

## October 2021

You can contact me by email [Lucy.ellis@lscft.nhs.uk](mailto:Lucy.ellis@lscft.nhs.uk) or phone 07866 063814 (Mon – Fri 9am-5pm) through the summer holidays for any queries about your child's ASD assessment.

## Workshops

### How to understand and support your child's behaviour

#### What this workshop covers...

- Functions of behaviour.
- Strategies to support the relationship with your child.
- Meet other parents/carers experiencing similar issues.
- Anxiety/mindfulness.

### How to understand and support your child's sleep needs.

#### What this workshop covers...

- Reasons for sleep difficulties
- Effects on the family
- Sleep hygiene
- Expectations of sleep
- Sleep diaries
- Strategies that may help
- Structure and establishing bedtime routine

### How to understand and support your child's sensory needs.

#### What this workshop covers...

- **What is sensory processing?** It is the way the nervous system receives sensory messages and turns them into responses
- **What is the central nervous system?** Processes all the sensory information and helps to organise, prioritise and understand the information.

If you are currently on the Autism pathway or have recently received a diagnosis for your child / young person, please get in touch, you will be put on a waiting list for the next round of workshops and will be contacted when dates have been set. If you would like to be added to the list for the next block of workshops please get in touch.

## Family Connect Post Diagnosis Session

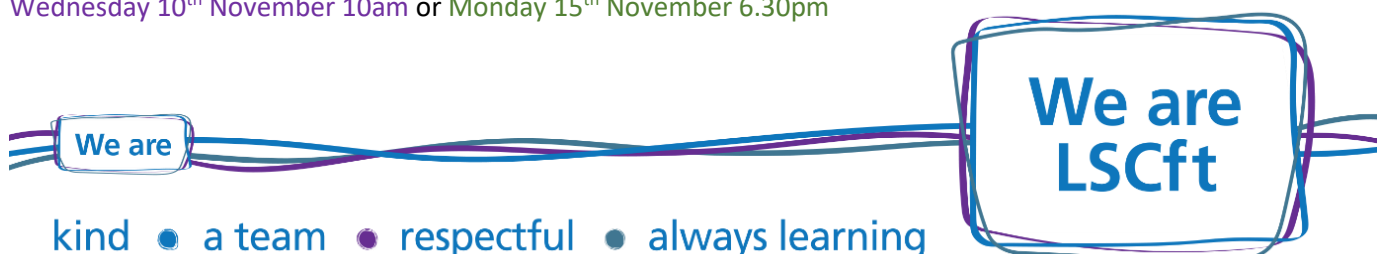
Family Connect sessions are an opportunity for parents / carers to ask members of the assessment team any questions **following the diagnosis for their child / young person**. We meet on Teams for an hour with a maximum of 6 families per session to allow time for questions. The information we share is around what support might be available local activities and how to discuss the diagnosis with your child / young person. We also share information about the This Is Me programme for young people and how to access advice and support from a range of services.

Sessions available: **1<sup>st</sup> December 7PM**. We are adding more dates soon. Please contact Lucy Ellis to book your place.

## Next Steps Panel Conclusion Session

Due to the fact that for some families who reach the end of the pathway and they do not get an autism diagnosis for their child but there still remains some social communication challenges for their son/daughter, we recognise there are questions and potential support needs that still need addressing. The team recognise that these families would benefit from a similar session to Family Connect. Please contact Lucy Ellis to book a session via Teams for 1 of the dates below:

Wednesday 10<sup>th</sup> November 10am or Monday 15<sup>th</sup> November 6.30pm



# Local Autism Friendly Activities



## Disability Friendly sessions at Jump Rush Thursdays 4.00-5.00

£6.00 per jumper (carer jumps for free) siblings welcome, music turned down, fewer people booked in. No proof of diagnosis needed. During these sessions we bring down our level of sensory and auditory stimulation with appropriate sound and lighting, and also have a "quiet room" where people can go if they need the space to rebalance and

process. We also have a wheelchair lift up to the trampoline area though it is not permitted to take wheelchairs onto the trampolines sorry. We welcome both children (from aged 2) to adults to this session. To view the latest timetable for disabled friendly activities at our trampoline park, [view our timetable page](#). A parent or carer is admitted free of charge but they must be booked in at the same time as booking for the jumper. Carers must not leave the individual to bounce unattended. You MUST arrive 20 minutes before your jump time to allow time to get through check in and safety briefing. [www.jump-rush.com](http://www.jump-rush.com)

## X Height Climbing Wall Salt Ayre Lancaster Thursdays 5.00-

5.50 / 6.00-6.50 £6.00 per child aged 5+. Siblings welcome. No proof of diagnosis needed. This session is for children with Special Educational Needs. We use fun sensory activities on the wall to improve climbing ability and confidence. This is also a session that helps to give a comfortable place in which to socialise and raise confidence. Suitable for 5+ years. All children must be accompanied by an adult (Parent guardian/ Carer), non-climbing.



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<http://www.lancaster.gov.uk/salt-ayre-leisure-centre/xheight-gravity/xheight>



## Reel Cinema Morecambe Autism Friendly Screenings every other Saturday morning (Starting 28/8/21) No proof of diagnosis needed. Siblings welcome.

Films and times vary. Posters with details added to NLDG facebook page a few days before <https://www.facebook.com/NLDGAdditionalNeedsSupport> which can also be seen on the homepage of NLDG website [www.northlancsdirectionsgroup.com](http://www.northlancsdirectionsgroup.com) if you are not on Facebook.



## SEN Kicks Football for all session. FREE football for girls and boys in years 3,4,5,6 and have special education needs.

Mondays 5.00pm-6.00pm at Heysham Mossgate Community Centre LA3 2AW. No need to book. Follow on facebook / twitter. Phone 01524 412125 or [communityadmin@mfccommunitysports.com](mailto:communityadmin@mfccommunitysports.com)



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Lancashire Break Time Half term holiday activities are now available to book. For details of all the Lancashire Break Time half term holiday clubs, go to: <https://www.lancashire.gov.uk/.../lancashire-break-time/>

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# Other useful links



**C.H.A.T.S** Carers Help Advisory Training and Support, or C.H.A.T.S, is a Morecambe and Lancaster based peer support group. For parents and carers of children and young people experiencing emotional problems or those with mental health concerns. Currently offering Anxiety Workshops for parent carers. These are being held at More Music in Morecambe. 5<sup>th</sup> November or 9<sup>th</sup> December 9.30-12.30 Please email to book your place.

Private group to ask questions and share support.

<https://www.facebook.com/groups/598047137613422>

[chats\\_123@yahoo.com](mailto:chats_123@yahoo.com)



**Contact – The charity for families with disabled children** are offering free virtual workshops for parents on a range of topics.

**If you can't click the links below please go to**

<https://bit.ly/ContactWorkshops> or scan the code here:

There are a number of other workshops planned so please keep checking the webpage above.



## Support for parents/carers of children with anxiety (aged 0 to 5)

What are the causes of anxiety and how does it make your child feel? Strategies to help you and your child/ren recognise and manage their anxiety.

Thursday 18 November 10:00 am to 12:00 pm [Book now via Eventbrite](#)

Tuesday 23 November 10:00 am to 12:00 pm [Book now via Eventbrite](#)



## Toilet training: for parents/carers of children aged 0 to 5

Children with additional needs may not be ready to start toilet training until they are older. This workshop will help you to understand when they are ready and how to start.

Tuesday 23 November 6:30 pm to 8:30 pm [Book now via Eventbrite](#)

Wednesday 2 December 10:00 am to 12:00 pm [Book now via Eventbrite](#)

## Handling meetings: for parents/carers

It's very natural to feel overwhelmed about attending a meeting to discuss your child's specialist needs and get the right support for them. You may be finding this even more challenging during the disruption of Covid-19. This workshop will help give you the confidence to help you get the best from a virtual or face to face meeting.

Wednesday 3 November 7:30 pm to 9:30 pm [Book now via Eventbrite](#)



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### Encouraging Positive Behaviour in young children (aged 0 to 5)

Gain a better understanding of why young children with additional needs behave the way they do. Learn ways to handle difficult situations in a calm, stress-free manner. Explore ways of supporting and encouraging your child and how to get support and help.

Wednesday 3 November 10:00 am to 12:00 pm [Book now via Eventbrite](#)

Thursday 11 November 7:30 pm to 9:30 pm [Book now via Eventbrite](#)



### Educational support for young children with additional needs



Understand what support is available for your young child (aged 0 to 5) in Early Years settings (in England). Understand SEND provision and Education, Health and Care (EHC) plans.

Wednesday 13 October 7:30 pm to 9:30 pm [Book now via Eventbrite](#)

Tuesday 9 November 10:00 am to 12:00 pm [Book now via Eventbrite](#)

### Educational support for school age children with additional needs **Dates to be announced**

Understand what support is available for your school aged child in educational settings (in England). Understand SEND provision and Education, Health and Care (EHC) plans.

### Speech and language for parents/carers of young children with additional needs

Suitable for parents of young children (aged 0-5) with speech, language and communication issues. This workshop will help you to think about how you can best communicate with your child and how you can share this knowledge with those in their early years and school settings. Written and delivered by a very experienced speech and language therapist and adviser to the children's communication charity, I CAN.

Thursday 21 October 10:00 am to 12:00 pm [Book now via Eventbrite](#)

Tuesday 16 November 6:00 pm to 8:00 pm [Book now via Eventbrite](#)

Wednesday 1 December 10:00 am to 12:00 pm [Book now via Eventbrite](#)



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(Sorry if that word fills you with dread)

Some great suggestions for gift ideas from [Contact - for families with disabled children | Contact www.contact.org.uk](http://www.contact.org.uk)

On the run-up to [#Christmas](https://twitter.com/Christmas) (yes we're mentioning the 'C' word in October!), our non-profit shop Fledglings has put together a Top Christmas Gift Picks selection brimming with gift ideas! So don't wait and get a head start on your Christmas shopping list! [bit.ly/TopChristmasGiftPicks](https://bit.ly/TopChristmasGiftPicks)



Lancaster Grand Theatre are holding a relaxed performance again this year on 3<sup>rd</sup> December. Tickets can only be bought from the Box Office either in person or by phoning 01524 64695

I have been working with the production team to ensure sensory needs are taken into account when planning the relaxed performance.

Virtual tour of the theatre if your child / young person needs to see what the theatre looks like before they go:



## Christmas Top Tips

Before you wrap the presents up:



- Replace shop batteries with longer lasting ones (if you want the noise to last longer that is).
- Remove all packaging ties for speed and safety.
- Assemble toys and re package in the box or without the box then wrap the present up.

If your child gets overwhelmed by the amount of presents, spread it over as long as they need. Does it really matter if they don't open everything at once? Think about the element of surprise with presents and if they would cope better if presents were not wrapped at all.



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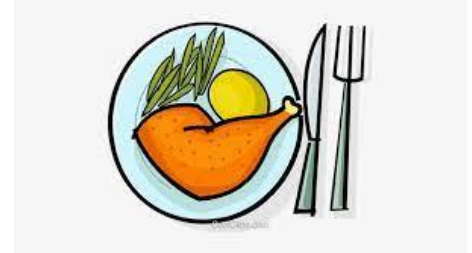
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Offer suggestions to family / friends for gifts, create wish lists on Amazon etc. and share the link. This will save embarrassment when the child opens a thoughtful present from a relative and discovers it isn't something they are keen on but also helps you to manage their needs. Some kids I know ask for things like sellotape, blu tac, paper to cut up, multiple pots of bubbles etc. for Christmas as that is what makes them happy! If it is safe and makes them happy, does it matter what it is?

If your child will only eat chicken dippers, plain pasta, cheese and tomato pizza etc. and the thought of trying to get them to eat a roast turkey dinner makes you laugh hysterically, let them eat what they will eat. If you want to offer them some on a separate plate in the hope they try it, then absolutely do that but have their preferred food ready too just in case. The whole point of a Christmas meal is to spend time together. What they eat doesn't matter, not on Christmas day anyway. Why make it more stressful for all involved?

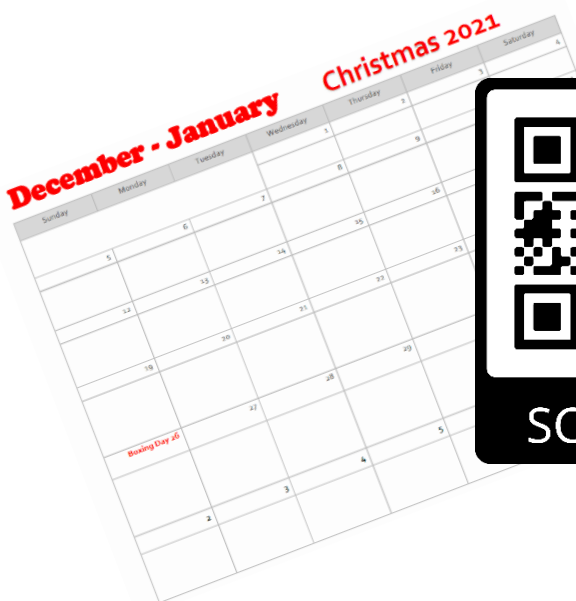


Don't forget to remove the snaps out the crackers if this will upset them too.

Use a visual calendar to show them key dates in the build up to Christmas. These could include:

- When you put the tree up
- School performances
- Family trips like panto / Father Christmas visit etc
- Visits from / to relatives / any parties
- School term dates
- When they can open presents

I have uploaded a blank Calendar to download and print on the homepage of [www.northlancsdirectionsgroup.com](http://www.northlancsdirectionsgroup.com)



## Autism and Overwhelm



The same activities that can cause a meltdown one day may not have the same effect the next day, but why is this?

Each activity we do or stimulus we come across adds to 'The Bucket'. Stimuli may be something as simple as bright lights or background noise. Things we enjoy can also add to the bucket.

As each individual stimulus adds to the bucket, the water level begins to rise.

Some activities that calm us such as stimming or time alone can help to empty the bucket before it overflows.

If things are being added to the bucket faster than it slowly empties the bucket can overflow, causing a meltdown.

Meltdowns are different for everyone. Please give us space and time and don't judge us. Meltdowns are out of our control.

@autisminsightsandme

If you feel you are struggling and need support for your own mental health, please speak to your GP.

For urgent advice and support call 0800 953 0110

For a range of mental health support charities please go to

[Mental Health | nldg \(northlancsdirectionsgroup.com\)](#) or [www.mentalhealth-uk.org](http://www.mentalhealth-uk.org)



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