



Joy, Kay and Jackie hope to see you at our next training session.



UNDERSTANDING AUTISM

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

WHERE: Venue in Hastings

WHEN: Fridays 27th September, 4th, 11th, 18th October
9:00-12:00

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

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

Come and meet other parents and share ideas and strategies

Come and find out more about autism and create an autism friendly school



The National
EDUCATION
Show

Oct
25th
2019

Cardiff
City
Hall

Incorporating **SEN Show**

CPD Seminar

CREATING AUTISM CHAMPIONS

Joy Beaney

3:00-3:50



AUTISM CHAMPIONS

BY JOY BEANEY, MA

Changing attitudes of autism through developing peer awareness

By encouraging children to act as 'Champions for Autism', schools can set up an inclusive support network that breaks down barriers and changes attitudes. This is essential, as the increasing number of children on the autism spectrum will, of course, result in increasing numbers of adults with autism in the community.

IDENTIFYING THE NEED

In many schools, outreach teams and support personnel deliver staff training to raise awareness of autism and recommended practical strategies and approaches. For many children, when they reach 8 or 9 years of age, new issues begin to emerge surrounding the difficulties they have in developing friendships, which begin to affect their successful inclusion. Although children are often encouraged by school staff to behave in an inclusive way, awareness training for children without autism, promoting acceptance of differences and explaining ways to help children with autism, is often an afterthought. It is important to give a positive message about autism, describing the pupils' strengths, but also explaining the differences and possible challenges they may face.

The National Autistic Society states, "One of the best ways to help children with autism feel accepted in school is by increasing understanding of the condition amongst their peers and teachers." If others could have a better understanding of the possible reasons why a pupil with autism reacts as they do in a particular situation, misunderstandings may be prevented. Helping the child's peers to understand what they can do to be supportive and inclusive can also help them thrive.

CHANGING ATTITUDES ABOUT AUTISM

Peer awareness motivation is a huge factor in making strides to true inclusion. One way to gain the interest and excitement of typical peers is to hold a school-wide assembly that includes peer awareness lessons for teaching pupils to be 'Autism Champions'.

During such an assembly, children hold up large cards with the letters of the word AUTISM (shown in the image below) to deliver key messages and introduce some ways that children can help.

After the assembly, children can be asked if they would like to find out more ways to support their peers and become 'champions'. Lessons can then be delivered to the children who volunteer to increase their autism awareness and focus on accepting and valuing difference. Lessons should include both strengths and possible difficulties a child with autism might have in relation to communication, sensory differences, understanding feelings and being a good friend.

Following initial engagement education, the volunteers will be ready to help at transition, break and lunch times. Staff who have implemented "Autism Champions" within their school report that it helped reduce the pupil with autism's anxiety in these situations. The volunteers were able to suggest some ideas on how to ensure their school was a fun and positive place to be.



SECURING STRATEGIES PROMOTES SUCCESS

There are a variety of strategies that can be put into place to enhance peer support and inclusive classrooms. These can come in the form of:

- Using pictures to promote understanding.
- Asking if they need clarification or support of the expectations.
- Requesting a break for them if they seem to be becoming anxious.
- Encouraging everyone not to be too noisy.
- Being kind and being their friend.

What happens outside of the classroom is just as important as what happens inside. In fact, children with autism may find these more social environments much more demanding than taking pencil to paper. Ways that children can support peers who have autism at playtimes or during lunchtime are:

- Designate friendship benches on the playground.
- Special lunch clubs about the child's special interests, but open to other children too.
- Keep a protective eye out against potential bullying.
- Transition with a partner from the playground back into the classroom before play time ends, so that they don't have to get in the queue.
- Provide a lunch table in a quiet area where students can sit together.

MAKING IT YOUR OWN

Implementation of "Autism Champions" should be tailored school by school. Peer awareness materials can be used successfully in a variety of ways to fulfill an individual school's needs. In some instances, just the assembly delivered to the whole school to raise awareness and part of the Personal, Social, Health Education Curriculum module focusing on differences are needed. Teachers can choose to deliver the lessons to all the pupils in their class or those identified through the process mentioned above.

Teaching peers about autism can take place in a generalized way when not related to an individual pupil. Or, it can be more specific to the needs of a particular pupil. Of great importance is that the child's views must be respected and it is vital to discuss what information about themselves they would like shared. Sometimes children with autism want to contribute to the assembly and lessons, others prefer not to be present but want staff to explain their sensory sensitivities, other difficulties and what help they would like from their peers.

Working in partnership with parents is essential, especially as some parents will not have told their child about their diagnosis. Even if the child is aware that they have autism, parents may not wish this to be common knowledge. Parents have an invaluable insight into their child and may be able to provide useful information and strategies.

OUTCOMES SPEAK LOUDER THAN WORDS

In schools that have implemented peer awareness intervention, positive outcomes have been identified. Pupils with autism were observed to have more positive interactions with their peers and their self-esteem and confidence developed. The volunteers gained a greater understanding of the strengths and differences of the pupil with autism and were more empathetic.

We need to develop children who are aware of the various needs of people with autism and how they can work, grow and play together. Only in this way will we be able to cultivate an inclusive and accepting society that embraces and celebrates difference.

Joy Beaney, MA, is an experienced teacher and autism specialist based in the UK. She is a published author and autism trainer. www.autismtrain.co.uk

Reference: National Autistic Society, The (2017a) 'Bullying and autism: Guidance for school staff.' Available at www.autism.org.uk/professionals/teachers/resource/bullying.aspx, accessed on 14/02/17.

EXCITING CPD OPPORTUNITY



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

Joy Beaney and Kay Al Ghani are delivering the University of Brighton's Autism Post Graduate Certificate again this year. This year long part time programme starts in October and taught sessions take place on Saturdays and consist of 3 full days and 7 morning sessions.

The course for practitioners is designed to support your career progression, enhance your subject knowledge and increase your confidence to effectively support autistic learners.

HASTINGS COURSE



Education **Futures Trust**

'Reducing Challenging Behaviour'

Strategies to support your child with autism



At this workshop participants will:

- Gain a greater understanding of the reasons for challenging behaviour
- Learn to recognise warning signs and defuse challenging situations
- Increase your confidence when dealing with challenging behaviour.

Where: TBC

Who: Parents and carers of children with autism

Cost: Free for all participants (must attend all sessions)

When: Weekly on Fridays, 29th November - 13th December 2019
9.00am - 12.15pm

Contact us on 01424 722241 or office@educationfuturestrust.org
www.educationfuturestrust.org

@EFT_Hastings

Education Futures Trust



WHAT'S ON – events for children and young people

Young Rangers



Little Gate Farm,
Horseshoe Lane,
Beckley,
East Sussex,
TN31 6RZ

Young Rangers have fun, look after animals, enjoy the countryside and the woodland, cook and make things. They enjoy making new friends, trying new things and learning new skills in a safe and supportive environment which can hugely increase confidence in this vulnerable group. It also provides families with important respite time.

- Holiday clubs run on set dates across the year. [Contact us](#) or [check our Facebook page](#) to find out when.
- We can provide one-to-one support for the most vulnerable Young Rangers but unfortunately, this will incur an extra cost.
- Transport to and from the farm is provided, as are any tools and equipment needed.
- To find out more, [contact us](#) by calling Claire or Hannah on 01797 260125 or emailing info@littlegate.org.uk

Relaxed Early Opening



25 October 2019
09:30 - 11:30

The museum's relaxed early openings are for neurodiverse children and families, people living with autism or additional needs who may find it easier to enjoy the museum in a calmer environment. There will be friendly members of staff around if needed to help support you during your visit. FREE



THE EMBRACE CENTRE

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

07825800299

<http://embraceeastsussex.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
Friday 10-11 Singing and signing.
1st Fri of the month 10:00-11:00 Pets as Therapy

To book sessions email leannaforse.embrace@gmail.com

Saturday Club Sessions: 9:30-6:00

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

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.hailshampavilion.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

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

FOOTBALL CLUB



The 1066 Specials Football club gives people with special needs the opportunity to play football and receive expert coaching. The club provides opportunities to play the sport in a fun and friendly environment.

<http://www.1066specials.org.uk/>

WHAT'S ON- support for families



autumn/winter 2019

Welcome to our iContact events for autumn and winter 2019.

iContact is an autism support organisation run by parent carer volunteers for parent carers and those supporting autistic children and young people.

We run monthly events that take place at:
The Phoenix Centre, 26 Malling Street, Lewes, BN7 2RD

All events run from 7pm until 9pm Thursday evenings once a month

To book a place on any workshop or talk tickets are £3 via:

www.tickettailor.com/events/icontact

Booking and more detailed information about each event opens approximately a month in advance. Join our mailing list for more information:

info@icontactautism.org

19th Sept:

Introduction to Mindfulness for Parents with Teresa Gane from Everyday Space

17th Oct:

The Positives of Autism and Neurodiversity with mother and daughter, Lucy and Phoebe Sanctuary. Lucy is a paediatric speech and language therapist.

14th Nov:

Autism and Technology with representatives from Sussex University and iContact

28th Nov, 6:15-8:15pm:

Family event at Monkey Bizness in Lewes this event will be open to families for an iContact Christmas celebration

12th Dec:

East Sussex Autism Parent Survey with Emily Sanders from iContact

Together we can make a difference



To find out more about iContact or to join our mailing list, email us or visit the links below:

 info@icontactautism.org  www.icontactautism.org  [@iContact_Autism](https://twitter.com/iContact_Autism)  [@iContactAutism](https://facebook.com/iContactAutism)



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



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

Support group every Tuesday morning 10:00-12:00

Evening Parent Support Group 7:00-9:00

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.

see website for details of advocacy service

<http://embraceeastsussex.uk/advocacy/>



ImPACT was set up by a group of parent carers, each with their own children who have varying special educational needs and disabilities. ImPACT's aim is to empower themselves and others to be able confidently to navigate the SEND system and access useful resources within our local community. In doing this, we hope that children will be enabled to access an appropriate education and so work towards their aspirations and reach their full potential. We are a not for profit Voluntary Community Organisation.

ImPACT Coffee and Chat Mornings

2nd October, 6th November & 4th December

At The Pelham, Holliers Hill, Bexhill, East Sussex TN402DD

For more details

<https://www.facebook.com/ESehcpexperiences/>

https://twitter.com/ES_ImPACT

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

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