

ASD Parent Information Sessions Calendar 2023 – Support for Parents & Children

There is a range of help and support available across the Western Trust Area which is provided by a dedicated group of professionals offering intervention to families and young people up to 17 years of age.

We are introducing both virtual and face to face sessions for parents and face to face sessions for all children .

The sessions for parents cover a variety of topics around autism and include -

- **Explaining a diagnosis to your child**
- **Understanding and Managing Challenging behaviours**
- **Understanding and Managing Anxiety**
- **Preparing for puberty and the teenage years.**
- **Autism and Sleep Issues**
- **The impact of Sensory Issues in Everyday Life**

Parents who have completed training report they found the sessions very useful and that they find the support and knowledge of other parents beneficial also

We also have group sessions for Children and Young People on– **Building Autism Awareness , this is a one off group session discusses what autism is in a positive empowering manner.**

Dates and details are listed below and all are facilitated by a range of ASD Clinicians.

The Parental sessions are the first level of intervention in the service and we ask you to complete these courses or specific workshops as your intervention in the first instance. These workshops are designed to give you as a parent/carer a toolbox of ideas that are adaptable to many situations.

If after our Parent Information sessions you still require support, you can contact the service and talk to a clinician about your needs.

Understanding & Managing Anxiety

This session is for parents who would like to increase their awareness of and management strategies for children and adolescents who present as anxious. Lots of ideas presented for parents on how to implement ASD strategies and other general strategies in order to prevent and reduce anxiety.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
9 th February	10 am to 1 pm	Marie Martin	Virtual
9 th March	10 am to 1 pm	Dr. Irene Fowley	Rivendell, Omagh
4 th May	10 am to 1 pm	Marie Martin	Lilac Villa, L/Derry
6 th June	10 am to 1 pm	Sandra Dickson	Fermanagh House Enniskillen
21 st September	10 am to 1 pm	Sandra Dickson	Fermanagh House Enniskillen
5 th October	10 am to 1 pm	Dr. Irene Fowley	Virtual
26 th September	10 am to 1 pm	Marie Martin	Lilac Villa, L/Derry
9 th November	10 am to 1 pm	Dr. Irene Fowley	Rivendell, Omagh

Understanding & Managing Behaviours that Challenge

This session is for parents who would like to increase their understanding of what is contributing to their child's challenging behaviour and ideas on how to intervene based on a positive support model of behaviour management.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
23 rd February	10 am to 1 pm	Dr. Irene Fowley	Rivendell, Omagh
22 nd March	10am to 1pm	Marie Martin	Virtual
25 th April	10 am to 1 pm	Sandra Dickson	Fermanagh House Enniskillen
8 th June	10 am to 1 pm	Marie Martin	Lilac Villa, L/Derry
19 th July	10 am to 1 pm	Dr. Irene Fowley	Rivendell, Omagh
10 th August	10am to 1pm	Marie Martin	Lilac Villa, L/Derry
17 th October	10 am to 1pm	Dr. Irene Fowley	Virtual
1 st December	10 am to 1 pm	Sandra Dickson	Fermanagh House Enniskillen

Preparing for Teen Years: Puberty, Independence, Self-help Skills

This session is targeted at parents who would like support in preparing their child for puberty and ideas around promoting independence and self-help skills. This time can be stressful for both parents and children as it's a time of many physical, emotional, social and academic changes.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
15 th March	10 am to 1 pm	Dr. Irene Fowley	Rivendell, Omagh
25 th April	10 am to 1 pm	Marie Martin	Virtual
11 th May	10 am to 1 pm	Sandra Dickson	Fermanagh House Enniskillen
17 th August	10 am to 1 pm	Dr. Irene Fowley	Rivendell, Omagh
25 th October	10-1pm	Sandra Dickson	Enniskillen
9 th November	10 am to 1 pm	Marie Martin	Virtual

Explaining Diagnosis to your Child

This workshop is for parents who would like guidance on how to explain a diagnosis of autism to their child. This can be an uncomfortable but necessary conversation for parents and we understand it can be anxiety provoking. To help you prepare for this, this workshop offers parents useful suggestions on when to tell, how and what to tell.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitator</u>	<u>Location</u>
2 nd February	10 am to 12	Marie Martin	Virtual
4 th April	10 am to 12	Sandra Dickson	Fermanagh House Enniskillen
16 th May	10 am to 12	Dr Irene Fowley	Virtual
14 th September	10 am to 12	Dr Irene Fowley	Rivendell, Omagh
23 rd November	10 am to 12	Marie Martin	Lilac Villa, L/Derry

The Impact of Sensory Issues in Everyday Life

This session is for parents who would like to increase their awareness of how sensory processing challenges can impact on their child or young person's everyday life. We also aim to provide you with practical strategies to enable you to identify and support their sensory needs.

<u>Date</u>	<u>Time</u>	<u>Clinician/Facilitat</u>	<u>Location</u>
23 rd January 2023	10 am to 12.30 pm	Angela Kelly	Virtual
13 th March 2023	10 am to 12.30 pm	Julie Mortland	Lilac Villa , L/Derry
17 th April 2023	10 am to 12.30 pm	Ciara McCarney	Rivendell , Omagh
22 nd May 2023	10 am to 12.30 pm	Aine Reihill	Fermanagh House Enniskillen
18 th September 2023	10 am to 12.30 pm	Julie Mortland	Virtual
16 th October 2023	10 am to 12.30 pm	Angela Kelly	Lilac Villa, L/Derry
13 th November 2023	10 am to 12.30 pm	Ciara McCarney	Rivendell, Omagh
4 th December 2023	10 am to 12.30 pm	Aine Reihill	Fermanagh House Enniskillen

Sleep Session

This session aims to help you understand the importance of sleep, provide practical advice, strategies and resources for families struggling to get a good night's sleep. The focus will be on promoting healthy sleep habits and establishing a bedtime routine.

<u>Date</u>	<u>Time</u>	<u>Location</u>
6 th March 2023	10am	To be confirmed
15 th June 2023	2pm	To be confirmed
18 th September 2023	10am	To be confirmed
7 th December 2023	2pm	To be confirmed

ASD– Building Autism Awareness for Children & Adolescents

This workshop is for children and adolescents who would like to increase their understanding of their diagnosis and learn simple ways of coping. We also aim to help young people develop insights into their own unique collection of strengths and difficulties. The benefits of increased knowledge and understanding of autism is well documented in building self-awareness and self-acceptance, in that children and young people with autism can feel more included in their communities and less isolated. This workshop is facilitated by our Family Support Workers and Assistant Psychologists.

<u>Date</u>	<u>Time</u>	<u>Age Group</u>	<u>Location</u>
2 nd February	3.45-5pm	9-11 year olds	Lilac Villa, L/Derry
2 nd March	3.45pm – 5pm	12-17 year olds	Lilac Villa,L/ Derry
20 th April	3.45 pm to 5 pm	9 to 11 years	Rivendell ,Omagh
25 th May	3.45pm -5pm	9 to 11 years	Fermanagh House, Enniskillen
1 st June	3.45pm – 5pm	9 to 11 years	Lilac Villa,L/ Derry
6 th July	2pm to 3.15 pm	12 to 17 years	Rivendell,Omagh
28 th September	3.45pm to 5 pm	12 to 17 years	Fermanagh House Enniskillen
5 th October	3.45-5pm	12 to 17 years	Lilac Villa, L/Derry

How to Register Your Place

Contact the WHSCT Children's Autism Spectrum Disorder Service on:

- Rivendell, Tyrone & Fermanagh Hospital, Omagh: 028 8283 5983.
- Children's Centre, South West Acute Hospital, Enniskillen: 028 6638 2103.
- Lilac Villa, Gransha Park Hospital, Londonderry: 028 7130 8313.

Please leave the following details:

- Your name along with your child's name and their date of birth.
- Name of the information session you wish to attend.
- Date and Venue of the session you wish to attend.
- Your contact phone number and email address.

If it's a virtual session you wish to attend, once we have received all your details, we will send you an email with the link to join the meeting two days prior to the session.

If attending a face to face session, please adhere to the following guidelines-

- If you have any Covid Symptoms, please do not attend any sessions until you have a negative Covid Test.
- Please wear a mask on the entering and leaving of the building as well as on the corridors/hallways
- Please sit one meter apart from other parents

Rooms will be well ventilated and you are welcome to wear a mask if you wish.

Please contact us if you have any queries or questions.

We look forward to hearing from you!

