

Who are the trainers?

The course is provided in partnership by Autism Family Support Oxfordshire, Oxford Health NHS Foundation Trust, and Oxfordshire County Council.

Speakers include:

- ★ Clinical Psychologist, CAMHS.
- ★ Speech & Language Therapist.
- ★ Specialist Advisory Teacher for Autism, Special Educational Needs Support Service.
- ★ Occupational Therapist.
- ★ A trainer from Autism Family Support Oxfordshire.
- ★ A young adult on the autism spectrum

Who can attend the course?

Any parent or carer with a child who has recently been diagnosed with an autism spectrum disorder through the Oxfordshire Autism Diagnosis Clinic, usually at CAMHS.

Where will the courses be held?

Courses will run throughout the year across Oxfordshire. You will be offered a choice of dates and venues and may choose a course that best suits you.

We recommend that you apply for an information pack as soon as you can.

How do I apply?

The course is free of charge, but **booking is essential**. You can register your interest now by sending us a completed Application Form, even if you feel you cannot attend a course straight away.

Please contact us for more information, course dates, and an Application Form.

We prefer to send information by email, so if you can **please email us at:**

✉ training@afso.org.uk

Or telephone us:

☎ 01844 338696

Autism Family Support Oxfordshire
c/o Thomley Centre
Menmarsh Road
Worminghall
HP18 9JZ

www.afso.org.uk

Version: Nov 2018

All
Things
Autism

A post diagnosis course
for parents

This course is provided by:

Oxford Health 
NHS Foundation Trust

In partnership with:

 **AUTISM
FAMILY
SUPPORT®**
OXFORDSHIRE

 **SPECIAL EDUCATIONAL NEEDS
SUPPORT SERVICES**

All Things Autism is a course specifically for parents and carers who have a child/young person who has recently received a diagnosis of an autism spectrum disorder by the Child and Adolescent Mental Health Service (CAMHS).

This practical and informal course is designed to help you understand autism and support your child or young person.

I have learnt a great deal about dealing with my son's anxiety and behaviour. I have been trying some of the strategies and my son is much calmer

The course is free of charge, but booking is essential.

We realise that it may feel too soon to attend a group course, and you may want to wait a while to attend. However, please be aware that the course is usually only available within one year of your child's diagnosis. The course is very popular, so we strongly suggest you **send us a completed Application Form now, so that we can send you details of forthcoming courses, to avoid missing the opportunity to attend.**

About the course

The course consists of six weekly sessions, with each session being two and a half hours.

We aim to provide a relaxed and informal way to learn about autism. Each week will be led by a family support worker from Autism Family Support Oxfordshire, and include a guest speaker.

Each session covers a topic specific to autism:

- ★ Autism awareness.
- ★ Communication.
- ★ Anxiety and other difficult feelings.
- ★ Sensory issues.
- ★ Managing behaviour that challenges.
- ★ Processing transitions, and living positively with autism.

There will also be a question / comment box which you may put questions in and we will try to answer each week.

What can I expect to gain by attending the course?

Our aim is to provide a course where each session includes useful information as well as practical suggestions.

During the course, we hope to support you and increase your knowledge and understanding of your child's autism by:

- ★ Exploring skills and strategies you can use to support your child.
- ★ Exploring ways to share the diagnosis with others e.g. school.
- ★ Providing space for parents to share experiences, if they wish.
- ★ Sharing resources, and sign post you to other places that can offer support and information.
- ★ An opportunity for parents to offer each other mutual support.

I feel more confident not only in the home but with others too, as I feel that I know what I'm talking about