

Workshops are happening around Dorset, Bournemouth and Poole over the next year.

They are a set of 2 workshops which will each last for 2 and half hours with coffee and tea available before the start.

Below are the dates for workshops in Dorchester. There is another leaflet with East Dorset, Bournemouth and Poole dates if that is more convenient.

23 January and 27 February – morning

20 March and 24 April – morning

22 May and 26 June - morning

18 September and 16 October - morning

13 November and 11 December- morning

If you are interested in any of these workshops or would like to register, please contact:-

Rose

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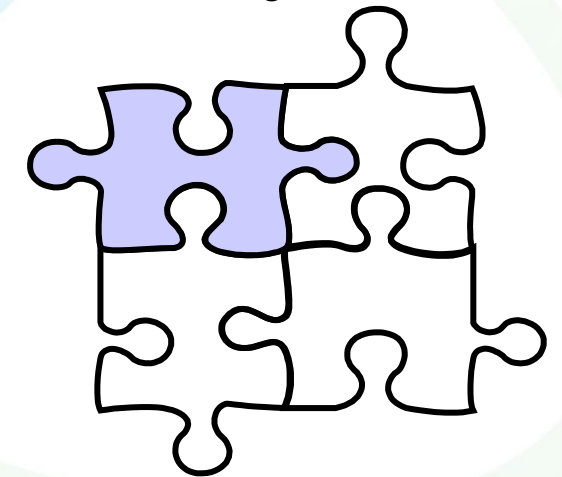


# ASD Workshop

## West Dorset 2015

(for families with a child who has Autism, Asperger's syndrome, Autistic Spectrum Disorders.)

Does your child have difficulty understanding how other people think, or gets upset if things are not as expected, or finds noisy busy places overwhelming?



### Contact:

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The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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## What is Autistic Spectrum Disorder?

Young people and children who find it difficult to understand others, who dislike change, who like things to be predictable, or, who find certain sensory things hard to manage may have some characteristics of an Autistic Spectrum Disorder.

CAMHS (Child and Adolescent Mental Health Services) have been looking at ways to help families and professionals. We are running sets of 2 workshops each lasting three hours where we will talk about these difficulties. We will also explain about other conditions which can help us understand more about why children behave in the way they do and look about understanding more about how to manage difficult behaviours associated with ASD.

## What will they cover?

In the first workshop we will look at the difficulties associated with ASD, who you might see in healthcare, and what resources are available. We will also cover managing meltdowns.

In the second workshop we will look at sensory issues, supporting brothers and sisters and issues round puberty.

## Who can come?

Your doctor or health visitor may suggest that you would like to come and find out more. Parents, other family members such as grandparents, school staff would be welcome. You can bring a friend with you if you want.

It is not for your child or young person and we are sorry but there will not be a crèche available.

Professionals are welcome to attend.

## Do I have to have a child with an ASD diagnosis to come?

No, but the workshops are designed for those parents of a child with an ASD diagnosis or professionals working with children with this diagnosis. If your doctor says that it might be helpful because your child has some symptoms of ASD they are welcome to refer you. However coming to the workshop does not confirm a diagnosis.

## Where are they going to be held?

They are held in Dorchester. There is another leaflet for workshops in East Dorset, Poole, and Bournemouth if you prefer.

## Are they always in the morning?

At present we have only arranged morning workshops but if there is a demand for evening workshops we would be happy to run a set in a central location.

## Will I have to say anything?

No but there will be lots of chances to ask questions if you want.

## What happens after the workshop?

CAMHS run parent mentoring sessions, sometimes together with Action for Children and you would be welcome to find out more about whether this is for you at the workshop.

CAMHS are offering these workshops to support families and professionals but your ongoing care remains under your current paediatrician, GP, or child psychiatrist.