May

All sessions start at 4.15p.m and end at 5.45p.m

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

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.

Wombourne Fire Station, Giggety Lane, Wolverhampton, WV5 0AX

Tuesday 25th April 1.00pm-5.00pm

Tamworth Early Years Children's' Centre, Basin Lane, Tamworth B772AH

Tuesday 9th May 9.30a.m-1.30p.m

East Staffordshire Children's Centre, Waterloo Street, Burton-on-Trent, DE14 2NJ

Wednesday 24th May 9.30a.m-1.30p.m

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

Tuesday 30th May 9.30a.m-1.30p.m

Rugeley Community Fire Station, Bryans Lane, Rugeley, WS15 2JN

Wednesday 6th June 9.30a.m-1.30p.m

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

Emotions Group

Midlands Psychology is offering a series of intervention 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 two age groups, 8-11 and 12+. Children must be accompanied by at least one adult. Attendance to all workshops is compulsory.

Midlands Psychology is offering this course in the following areas.

8-11 Years

Tamworth Early Years Children's Centre, Basin Lane, Tamworth, Staffordshire, B77 2AH

Thursday 11th May

Thursday 18th May

Thursday 25th May

Thursday 1st June

All sessions start at 2.00p.m and end at 4.00p.m

12+ Years

Cannock Library, Manor Avenue, Cannock WS11 1AA

Wednesday 14th June

Wednesday 21st June

Wednesday 28th June

Wednesday 5th July

All sessions start at 2.00p.m and end at 4.00p.m

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 course in the following areas.

East Staffs Children's Centre, Waterloo St, Burton-on-Trent DE14 2NJ

Wednesday 26th April 4.15p.m-5.45p.m

Early Years Centre, Basin Lane, Tamworth, B77 2AH

Monday 8th May 4.15p.m - 5.45p.m

Midlands Psychology, The Hayes, 19 Newport Road, Stafford, ST16 1BA

Wednesday 3rd May 4.15p.m-5.45p.m

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

Rest and Relaxation

Come along to de-stress and learn anxiety reduction techniques. Mats will be provided but please do feel free to bring your own if you prefer.

Parents can join in too!

Stafford Castle Church Barn, Newport Road, Stafford, ST16 1DP

Monday 10th April 10.00a.m-11.30a.m

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

Sensory play

A workshop, enabling your child to create tools to help with anxiety, anger and stress management.

A chance to make autism specific aides such as worry boxes, stones and stress balls, not to mention new friends!

Friary Grange Leisure Centre, Eastern Avenue, Lichfield WS13 7SQ

Wednesday 12th April 10.00a.m-11.30a.m

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

Adaptive Skills

Midlands Psychology is pleased to offer a revamped, updated Adaptive Skills course. The group will look at the foundations of friendships while highlighting skills to help improve communication. This course will run over three sessions with the first session being for parents and carers only and the other two sessions being for children only. The first session will look at what parents can do to promote social skills at home and give an over view of what we will be covering in the following sessions with children.

Midlands Psychology is offering this course in the following areas.

Stafford Castle Church Barn, Newport Road, Stafford, ST16 1DP

Tuesday 13th June

Tuesday 20th June

Tuesday 27th June

All sessions start at 4.15p.m and end at 5.45p.m

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

Social Stories

Due to popular demand Midlands Psychology is delighted to offer a new and exciting workshop! This Social Stories workshop is for parents, carers and family members of a child who has a diagnosis of Autism. Social Stories are a visual representation of various situations which a child may struggle with. 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.

Rugeley Community Fire Station, Bryans Lane, Rugeley, WS15 2JN

Tuesday 16th May 10.00a.m-12.00p.m

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

Wednesday 7th June 10.00a.m—12.00p.m

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 week 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 to all sessions is compulsory.

Midlands Psychology is offering this course in the following areas.

East Staffs Children's Centre, Waterloo St, Burton-on-Trent DE14 2NJ

Session 1: Wednesday 19th April 10.00a.m –11.30a.m

Session 2: Thursday 20th April 10.00a.m –11.30a.m

Midlands Psychology, The Hayes, 19 Newport Road, Stafford, ST16 1BA

Session 1: Tuesday 2nd May 4.15p.m-5.45p.m

Session 2: Tuesday 9th May 4.15p.m-5.45p.m

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