



## Activity Prospectus January—March 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...*



## 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.

### **Glascote Library, 80 Caledonian, Tamworth B77 2ED**

Thursday 1st March, 2018

9.30am—12.30pm

### **Rugeley Community Centre, Burnthill Lane, Rugeley,**

**WS15 2HX**

Wednesday 28th February 2018

9.30am—12.30pm



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

## 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.

### **Rising Brook Fire Station, Stafford, ST17 9DJ**

Wednesday 24th January 2018

10am—12pm

### **Sure Start Childrens Centre, Glascote Heath, Tamworth, B77 2ER**

Wednesday 14th February 2018

9.30am—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.

### **Wombourne Civic Centre, Gravel Hill, Wolverhampton, WV5 9HA**

Session 1: Wednesday 14th March 2018

Session 2: Wednesday 21st March 2018

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



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.

### **Queen's Street Community Centre , Queen St, Burton-on-Trent DE14 3LW**

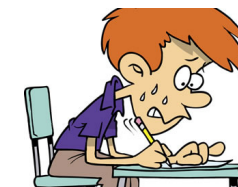
Wednesday 7th March 2018

4pm—6pm

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

Wednesday 14th March 2018

4pm—6pm



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

## Sleep Workshop

Midlands Psychology is offering 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, improving 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.

TBC



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+**

**Winhill Resource Centre, Canterbury Road, Burton-on-Trent, DE15 0HD**

Session 1: Thursday 8th March 2018

Session 2: Thursday 15th March 2018

Session 3: Thursday 22nd March 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.

### **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**

**Sure Start Children's Centre, Hawksworth, Glascote,  
Tamworth B77 2ER**

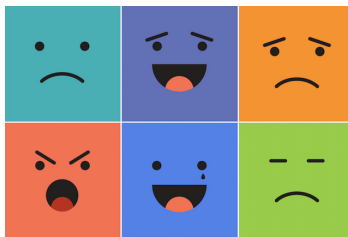
Session 1: Tuesday 27th February 2018

Session 2: Wednesday 7th March 2018

Session 3: Tuesday 13th March 2018

Session 4: Tuesday 20th March 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.

### **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: Tuesday 13th March 2018

Session 2: Tuesday 20th March 2018

Session 3: Tuesday 27th March 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.

## Other Groups and Workshops

### 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**

**Midlands Psychology, The Hayes, 19 Newport Rd,  
Stafford, ST16 1BA (The Coach House)**

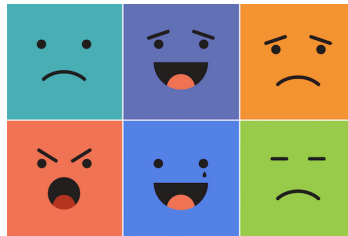
Session 1: Monday 26th February 2018

Session 2: Monday 5th March 2018

Session 3: Monday 12th March 2018

Session 4: Monday 19th March 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.

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](mailto: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**

**Heath Hayes Library, 194 Hednesford Rd, Cannock  
WS12 3DZ**

Session 1: Friday 2nd March 2018

Session 2: Friday 9th March 2018

Session 3: Friday 16th March 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.

## **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**

**Queen's Street Community Centre , Queen St, Burton-on-Trent DE14 3LW**

Session 1: Wednesday 21st March 2018

Session 2: Wednesday 28th March 2018

Session 3: Wednesday 4th April 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.

## Extended 'Introduction to Autism' Course

This quarter we are piloting a new six session course 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.

|                                 |     |     |
|---------------------------------|-----|-----|
|                                 | TBC | TBC |
| Session 1<br>Imagination        | TBC | TBC |
| Session 2<br>Interaction        | TBC | TBC |
| Session 3<br>Communi-<br>cation | TBC | TBC |
| Session 4<br>Sensory &<br>Motor | TBC | TBC |
| Session 5<br>Emotions           | TBC | TBC |
| Session 6<br>Behaviour          | TBC | TBC |

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

## Course overview

### **SESSION1: 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 2: 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 3: 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 4: 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 5: 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 6: Managing behaviour**

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