



**WOKINGHAM
BOROUGH COUNCIL**

**Director of Children's Services
Service of Excellence
Award
ASSIST
2019**

ASSIST are pleased to offer the following autism specific workshops

For information about any of the following workshops, or to book a place, please contact:
ASSISTWorkshops@wokingham.gov.uk
ASSIST Children's Services, Wokingham Borough Council
The Woodley Airfield Centre, Hurricane Way, Woodley RG5 4UX

The workshops appear in date order up to December 2023 & will be repeated Jan - July 2024

**Cost of each workshop, per adult:
Cost of online workshop, per email address:**

Parents		Professionals	
Carers	£10.00	Practitioners	£40.00
Autistic individuals		Others	

The workshops are suitable for adult learning

**Daytime workshops are offered face to face at The Woodley Airfield Centre RG5 4UX
Evening workshops are usually online on Microsoft Teams'**

Free parking and refreshments available at the Airfield Centre

Autism aware – it is important that you have a basic understanding and knowledge of autism either through your own experience or because you have attended an autism awareness workshop.
'What is autism' is covered in depth on the autism awareness workshop only.



Champions for an autism perspective

Autism Awareness (at Woodley Airfield Centre)

Friday 13th October 2023

9.30am start, workshop concludes at 12 noon (Registration opens 9.15am)

Build your understanding of autism – the ‘hidden’ disability including language, social interaction, sensory issues, anxieties and discuss some strategies and tools that might help and support autistic individuals to make sense of the world around them.

Supporting autistic individuals to understand and self-manage emotions & feelings (including anger) (at Woodley Airfield Centre)

Thursday 19th October 2023

9.30am start, workshop concludes at 12 noon (Registration opens 9.15am)

Build a deeper understanding of autism and consider how autistic people can be supported to promote positive behaviours, their understanding of their own and others’ emotions (feelings) including anger, and so support them to develop their own self-management strategies.

Understanding and writing social/visual scripts to an advanced stage (at Woodley Airfield Centre)

Thursday 2nd November 2023

9.30am start, workshop concludes at 12 noon (Registration opens 9.15am)

An intervention using social/visual scripts which can help support development and improved understanding of social events and expectations in a given situation. This may then lead to more effective social responses. You will have the opportunity to write social/visual scripts to describe a social situation, skill or concept and then go on to build and practice these skills.

‘Really got me thinking’

‘Your workshops help me to really understand the possible perceptions of an autistic person’

‘I’ve learnt more in 2.5 hrs than in the last 6 months’

A positive, systematic approach to finding solutions (at Woodley Airfield Centre)

Thursday 9th November 2023

9.30am start, workshop concludes at 12 noon

(Registration open 9.15am)

An opportunity to develop new skills in finding solutions, responding in a positive and creative manner towards difficulties and gaining confidence in a team approach to addressing challenges in your setting.

‘This was so interesting and insightful – the best training I have ever had on autism, I am now really motivated and inspired.’

Working in small groups to discuss issues that are preventing autistic individuals from moving on and then using a process to identify positive solutions. Candidates could bring a difficulty or challenge from their own setting and use the workshop to generate some ideas to take back and try!

EVENING ONLINE WORKSHOP!

Supporting autistic individuals to understand and self-manage emotions & feelings (including anger)

Tuesday 14th November 2023

7pm start, workshop concludes at 9pm (MS Teams presentation)

Build a deeper understanding of autism and consider how autistic people can be supported to promote positive behaviours, their understanding of their own and others' emotions (feelings) including anger, and so support them to develop their own self-management strategies.

Drawing whilst talking! (at Woodley Airfield Centre)

Tuesday 21st November 2023

9.30am start, workshop concludes at 12 noon (Registration open 9.15am)

How to use drawing as an intervention whilst having a conversation. Enabling the exploration and enhancement of conversational skills, social understanding and perspective of others – seeing something from a different point of view!

'This has been the BEST training I have attended, and definitely the best autism training, I really enjoyed the session!'

Autism specific workshop on sexual development and puberty (at Woodley Airfield Centre)

Thursday 30th November 2023

9.30am start, workshop concludes at 12 noon (Registration open 9.15am)

An opportunity to discuss and develop your understanding of the physical and emotional changes at puberty, then how to prepare and support autistic individuals to manage these changes. Exploration of the concept 'public, private and personal safety'.

Participants must understand that there will be discussion and visual materials that are of an explicit nature relevant to the subject

Supporting Siblings (at Woodley Airfield Centre)

Wednesday 6th December 2023

9.30 start, workshop concludes at 12 noon (Registration opens 9.15am)

(Registration opens 9.30am)

An opportunity to explore the impact on siblings of having an autistic brother or sister. We discuss the difficulties that this can bring as well as the benefits. Included within the workshop are lots of practical strategies and ideas that may be helpful in supporting siblings to understand autism, cope with their experiences and feel valued for who they are.

NEW!

Keeping safe & secure in this 21st century digital age

(at Woodley Airfield Centre)

Thursday 14th December 2023

10am start, workshop concludes 12 noon (registration open 9.45am)

Presented by SWGfl.org.uk

A workshop to help with understanding both the huge benefits but also the potential challenges of the online world – supporting autistic young people to navigate this safely.