

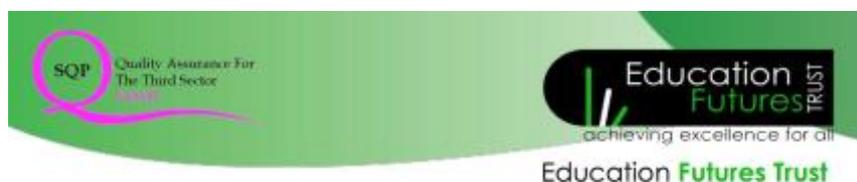
NEWSLETTER Autumn 2017

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.

Joy, Kay and Jackie would like you to join us for our next training session.

HASTINGS COURSE



UNDERSTANDING AUTISM

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

WHERE: Sacred Heart Catholic Primary School
Old London Road
Hasting
TN35 5NA

WHEN: Fridays 17th, 24th November, 1st, 8th December 2017
9:00-12:15

Join us at 9:00 for refreshments and a chat
Course will start at 9:30

COST: Free

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

'Fantastically knowledgeable and engaging speakers. Good mix of theory and practice'

'A very informative course with knowledgeable course trainers. A friendly environment with opportunities to talk about personal issues. I would recommend this course to all people involved with a person on the autism spectrum'

Parent comments



Come and meet other parents and share ideas and strategies

Overview of the course

Session 1-

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

AUTISM NEWS

A guide for parents and carers

In general, children start school in the Autumn term after their fourth birthday. The closing date for applying for a Primary School place is 15th January 2018. Many parents and carers will be looking at school websites and brochures to get a general idea about local schools. Schools also offer open days or opportunities to visit.

If you have a child with additional needs it can be difficult to work out which is the best school to effectively meet your child's needs.

The Autism Education Trust has produced a free guide that gives helpful ideas for the questions parents and carers might ask when choosing a school for their child with autism.

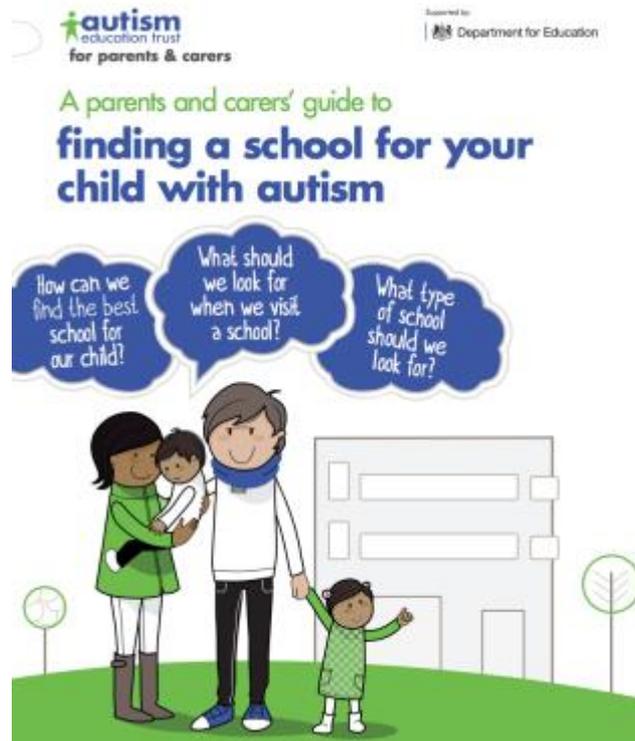
**Finding
a school
which suits
your child...**

What kind of
support does your
child need?

What do
you want for
your child's
education?

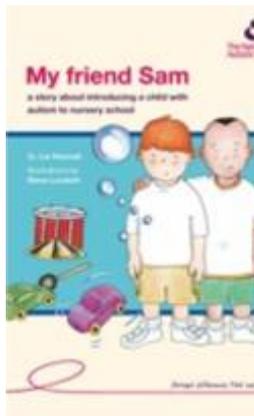
The guide can help to identify the key features of good autism practice in a school.

The suggested questions to ask can help parents and carers compare the type of provision and practice at different schools.



This helpful guide is available free to download from
http://www.aettraininghubs.org.uk/wp-content/uploads/2014/09/what_to_guide_upload.pdf

BOOKS FOR CHILDREN



My Friend Sam

By Liz Hannah

This book would be a good way to explain to a child's classmates in nursery or Reception about autism

This book uses delightful colour pictures and simple language to describe some of the difficulties young children with autism may have and also some of the things they are good at.

Published by National Autistic Society

<http://www.autism.org.uk/products/core-nas-publications/my-friend-sam.aspx>



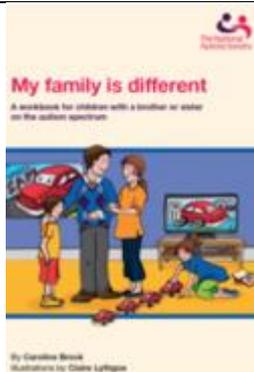
How Joshua Learned

By Joshua Love

In this s book Joshua, the author describes the strategies that have helped him. The book is aimed at children aged 3-7.

Published by National Autistic Society

<http://www.autism.org.uk/products/core-nas-publications/how-joshua-learned.aspx>



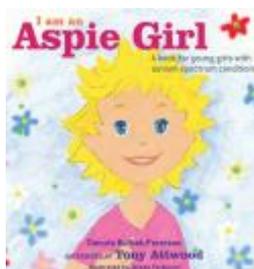
My Family is Different

By Carolyn Brock

A workbook for children with a brother or sister on the autism spectrum. Aimed at children aged 5-7. It aims to encourage family members to talk about their feelings and the impact that autism has on their lives, as well as celebrate difference and encourage brothers and sisters to help each other

Published by National Autistic Society

<http://www.autism.org.uk/products/core-nas-publications/my-family-is-different.aspx>



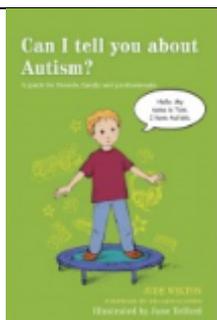
I am an Aspie Girl

By Danuta Bulhak Paterson

Lizzie describes all the things that she and other girls with Asperger Syndrome sometimes find difficult and all the things that make them special

Published by Jessica Kingsley

<http://www.jkp.com/uk/catalogsearch/result/index/?store=jkpuk&p=3&q=explaining+autism+to++children>



Can I tell you about autism?

By Jude Welton

Tom explains autism from his perspective. He explains the challenges he faces and describes how he can be helped and supported by those around him. Suitable for readers aged 7+

Published by Jessica Kingsley

<http://www.jkp.com/uk/catalogsearch/result/index/?store=jkpuk&p=2&q=explaining+autism+to++children>

SUPPORT FOR FAMILIES



NAS Bexhill & Hastings

E mail: Bexhill@nas.org.uk

Tel: 07920 254569

Facebook: National Autistic Society – Bexhill

Monthly Support Groups

Family Activities

Raising Autism Awareness

SWIMMING CLUB AT ST MARY'S SCHOOL

These sessions are for children who cannot access a public swimming pool & have sensory issues / learning difficulties / challenging behaviour. The numbers are kept low so the children have the space to move around & be themselves. These fun, play sessions are for the whole family!

Parents & carers are free & must accompany their children in the pool.

29th Oct, 12th Nov, 26th Nov

HALF TERM FAMILY ACTIVITIES

24th Oct: Urban Jump Trampoline Park

25th Oct: Disco with Uncle Bumble

26th Oct Ringo at Knockhatch ski Centre

10th Dec: Santa special

Book on line www.nasbexhillandhastings.co.uk

Support Groups

Supper at Kerry's Wine Bar / Café, Bexhill.

Friday 6th October, 7.30-10pm

A delicious selection of soups, sandwiches, jacket potatoes etc can be brought or if you fancy some fish & chips you can order them from Minnie Bertha's a couple of doors along & eat them in Kerry's. This friendly, relaxing café/wine bar is a great place to chat with other parents & carers living with autism. Everyone is welcome to attend, your child doesn't need to have a diagnosis.

The large table in the middle of the room has been booked so that you will know where to find us! Please e mail Bexhill@nas.org.uk or text 07920 254569 to let Sarah know your coming so we have enough seats.

Cuppa at the Café des Arts, Hastings.

Friday 20th October, 10-12pm

Please join us for a chat & to meet other parents & carers who have a child with autism. Our NAS logo will be displayed on the table so you will know where to find us. Children are welcome.

The café, run by Autism Sussex serves a delicious selection of food & drink. Everyone is welcome, your child doesn't need a diagnosis.

Autism Awareness Talk

“Autism & Anxiety” & “Girls & Women on the Spectrum” with Sarah Hendrickx.

Thursday 16th November, 7-9.30pm.

Glyne Gap School, Bexhill.

Sarah Hendrickx is an autism specialist, international conference speaker, six times book author & autistic adult. Sarah has worked with over 300 autistic people & delivered over 1000 training sessions.

Both the talks will last about an hour with a short coffee break between the two.

This talk will be suitable for everyone: family, friends, professionals, people on the autistic spectrum & anyone who would like to be more autism aware.

Email Bexhill@nas.org.uk or text

SUPPORT FOR FAMILIES



Lewes Autism
Support Group

Support for families and carers in Lewes and the surrounding areas

Our groups are for parents and carers of children and young adults who are on the autistic spectrum, with or without a diagnosis. Everyone is welcome! Join us for our regular monthly evening support group and join our mailing list to keep up to date with local events, clubs, workshops and visits by specialist speakers.

Meeting Dates 2017/18

Evening Support Group 7pm – 9pm

Our evening groups are held on the second Thursday of each month (unless otherwise specified) at:
Phoenix Centre, 26 Malling Street, Lewes BN7 2RD

September 14th
October 12th
November 9th
December 14th
January 11th
February 8th
March 8th
April 19th
May 10th
June 14th
July 12th



Feel free to drop in at any time during the 2 hours or join us for the whole session. There is a suggested donation of £2 per person for our evening groups. For more information or to be added to our email list, please contact:

info@icontactautism.org or visit our website at www.icontactautism.org



Embrace is a group for special needs and disabled children, promoting inclusion and improving life skills and opportunities through clubs, outreach and advocacy.

Embrace's Sensory Brain Gym

We have just announced a new programme of activities called Embrace's "Sensory Brain Gym". These learning sessions will be geared up to engaging your child in learning using multi-sensory approaches, visual learning and play therapy.

Monday	Embrace Sensory Time
Tuesday	Embrace Parent Support Group and Law Clinic
Wednesday	The Big Messy Play
Thursday	Little Starters (Multisensory Learning/learning through play)
Friday	Happy Hands (Singing and Signing and Visual Stories)
Saturday	Embrace Saturday Club

For more details and to book contact
RebeccaWhippy.embrace@gmail.com
07825800299
www.embrace.org.uk

Please share this newsletter with anyone you think may find this 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



<http://www.autismtrain.co.uk/>