



FREE Workshops

Is your child on the Autism Assessment Waiting List?

This exciting project is aimed at parents and carers who are on the waiting list for an Autism assessment for their child. We know that in some areas this can be a long process.

For the first time Bristol, North Somerset and South Gloucestershire (BNSSG) Parent Carer forums have teamed together and are delivering specific workshops to provide information, support and practical guidance.

A combination of professional expertise, knowledge and the lived experience of parenting a SEND child is at the basis of each workshop. Attending our workshops will give you the benefit of years of professional training and expertise. We will be running both on-line and face-to-face workshops. Our face-to-face workshops will focus on four themes, turn over for a summary, and our on-line sessions will cover a variety of themes based on feedback we receive from families.

Please sign up to your local Parent Carer Forum to be the first to get dates and locations for our workshops and on-line sessions.

Bristol Parent Carers

E: info@bristolparentcarers.org.uk

T: 07306 650 222

W: www.bristolparentcarers.org.uk

North Somerset Parent Carers Working Together

E: admin@nspcwt.org

T: 01934 440 844

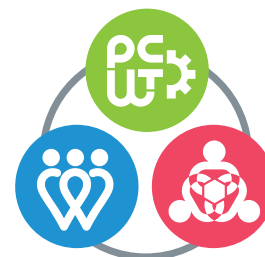
W: www.nspcwt.org

South Glos Parent Carers

E: training@sglospc.org.uk

T: 07916 275 440

W: www.sglospc.org.uk



Working together for SEND families

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS



Free face-to-face workshops for families awaiting an autism assessment

All workshops delivered by a SEND professional and an experienced SEND parent carer.



An Introduction to Understanding and Supporting Communication

This workshop is an introduction to effective communication strategies. All behaviour is a form of communication and so much of our day to day life centres around it; and this is no different for our children and young people. When we are unable to communicate effectively, it can cause distress, anxiety and behaviours that challenge. This session offers an insight into effective communication and strategies to develop and improve communication with your child.



An Introduction to Understanding and Supporting Anxiety

This workshop provides an insight into anxiety. Everybody experiences anxiety at various times in their lives. For our children, anxiety can be very distressing and can have a deep impact on their lives and ours. During this session we will look at how to recognise triggers for anxiety, why we experience anxiety and provide strategies to help.



An Introduction to Understanding and Supporting Sensory Differences

This workshop provides an introduction to what sensory needs are. Sensory needs are key to many behaviours and often we do not realise the impact that they have on day to day life. This session will provide tips on recognising a sensory need together with practical ways to help your child.



An Introduction to Understanding and Supporting Behaviour

All behaviour is a form of communication. Some behaviours can be really challenging for parents and carers. This can be shown as aggression, frustration or the child who shuts down and 'checks out'. Join us for our introduction to behaviour workshop designed with educational psychologists and parent carers to explore behaviour and behaviour managing strategies.



**Working together
for SEND families**

BRISTOL, NORTH SOMERSET &
SOUTH GLOS PARENT CARER FORUMS