



Speaker event hosted by **Little Gate Farm**

### Kay Al-Ghani

A Specialist Advisory Teacher, Autism Trainer & Inclusion Consultant with over 40 years experience in education. Kay is the international author of "The Red Beast: Controlling Anger" & "The Panicosaurus: Managing Anxiety". She is also the mother of a son with ASD.

### James Lawton

James has a particular interest in the presentation of autism in females, emotion masking & repetitive behaviours. James works in a school for children with communication & interaction needs. He also cares for a relative with autism.

**2nd April - 6:30pm to 8:30 pm**

(Doors open for refreshments at 6pm)

**Glyne Gap School,**

School Place, Hastings Road, Bexhill on Sea, TN40 2PU

**£5 per ticket**

This event is for anyone with an interest in Autism.

**Book your tickets at:** <https://autismawareness.brownpapertickets.com>



**Little Gate Farm**

Supporting people with learning disabilities / autism into paid work.

01424 423505 - [sarahfletton@littlegate.org.uk](mailto:sarahfletton@littlegate.org.uk)

# JOIN US AT THE SHOW

## the autism show

14 - 15 June 2019 | ExCeL, London

In association with  National Autistic Society

Friday June 14<sup>th</sup>

Kay Al-Ghani and Joy Beaney will be delivering a seminar on  
**Social and Communication Difficulties  
Interventions in the classroom**

**the autism show**  
The National Event for Autism

In association with  National Autistic Society

London	Birmingham	Manchester
14-15 June 2019   ExCeL	21-22 June 2019   NEC	28-29 June 2019   EventCity



LEARN NEW STRATEGIES & APPROACHES



HEAR THE UK'S LEADING AUTISM PROFESSIONALS



INTERACT WITH INNOVATIVE FEATURES



ACCESS ONE TO ONE SPECIALIST ADVICE



LISTEN TO ADULTS ON THE AUTISM SPECTRUM



DISCOVER 100s OF PRODUCTS & SERVICES

Book your tickets now and save 20%

Follow us on  
 [twitter](#)

[www.autismshow.co.uk](http://www.autismshow.co.uk)



# EXCITING CPD OPPORTUNITY



**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](http://www.brighton.ac.uk)

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

For general enquiries please contact Adam Byford:  
[A.Byford@brighton.ac.uk](mailto: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 for practitioners 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 2019 and taught sessions take place on Saturdays and consist of 3 full days and 7 morning sessions.**

# 3 FAMILY LEARNING COURSES IN HASTINGS

Come and meet other parents and share ideas and strategies



## UNDERSTANDING AUTISM

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

**WHERE:** Robsack Wood Community Primary School,  
Whatlington Way,  
Hastings, TN38 9TE

**WHEN:** Fridays May 3rd, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>  
9:00-12:00

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>

*'It was a fantastic course and I learnt so much more than I expected'*

*'Thank you so much for your enlightened and gifted work that you do, it is so nice to know that we as parents are not alone and that people are going through similar situations too, and by talking about it today with others is the first step to gain the knowledge of how to cope with our everyday situations that we face having Autistic children.'*

Parents' comments

### Overview of the course

#### 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

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





## 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

**WHERE:** Hastings- Venue to be confirmed

**WHEN:** Thursdays- May 2<sup>nd</sup>, 9<sup>th</sup> & 23<sup>rd</sup>      9:00-12:15  
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 [office@educationfuturestrust.org](mailto: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.'*

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



# A FOLLOW UP COURSE FOR FAMILIES WHO HAVE ATTENDED THE UNDERSTANDING AUTISM COURSE



## ENHANCING UNDERSTANDING OF AUTISM

**WHERE:** Hastings- Venue to be confirmed  
**WHEN:** Thursdays June 20<sup>th</sup>, 27<sup>th</sup> July 4<sup>th</sup> & 11<sup>th</sup>  
Join us from 9:00 for refreshments and a chat  
Course starts at 9:30 to 12:00  
**COST:** Free

**This follow-on course builds on what was learnt from Autism Train's 'Understanding Autism' Course.**

### **This training includes the following topics:**

- **Session 1:** This presentation and workshop will build on the learning developed through 'Autism Train's Understanding Autism' Course. It will enable families to deepen their understanding of autism and learn more techniques and strategies to better support their child.
- **Session 2: THINKING SKILLS** This presentation and workshop will raise awareness of the different thinking styles of the individual with autism and how this might impact on their ability to access the learning environment. The course will give strategies to enable the child to develop more flexible thinking and improve comprehension skills.
- **Session 3: HYPERACTIVITY.** It is very exhausting dealing with a child who is on the move from the moment they wake up to the moment they eventually get to sleep. If people do not understand the reason behind this behaviour, they may become annoyed with the child and think the behaviour is somehow planned to irritate and upset them. Our presentation will look at some of the causes of hyperactivity, the reasons behind the young person's behaviour and introduce strategies to enable you to provide scaffolding that will better support the child.
- **Session 4: ANXIETY** This is a natural part of life and something that we all experience at some stage. Children and young people with autism can experience anxiety more intensely and more often than others. In this session, we will consider how anxiety affects the young person, how it is expressed, its impact on behaviour and how you can support your child to recognise anxious feelings and find out strategies to help reduce and manage anxiety.

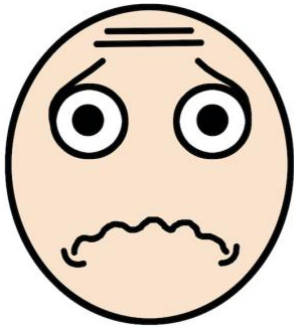
**The second half of each session will give you an opportunity to discuss strategies, plan and make resources to support your child**



**TO BOOK: Contact Charlotte on 01424 722241**  
**Or email <mailto:office@educationfuturestrust.org>**



# AUTISM NEWS



## Anxiety and Autism – Kay Al-Ghani

We can all experience frustration, stress or anxiety in everyday living. Most of us learn to deal with this stress so that its effect is only minimal.

But for others, especially those with ASD, the effects of stress and anxiety can become overwhelming.

Daily living for them, is a very long list of anxiety provoking situations, such as:

Any unstructured times - when there are no specific rules or activities to provide boundaries or limits, e.g.

- ❖ Before and after school
- ❖ Any transitions – from place to place, person to person, topic to topic
- ❖ Lunch times and play times at school
- ❖ Games and PE

Even during structured times at school, they may have difficulty understanding what to do and how to do it.

e.g.

- ❖ Writing and reading
- ❖ Organizing
- ❖ Answering in class
- ❖ Taking tests

Now add to this list social situations. These can increase anxiety in the moment, even when anticipating an upcoming event:

- ❖ Planned or unplanned changes to the day
- ❖ Outdoor activities like playtime, concerts, picnics, field trips.
- ❖ Large gatherings like assemblies, birthday parties, family celebrations, weddings
- ❖ Being with young children –who are often unpredictable
- ❖ Having a conversation with a peer or adult

After a long day battling with these situations, they may go home to find even more expectations:

- ❖ Doing homework
- ❖ Doing chores
- ❖ Having a meal, bath, going to bed..... this list is endless.

Now add to this list sensory issues. These can be triggered almost any time or anywhere, on a daily basis. Sensory integration challenges can become overpowering and prevent a person's ability to control themselves - we see this in crowded places – out shopping, in public toilets, on public transport, in restaurants, waiting rooms, leisure centres.

I think we can all begin to see how debilitating life can become.

This degree of high anxiety can result in meltdowns and challenging behaviour.

People with Autism find it very difficult to give a voice to how they are feeling and so they have no foundations to help them to cope. It is positively heroic that they get up each day to face the world. The one thing that can make life worth living is an intense special interest. Never underestimate the role of these special interests in the maintenance of mental health and well-being.

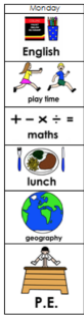
A successful day can mean spending twice as much time on relaxation and half as much on meeting demands.

## Some ideas to help reduce anxiety:

### Let the child/adult know the sequence of upcoming event

### Provide information about time periods

**Use Visual timetables** – these can be used both at home and at school.



Using 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.

### Have checklists

### Plan ahead – have a Plan B – let the child or young person know the plans!

### Reassure them with the use of Social Stories™

These are by Carol Gray and are a useful approach to help the child interpret social situations

- ❖ Social Stories are short descriptions of a situation, event or activity which include specific information on what to expect and why.
- ❖ By providing information about what might happen in a situation and some guidelines for behaviour you can increase structure in a person's life and therefore reduce anxiety.

See book reference below

### Teach Calming exercises



Activities that will help to calm the child include whole body movements such as lifting objects, pushing and pulling and actions including sucking, blowing and chewing.

Here are some exercises that will help to calm the child.

CLICK TO DOWNLOAD

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

### Make a mood changing photobook or scrapbook

One of the very best strategies for dealing with stressful moments is to make a mood changing scrap book or a photo-book that the young person can look at on the i-pad or computer. Fill the scrap book with images that the young person loves: favourite pastimes, cartoon characters, favourite food, cute animals, favourite people or places, – anything that will make them smile or attract their attention. This will distract the brain long enough to switch off the stress response and switch on the thinking brain. It can be used at start of day in the car, bus or train; in the classroom before registration; after playtime or lunch time before returning to class, five minutes before home time, etc. Download a Photo-book that the young person can customise and add their own images

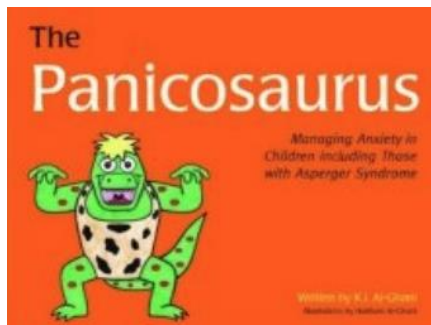


CLICK TO DOWNLOAD TEMPLATE <http://www.autismtrain.co.uk/resources/>



# Give the child or young person plenty of praise and the 3 As **ATTENTION, AFFECTION, APPROVAL**

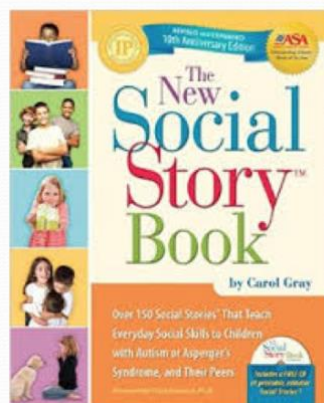
## HELPFUL BOOKS ABOUT ANXIETY



The Panicosaurus- Managing Anxiety in Children Including Those with Asperger Syndrome

By K.I. Al-Ghani, illustrated by Haitham Al-Ghani

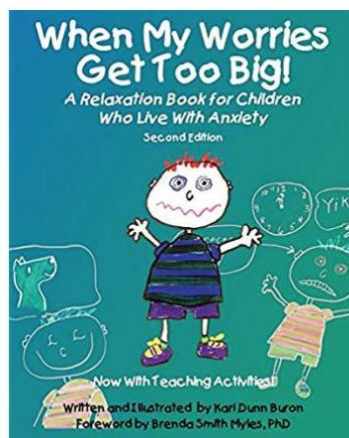
This illustrated book teaches children who experience anxiety about Panicosaurus and Smartosaurus and how to help Smartosaurus banish Panicosaurus when he appears at times of stress by using a range of calming techniques. There is a helpful introduction for parents and carers, and a list of techniques for lessening anxiety at the end of the book



The New Social Story Book™

By Carol Gray

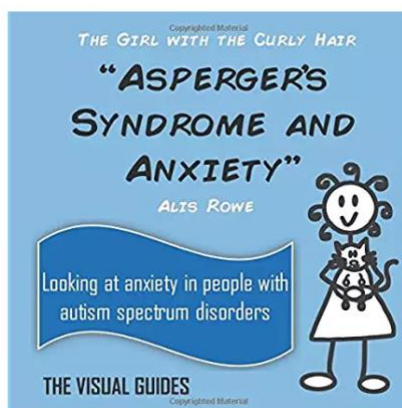
Developed through years of experience, these strategically written stories explain social situations in ways children and adults with autism understand, while teaching social skills needed for them to be successful at home, school, work, and in the community.



When My Worries Get Too Big!: A Relaxation Book for Children Who Live with Anxiety

By Karl Dunn Buron

Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, illustrated by the author, will find themselves relaxed and ready to focus on work or play!



Asperger's Syndrome and Anxiety: by the girl with the curly hair

By Alis Rowe

Through a series of short narratives, diagrams and graphs, Alis explains why certain situations make people with ASD anxious and provides strategies and coping mechanisms.



**WHAT'S ON- events for children & young people**

# RELAXED EARLY OPENING SESSIONS

**19 April, 31 May, 2 August,  
16 August, 30 August & 25 October  
9.30 to 11.30am**

**John's Place, Bohemia Road, Hastings TN34 1ET**

Our Relaxed Early Opening Sessions are for neurodiverse children and families, people with autism or additional needs who may find it easier to enjoy the exhibitions in a calmer environment. During relaxed early opening our lights will be on full and any sounds and videos turned off so it's a less overwhelming environment for you. There will be friendly members of staff around if needed to help support your visit.



**For more information :**

Call 01424 451052 or email Lara at  
[lbolch@hastings.gov.uk](mailto:lbolch@hastings.gov.uk)



Hastings Museum and Art Gallery  
John's Place, Bohemia Road,  
Hastings, TN34 1ET

[museum@hastings.gov.uk](mailto:museum@hastings.gov.uk)

[hmag.org.uk](http://hmag.org.uk)  







# EASTER YOUNG RANGERS

ENRICHMENT RESPITE CARE FOR CHILDREN WITH  
LEARNING DISABILITIES



(APRIL) Mon 8th, Tues 9th, Weds 10th, Thurs 11th, Fri 12th, Mon 15th,  
Tues 16th, Weds 17th, Thurs 18th

Sun 28th (TEEN RANGERS)

TRANSPORT	GLYNE GAP SCHOOL	SAINSBURYS CAR PARK
PICK UP	9:15AM	9:30AM
RETURN	4:00PM	3:30PM

**COST- £28 A DAY (plus £2 for minibus transport)**

Please note, we don't work on a first come first served basis, please contact Niki with your preferred dates by 22nd March on:

[nikiashley@littlegate.org.uk](mailto:nikiashley@littlegate.org.uk) or 01797260580

Little Gate Farms Young Ranger scheme is more than just a holiday club. It is vital respite for families with learning disabled/autistic children (8-21yrs), running over the school holidays.

We provide a different approach to respite, focusing on brilliant outdoor activities, including den building, campfires and interacting with our farm animals!



JOIN THE 'LGF YOUNG RANGERS AND TEEN RANGERS'  
FACEBOOK GROUP TO SEE REGULAR UPDATES!

Little Gate Farm, Horseshoe Lane, Beekley, TN31 6RZ

Registered Charity Number: 1153584





### THE EMBRACE CENTRE

Unit 1-2  
The Undercroft  
20 Wharf Road,  
Eastbourne  
BN21 3AW  
07825800299  
[embracees.org.uk](http://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](mailto: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](mailto:lauramilnes.embrace@gmail.com)

### FAMILIES FOR AUTISM

...supporting autism in our community

### 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

### HAILSHAM PAVILION

### AUTISM FRIENDLY CINEMA SCREENING

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](http://www.pavilionhailsham.co.uk)

### SATURDAY CLUB

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

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](mailto: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



## **EHCP workshop** (will include how to enforce deadlines and the provision in EHCPs)

With ELEANOR WRIGHT from **SOS!SEN**  
**2<sup>nd</sup> April 2019**

The workshop will run from 10am to 2.30pm and will be held at  
The Pelham Hotel, Holliers Hill, Bexhill-on-Sea, East Sussex, TN40 2DD

**The workshop will include:**  
Applying for an EHCP - The Assessment Process - EHCP Content  
Enforcement of EHCP provision

This workshop is suitable for school age children, and will cover some post 16 information.

This workshop is extremely popular, spaces are limited and must be pre-booked via <http://buytickets.at/impact/241258> Tickets are **£10 for parents and carers, £35 for professionals.** (Note: the venue will have stairs. Refreshments will be available to buy but lunch is **NOT** available for this event. Tickets are non refundable.)

**Further information please contact:**  
**[eastsusseximpact@gmail.com](mailto:eastsusseximpact@gmail.com)**



## **Annual Reviews Workshop**

**Tuesday 30<sup>th</sup> April**  
**The Pelham,**  
Holliers Hill,  
Bexhill,  
TN40 2DD

We are hosting a **FREE Workshop** run by **SENDIASS** (Special Educational Needs and Disabilities Information Advice and Support Services) on **Annual Reviews.**

If you want to prepare for an Annual Review of an EHC plan then this **SENDIASS workshop** for parent carers will be of interest. Does the EHCP have strong outcomes? Is progress being made? We will help you to understand more about the annual review process and give practical tips on how to get the best from your child's/young person's plan.

There will be time for questions and a chance to speak to a **SENDIASS advisor** about your child/young person. There will be a prompt start from **9.30 – 12.30pm**

**BOOK YOUR FREE PLACE VIA:**  
**<http://buytickets.at/impact/233351>**



John's Place,  
Bohemia Road,  
Hastings  
TN34 1ET

# COFFEE MORNING

for parents and carers of children with autism



**09 May 2019**

**10:00 - 11:00**

Join Lara and museum staff for an informal chat over a cuppa to see how the museum can be welcoming and inclusive for neurodiverse children and families, people living with autism and additional needs.



Support Groups run in Eastbourne, Newhaven and Heathfield  
See [www.familiesforautism.com](http://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](mailto:Felicia.perks@familiesforautism.com)



iContact have some events taking place over Autism Awareness week including special screenings at the Depot Cinema and a talk about Women and Autism.

iContact Lewes support group meetings 7:00-9:00

9th May 'Looking after and building parent resilience'

13th June 'Strategies to support your child's resilience'

11th Jul 'How to survive the holidays'

Contact [info@icontactautism.org](mailto:info@icontactautism.org) for more info and how to book.  
[www.icontact.org](http://www.icontact.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://embraceeastsussex.uk/>

The Embrace Advocacy and Legal Service, run by Legal Professionals, offers advice to families to ensure they are able to obtain the support they are entitled to. Their team also has a wealth of information when it comes to filling out Disability Living Allowance Forms, Carers Allowance forms, applying for a blue badge and so on.



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

If this has been forwarded to you email [info@autismtrain.co.uk](mailto:info@autismtrain.co.uk) so you don't miss the next instalment.