



AUTUMN 2018

Welcome to Autism Train's Newsletter

We are a very experienced team having delivered training on all aspects of autism ranging from an introduction to autism to post graduate level courses. We offer a wealth of expertise that will help to increase awareness and understanding of autism from both a professional and personal perspective. Our courses will give practical ideas and strategies you can use to support your child.

A FAMILY LEARNING COURSE UNDERSTANDING AUTISM

A 4 - week course for parents and carers who have children with autism

WHERE:

**St Leonards C of E Primary Academy School,
Collingswood Drive, St Leonards TN38 ONX**

WHEN: Fridays Sept 28th, Oct 5th, 12th & 19th

**Join us from 9:00 for refreshments and a chat
Course starts at 9:30**

COST: Free



**TO BOOK: Contact Charlotte on
01424 722241**

Or email

<mailto:office@educationfuturestrust.org>

Session 1- Understanding autism

This session gives an insight into the effect autism can have on the individual and the family. We will look at strategies to support the child.

Session 2- Developing communication skills and using a visual approach

There will also be an opportunity to make some visuals to use at home.

Session 3- Sensory differences

We will explain some of the sensory differences encountered by children with autism and how they may affect their ability to make sense of the world.

Session 4- Developing social skills

We will explore the implications of social difficulties for the child and how this affects their interactions with the family and friends

Parents' comments

'Enlightening'

'It was absolutely invaluable This course is fantastic and so very helpful. It has helped me understand my daughter better. Thank you this is the best course I have done on improving my knowledge of autism'

Family Learning courses are delivered on behalf of East Sussex County Council





University of Brighton

School of Education



AUTISM PGCert

We are still accepting applications for our Autism PGCert course - ideal for teachers and TAs looking to study part-time alongside their full-time roles.

Our course is designed to:

- support the progress of your students
- develop your specialist knowledge
- support you in developing new approaches to SEND and autism in your setting
- support you in thinking differently about your practice
- support career progression.

Full details can be found on our website www.brighton.ac.uk

To discuss your suitability or the course content please contact Rosie Moore:
r.moore2@brighton.ac.uk

For general enquiries please contact Adam Byford:
A.Byford@brighton.ac.uk

Joy Beaney and Kay Al Ghani are delivering the University of Brighton's Autism Post Graduate Certificate again this year. The course is designed to support your career progression, enhance your subject knowledge and increase your confidence to effectively support autistic learners. This year long part time programme runs from October 2018 Taught sessions take place on Saturdays and consist of 3 full days and 7 morning sessions.

JOIN US AT THE SHOW



tes

**SEN Show
2018**

**Book inspiring
seminars**

Only £15+VAT until midnight
27 July 2018

5-6 October 2018

Business Design Centre, London

Join us at the UK's largest
special educational needs show
for two days of ideas, insight
and innovation to bring learning
alive for pupils with SEN.

Register free to attend at
tessenshow.co.uk

**Creating champions for autism –
changing attitudes to autism through
a peer awareness programme**

**Joy Beaney and Kay Al Ghani, consultants,
Autism Train**

This seminar will describe a successful initiative which encouraged children to act as 'Champions for Autism' and explain how practitioners can implement similar projects in their own schools. Raising awareness and understanding of autism has school-wide benefits, allowing children with autism to thrive socially, emotionally and educationally alongside their peers. Only in this way will we be able to cultivate an inclusive and accepting society that embraces and celebrates difference.

KS 1-2, Levels 1-3



REDUCING CHALLENGING BEHAVIOUR

STRATEGIES TO SUPPORT THE CHILD

If you have a child with autism, challenging behaviour may be one of the hardest things to manage. At times, it may feel as if it dominates your life. This course looks at what causes challenging behaviour in children with autism and offers practical strategies to help you turn things around.

By the end of the course you will:

- Have a greater insight into the reasons for behaviours that challenge
- Know how to recognize early warning signs and defuse challenging situations
- Know some strategies to promote positive behaviour
- Have increased confidence when dealing with a child presenting with challenging behaviour

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COST: Free



TO BOOK: Contact Charlotte on 01424 722241
or office@educationfuturestrust.org

Parents' comments about the course

'The whole course was wonderful and extremely helpful and supportive in us understanding what drives our son's behaviour and how we can support him'

'Lovely course- have learnt better coping skills for myself and my child when managing his challenging behaviour'

'This is a fabulous course and I would recommend it to any parent or carer.'

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delivered on behalf of
East Sussex County Council



AUTISM NEWS

Using a visual approach

We all learn in different ways. Many people are very reliant on visuals and use them every day.

- Do you use a calendar?
- Do you use a list for shopping?
- Do you use a map to find a location?
- Do you make “to do” lists?
- Do you use a recipe when cooking?

Temple Grandin, who has autism says she ‘thinks in pictures’

‘words are like a second language to me.....when somebody speaks to me, his words are instantly translated into pictures’

Grandin, 2006, p3

Although not all people with autism are such highly visual thinkers research suggests that children with autism are consistently better on visual-spatial tasks rather than verbal and sequencing ones.

Information that we hear is only fleeting whereas the visual image is available long after the words have gone. This means that if information or a task is presented visually the child with autism can understand more.

Young children with autism often find speech confusing and many parents have their child’s hearing tested but find that their hearing levels are fine. Many children with Autism don’t have a problem hearing but have difficulty processing language.

There are many types of visuals. It helps to show the young child the real object, for example, when you want the child to understand they are going swimming show them the swimming costume or if you want them to clean their teeth show them their toothbrush.

Symbols can be anything which represents an idea or word and visuals can also include photographs, drawings and writing.

Some ways to use visuals



[Click here to download a larger version of the diagram](#)

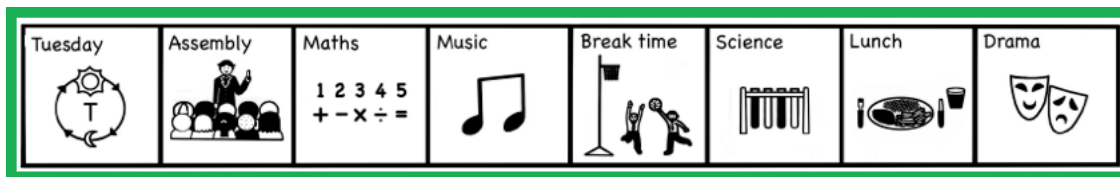
Visuals can be used both at home and at school.

Visual timetables

- ❖ Using visuals such as a visual timetable will help the person follow the structure of the day.
- ❖ Being able to refer to it throughout the day means their anxiety is reduced.
- ❖ They can refer to the timetable rather than be constantly asking when an activity will take place.

Although visual timetables involve some effort to set up they are invaluable as they give the child structure and reduce anxiety

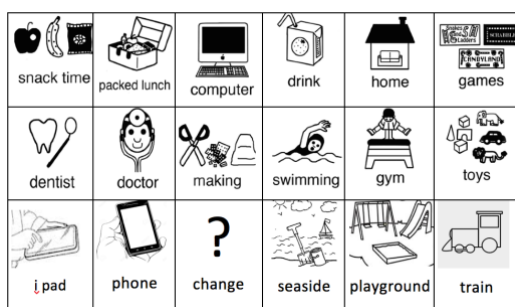
An example of a class timetable



Reproduced from *Autism in the Secondary Classroom*

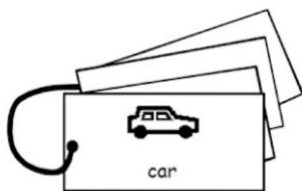
Lots more information on using a visual approach in the classroom is available in the book.

Some useful symbols for use at home



Click images above to download your copy of the home symbols

Haitham Al Ghani, the illustrator, has kindly given permission for these symbols to be printed and used by families.



Cut out the individual visual symbols and blue tack or Velcro on to the base board to make an individual timetable. Instead of putting the symbols on a strip they can be joined with a treasury tab or put on a key fob. The advantages of this method are that the visual is easily accessible, fits in a pocket or bag and can be taken on outings.



Any change can result in the child with autism becoming anxious. Children with autism usually need support when preparing for a new environment, experience, or a change of activity. Using a change sign or question mark helps the child to prepare and cope with changes to their routine.



a change

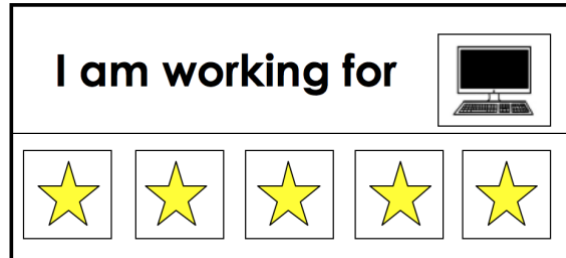


Showing the child, a sand timer to give a warning of a change can be helpful. These can be purchased to indicate different spans of time. It is useful to have some with a short time such as 30 seconds and others with longer times.

First	Next
 dinner	 television

Using a 'first, next' board enables the child to know what adult directed activity they have to complete before they can choose their own activity.

'Working for' visuals are very helpful for motivating the child to complete activities. The child can choose what their reward will be for completing the tasks and fasten it to the board. It is often very motivating to choose stickers that reflect the child's special interest to put on the reward board.



Reproduced from *Autism in the Primary Classroom*. Lots more information on using a visual approach in the primary classroom is available in the book.

Tips for implementing a visual approach

Allow the child plenty of time to process the information

Persevere- it may take the child time to associate the symbol with the object or activity

Remember to use speech as well as using the symbol. The symbol is a way to support the child's understanding of language not to replace it.

If you are worried about your child's language development or their understanding of speech ask for a referral to a speech therapist through your GP or school.

References

[Beane, J. & Kershaw, P. \(2014\), *Autism in the Primary Classroom*, London: National Autistic Society.](#)

[Beane, J. & Kershaw, P. \(2014\), *Autism in the Secondary Classroom*, London: National Autistic Society.](#)

[Grandin, T. \(2006\), *Thinking in Pictures*, London: Bloomsbury Publishing.](#)

[Click here to see more resources from Autism Train's website](#)



Makaton is a language programme using signs and symbols to help people to communicate. It is designed to support spoken language and the signs and symbols are used with speech. The signs provide extra clues about what someone is saying.

If you have experienced the frustration of being unable to communicate meaningfully or effectively with your child, Makaton can help. Makaton takes away that frustration and enables individuals to connect with other people and the world around them.

For more information see <http://www.makaton.org/>

If you are interested in attending a course to learn Makaton signing contact

Jackie Powell
 Makaton Tutor
 0780082195
jaculinpowell@aol.com

WHAT'S ON- events for children & young people



SWIMMING

St Mary's School,
Wrestwood Road
Bexhill TN40 2LU

The NAS has arranged some swimming sessions for families who have a child with learning difficulties and/or challenging behaviour. Their aim is to help parents who cannot access a regular swimming pool environment with their child. Age 6 and over

9th & 23rd Sept, 7th & 21st Oct, 25th Nov, 9th Dec- To book go to <https://www.nasbexhillandhastings.co.uk/events/>



THE EMBRACE CENTRE

Unit 1-2
The Undercroft
20 Wharf Road,
Eastbourne
BN21 3AW
07825800299
embracees.org.uk

The Embrace Centre holds regular sessions throughout the week and can be hired out for birthday parties on Sundays. It includes ball pits, soft play, toys, games, arts, crafts and a sensory room. Regular sessions:

Monday 10-12 Sensory Time

Tuesday 10-12 Parent Support Group and Free Play

Wednesday 10-12 Messy Play 4-5 Defiant Sports After School Club 7-9 Evening Parent Support Group

Friday 10-11 Family Fun Session with therapy dogs/visual stories/singing/sensory play - each week varies.

11:15-12:15 Art Club

To book sessions and events, email leannaforse.embrace@gmail.com

Saturday Club Sessions: 9:30-11:30, 11:30-1:30, 1:30-3:30, 3:30-5:30. For Saturday Club bookings, email lauramilnes.embrace@gmail.com



MY SKATE WORLD



16A Maple Road
Eastbourne
BN23 6NY

Families for Autism and My Skate World are working in partnership to provide fun skating sessions.

The session provides an opportunity to meet other families in a similar situation. The lighting, sound and music are adjusted accordingly. You can skate individually or as a whole family.

Families for Autism staff will be at the session should you require any help and personnel from My Skate World will be available to support any skating needs.

For details and to book 01323 738288



AUTISM FRIENDLY CINEMA SCREENING

SATURDAY CLUB

Hazel Court School,
Larkspur Drive,
Eastbourne.
BN23 8EJ

Families for Autism and the Hailsham Pavilion are working in partnership to provide autism friendly cinema screenings These run once a month on Sundays at 10:30 throughout the year To find out more or to book contact the box office on 01323 841414 or www.pavilionhailsham.co.uk

Saturday club provides activities for children with autism between the ages of 5- 13. It also provides activities and support for siblings It runs on the second and fourth Sunday each month.

10:30-3:00

Contact Mark Jones on 07415137887

Mark.Jones@autismforfamilies.com

EASTBOURNE YOUTH CLUB

Community Wise,
Ocklynge Road,
Eastbourne,
BN21 1PY

The youth club provides activities for young people of secondary and college age with autism. The activities include cooking, art and craft, computers and sports. The young people also plan and go on trips to the cinema, bowling and swimming. The club is held from 10:00-2:00 on the first and third Saturday of each month.

For more information contact 07908314102

SUPPORT FOR FAMILIES



Support Groups run in Eastbourne, Newhaven and Heathfield
See www.familiesforautism.com for details

Families Liaison Officer is available to help families that would like access to extra advice and help.

Contact Felicia Perks 07930 978981

email Felicia.perks@familiesforautism.com



For details see www.icontact.org

info@icontactautism.org

Embrace Centre,
Unit 1-2, The Undercroft, 20 Wharf Road,
Eastbourne BN21 3AW

Support group every Tuesday morning

10:00-11:00

see website for details of advocacy service

<http://www.embracees.org.uk/>



Lewes Autism
Support Group

www.incontactautism.org

The monthly events take place at
The Phoenix Centre
26 Malling street
Lewes
BN7 2RD

Events run from 7pm – 9pm

13th Sept

Booking opens:
1st Sept

Making sense of sensory

workshop with Joanna Brett, CEO from Starjumpz

Understanding sensory processing and how it can impact behaviour and participation in daily life. A workshop delivered by Joanna Brett Occupational Therapist and CEO at Starjumpz.

11th Oct

Booking opens:
14th Sept

Education rights and autism

with Abbie Woodling, Co-ordinator NAS Education Rights Service

This event will focus on education rights and SEN law with guest speaker Abbie Woodling from the National Autistic Society. Abbie co-ordinates the NAS education rights service and tribunal support.

8th Nov

Booking opens:
12th Oct

Steps to encourage inclusion and avoid exclusion

with Andy Cutting, NAS Specialist Exclusions & Alternative Provision

What is it about school life that transforms the differences that all autistic pupils share into difficulties? This talk will cover the steps to overcome barriers to learning and avoid the need for exclusion.

(This event is also taking place on 1/11 at 10:30am with Impact in Bexhill)

13th Dec

Booking opens:
9th Nov

Emotional development milestones and autism

workshop with Amanda Fletcher, from Thinking Families

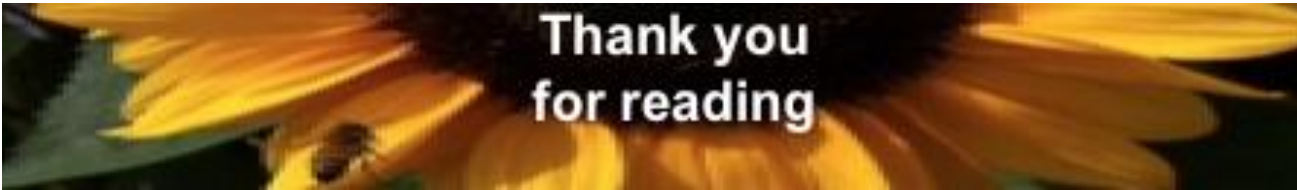
This workshop will cover key stages of emotional development, how to recognise when your child is stuck at a particular stage/process of emotional development and helpful points to consider.

To book a place, tickets are £3 via:

<http://www.tickettailor.co/events/icontact>

Please share this newsletter with anyone you think may find it helpful.

If this has been forwarded to you email info@autismtrain.co.uk so you don't miss the next instalment.



Thank you
for reading