



Western Health
and Social Care Trust

WHSCCT Children and Young People's Autism Service

Post Diagnostic Interventions

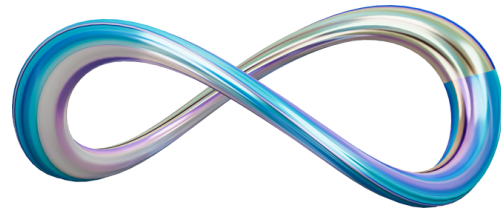


Contents

There is a range of interventions available across the Western Trust Area which is provided by a dedicated group of professionals offering support to families and young people up to 18 years of age....

- Page 3: Talking to my Child/Young Person about Autism
- Page 4: Neurodiversity and Me
- Page 5: Let's talk about behaviour
- Page 6: Autism and Anxiety
- Page 7: The Teenage Years
- Page 8: Can't Sleep Won't Sleep
- Page 9: Supporting Sensory Differences
- Page 10: Using Visuals to Create Supportive Environment
- Page 11: Emotionally Based School Avoidance and Autism
- Page 12: Feedback
- Page 13: Contact Details

Intervention Sessions



Talking to my child/young person about Autism

This workshop is for parents who would like guidance on how to explain a diagnosis of autism to their child/young person. To help you prepare for this, this workshop offers parents useful suggestions on when to tell, how and what to tell.

Date	Time	Location
7th February 2025	10 am to 11.30am	Fermanagh House
3rd April 2025	10 am to 11.30am	Virtual
15th August 2025	10 am to 11.30am	Rivendell, Omagh
9th October 2025	10 am to 11.30am	Lilac Villa, L'Derry

Intervention Sessions



Neurodiversity and Me

This session is for young people who would like to increase their understanding of neurodiversity. We help young people develop insights into their own unique collection of strengths and difficulties in a positive manner. We hope that the benefits of increased knowledge and understanding of neurodiversity are increased self awareness and self-acceptance which is a good foundation for general wellbeing.

Date	Time	Age Group	Location
10th March 2025	3.45pm to 4.45pm	12-17 years	Lilac Villa, L'Derry
16th May 2025	3.45pm to 4.45pm	9-11 years	Rivendell, Omagh
10th July 2025	3.45pm to 4.45pm	9-11 years	Lilac Villa, L'Derry
3rd October 2025	3.45pm to 4.45pm	9-11 years	Fermanagh House, Enniskillen
19th November 2025	3.45pm to 4.45pm	12-17 years	Virtual

Intervention Sessions



Let's Talk About Behaviour

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

Date	Time	Location
26th February 2025	10am to 12.30pm	Rivendell, Omagh
17th April 2025	10am to 12.30pm	Lilac Villa, L'Derry
29th July 2025	10am to 12.30pm	Fermanagh House
6th November 2025	10am to 12.30pm	Virtual

Intervention Sessions



Autism and Anxiety

This session is for parents who would like to increase their awareness of and management strategies for children and young people 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.

Date	Time	Location
7th March 2025	10 am to 12.30pm	Rivendell, Omagh
22nd May 2025	10 am to 12.30pm	Lilac Villa, L'Derry
23rd July 2025	10 am to 12.30pm	Fermanagh House, Enniskillen
23rd October 2025	10 am to 12.30pm	Virtual

Intervention Sessions



The Teenage Years

This session is targeted at parents who would like support in preparing their child/young people for puberty and ideas around promoting independence and self-help skills.

Date	Time	Location
27th March 2025	10am to 12.30pm	Virtual
11th June 2025	10am to 12.30pm	Fermanagh House, Enniskillen
2nd October 2025	10am to 12.30pm	Lilac Villa, L'Derry
17th November 2025	10am to 12.30pm	Rivendell, Omagh

Intervention Sessions



Can't Sleep Won't Sleep

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 your body & sleep, promoting healthier sleep habits and establishing bedtime routines. Attendance at this workshop is the first step in sleep intervention.

Date	Time	Location
5th February 2025	11am to 1pm	Lilac Villa
3rd March 2025	12.30 to 2.30pm	Virtual
12th May 2025	10am to 12noon	Virtual
5th June 2025	10am to 12noon	Virtual
17th July 2025	10am to 12noon	Omagh Health & Primary Care Complex - Boardroom
17th September 2025	10am to 12noon	Virtual
11th November 2025	11am to 1pm	Fermanagh House, Enniskillen
8th December 2025	12.30 to 2.30pm	Virtual

Intervention Sessions



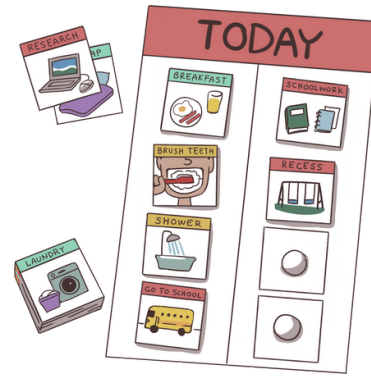
Supporting Sensory Differences

This session is for parents who would like to increase their awareness of how sensory processing differences 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 differences.

Date	Time	Location
16th January 2025	10am to 12.30pm	Virtual
17th February 2025	10am to 12.30pm	Rivendell, Omagh
14th April 2025	10am to 12.30pm	Lilac Villa, L'Derry
12th June 2025	10am to 12.30pm	Fermanagh House
7th July 2025	10am to 12.30pm	Virtual
18th September 2025	10am to 12.30pm	Lilac Villa
10th November 2025	10am to 12.30pm	Rivendell
11th December 2025	10am to 12.30pm	Virtual

Intervention Sessions

Using Visuals to Create Supportive Environment



Having a more visual environment is very beneficial for all children and young people who have autism. They have great strengths in visual abilities and processing. This workshop will outline the benefits of using visuals at every stage, no matter your child's age and provide resources for implementing more visuals at home, self care tasks, morning, evening routines, leisure and self-help tasks.

Date	Time	Location
26th March 2025	10am to 12pm	Fermanagh House, Enniskillen
6th May 2025	10am to 12pm	Lilac Villa, L'Derry
19th September 2025	10am to 12pm	Rivendell, Omagh
9th December 2025	10am to 12pm	Virtual

Intervention Sessions



Emotionally Based School Avoidance and Autism

This session is for parents who would like to increase their understanding and knowledge of support strategies for children and young people who struggle with school based anxiety and school refusal.

Date	Time	Location
9th April 2025	10am to 12.30pm	Fermanagh House, Enniskillen
5th June 2025	10am to 12.30pm	Virtual
1st August 2025	10am to 12.30pm	Rivendell, Omagh
4th December 2025	10am to 12.30pm	Lilac Villa, L'Derry

Feedback



Thank-you it was good to speak and listen to other parents.

Informative session providing useful strategies.

*** FEEDBACK ***

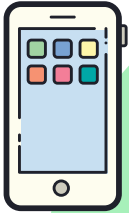
Slow down and take a step in their shoes

It has helped me understanding sensory processing better. I am more understanding of how to react in certain situations where my child feels overcome with anxiety

Thank-you for your time, there is a lot of tips to be taken from today.

Contact us to book your place

Call Your Local Office




Rivendell, Tyrone and Fermanagh
Hospital : 02882835983

Children's Centre SWAH :
02866382103

Lilac Villa Gransha Park Hospital
Londonderry:
02871308313

**Please contact us if you have any
queries or questions.**

Tell us

- 
- 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.

Notes

Notes

Book your place via phone;

WHSCT Children and Young People's Autism Service Contacts Details:

**Rivendell
Tyrone and Fermanagh Hospital
1 Donaghane Road
Omagh, BT79 0NS
Tel: 028 8283 5983**

**Children's Centre
South West Acute Hospital
Enniskillen, BT74 6DN
028 6638 2103**

**Lilac Villa
Gransha Park
L' Derry, BT47 6TG
Tel: 028 7130 8313**

WHSCT Children & Young People's Autism Service Website

<https://westerntrust.hscni.net/services/childrens-services/children-and-young-peoples-autism-service/>