



Activity Prospectus
For
July—September 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...

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., particular 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

Cannock Library, Manor Avenue, Cannock, WS11 1AA

Thursday 20th July

Thursday 27th July

Thursday 3rd August

Thursday 10th August

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.

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.

Penkridge fire station, Boscomoor Lane, Penkridge, ST19 5NU
Thursday 28th September 10am—12pm

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.

Tamworth early years centre, Basin Lane, Tamworth, B77 2AH
Tuesday 4th July 9.30am—1.30pm

Rugeley Community Fire Station, Ryans Lane, Rugeley, WS15 2JN
Tuesday 18th July 9.30am—1.30pm

East Staffs Children's Centre, 248-257 Waterloo Street, Burton-On-Trent, DE14 2NJ
Wednesday 20th September 9.30am—1.30pm

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

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.

Lichfield Library, The Friary, Lichfield, WS13 6QG

Tuesday 11th July 10.00am-12.00p.m

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

Tuesday 5th September 10am—12pm

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.

Rugeley Community centre, off Burnthill Lane, WS15 2HX

Session 1: Tuesday 12th September 10am—11.30pm

Session 2: Tuesday 19th September 10am—11.30am

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