

# Autism Support Services for Families in East Berkshire



East Berkshire  
Clinical Commissioning Group

The East Berkshire NHS Clinical Commissioning Group has asked three charities to provide a range of advice and support services to you and your family. All workshops are free of charge and are suitable if your child is waiting for an assessment or has a diagnosis. The charities are:

## Autism Berkshire

Set up over 28 years ago, Autism Berkshire delivers a range of quality specialist advice and support services, guided by a team of trustees with personal and professional experience of autism. The services it is providing are suitable for parents of primary and secondary school aged children and young people:

Workshop Title	Description of the workshop	Who for
National Autistic Society (NAS) Seminars for Families: Understanding Autism	Looking at what autism is, what the autism assessment process in Berkshire CAMHS is, where to get help, how to get help in school, and other conditions associated with autism	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
National Autistic Society (NAS) Seminars for Families: Meeting Sensory Needs	Looking at sensory systems and how they work, how children and young people with autism may process and experience sensory information differently and strategies to help with sensory needs	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
National Autistic Society (NAS) Seminars for Families: Managing Anger	Looking at distressed behaviour and meltdowns in autistic children, how to cope and how to help them understand and communicate feelings	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
Workshop on Emotional Self-Regulation, including using visual supports	How to teach your child strategies to help them manage their emotions, including using <i>The Incredible 5-Point Scale</i> and <i>Comic Strip Conversations</i>	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis
Support Group on Sensory Needs with an Occupational Therapist	Looking at sensory issues and how these affect your child and strategies to help, with Sharon Wignall, a qualified occupational therapist	Parents/carers of primary and secondary school aged children and young people pre- or post-diagnosis

For full details of these services and to register for places, see [autismberkshire.org.uk](http://autismberkshire.org.uk), call 01189 594 594 or email [admin@autismberkshire.org.uk](mailto:admin@autismberkshire.org.uk)

## Parenting Special Children

Parenting Special Children has been delivering specialist parenting support to families of children and young people with additional needs in Berkshire for 12 years. The team brings a wealth of personal and professional experience of children and young people with additional needs. The services it is providing are:

Workshop Title	Description of Workshop	Who for
Pre & Post Assessment Workshop: Introduction to Autism (1 of 3)	Topics include: What is Autism? challenges & concerns; strengths & opportunities; signposting & support	Parent/carers of children & young people who are waiting for an assessment for autism or who have recently been diagnosed
Pre & Post Assessment Workshop: Autism & Anxiety (2 of 3)	What is anxiety? Why it makes sense to be anxious if your autistic. Top strategies to support you & your child	Parent/carers of children & young people who are waiting for an assessment for autism or who have recently been diagnosed
Pre & Post Assessment Workshop: Autism & Behaviour (3 of 3)	Challenging behaviour: distressing or distress; becoming a detective; top strategies to help you & your child	Parent/carers of children & young people who are waiting for an assessment for autism or who have recently been diagnosed
Pre & Post Assessment Workshop: Sensory Processing	Unpicking the science behind SP; sensory overload; strategies to help child/young person better	Parent/carers of children & young people who have sensory difficulties pre and post assessment

For full details of these services and to register for places, see [parentingspecialchildren.co.uk](http://parentingspecialchildren.co.uk), call 0118 986 3532 or email [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk)



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# The Autism Group

The Autism Group is committed to supporting and enhancing the lives of young people on the spectrum, their parents, and carers. It is led by a team of autism qualified professionals who have family members on the spectrum, offering autism training, 1-1 home autism support as well as social opportunities for young people aged 9-25. Details of the parent training services it is providing are:

Workshop Title	Description of Workshop	Who for
<b>Misbehaving or misunderstood?</b>	We look at the effect of communication difficulties for those on the spectrum and how tried and tested strategies can have a positive impact on challenging behaviour.	Ideal for parents and carers who want to understand the core strengths and difficulties of autism and how best to support their child or young person. Suitable for any age
<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	We examine the overlooked sensory causes behind challenging behaviour, and how to recognise and respond to them.	Ideal for parents and carers who want to understand the core strengths and difficulties of autism and how best to support their child or young person. Suitable for any age.
<b>Managing Emotions</b>	How to help young people on the spectrum to recognise and respond to powerful feelings such as anger, sadness and anxiety.	Suitable for parents and carers of primary and secondary school aged children and young people
<b>Adolescence</b>	Understanding and responding to the changes and challenges of parenting and caring for teenagers on the spectrum.	Suitable for parents and carers of young people aged 10 upwards.
<b>Girls on the Spectrum</b>	A look at how autism affects girls and young women, why it can be difficult to diagnose and how best to support the unique pattern of behaviours of females on the spectrum.	Suitable for parents and carers of primary and secondary school aged girls and young women

For full details of these services and to register for places, please see [theautismgroup.org.uk](http://theautismgroup.org.uk), or call Tricia Kempton on 07423 636339 or email [tricia@theautismgroup.org.uk](mailto:tricia@theautismgroup.org.uk)

## What's available

Date	Time	Session Title	Where	Contact
Wednesday 18 April	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Monday 23 April	9.30am to 11.30 am	<b>Bracknell Support Group with Occupational Therapist</b>	Forest Park Community Centre, Horndean Road, Forest Park, Bracknell, RG12 0XQ	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Monday 23 April	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 24 April	9.30am to 2.30 pm	<b>NAS Seminar Understanding Autism</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead SL6 1DX	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Friday 27 April	9.30am to 2.30 pm	<b>NAS Seminar Understanding Autism</b>	The YES Shop, Queensmere Shopping Centre, Slough, SL1 2TW	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Monday 30 April	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 1 May	10am to 12 noon	<b>Windsor Support Group with RBWM SHINE Team talking about school transition years</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594



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Wednesday 2 May	6.30 to 8.30 pm	<b>Misbehaving or misunderstood?</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead, SL6 1DX	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Tuesday 8 May	9.30 to 2.30 pm	<b>NAS Seminar Meeting Sensory Needs</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead, SL6 1DX	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Thursday 10 May	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 15 May	6.30 to 8.30 pm	<b>Managing Emotions</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Wednesday 16 May	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Anxiety (2 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Monday 21 May	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Anxiety (2 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 22 May	9.30am to 2.30pm	<b>NAS Seminar Managing Anger</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead, SL6 1DX	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 23 May	6.30 to 8.30 pm	<b>Adolescence</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead, SL6 1DX	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Friday 25 May	9.30am to 2.30 pm	<b>NAS Seminar Meeting Sensory Needs</b>	The YES Shop, Queensmere Shopping Centre, Slough, SL1 2TW	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Monday 4 June	9.30am to 2.30 pm	<b>NAS Seminar Understanding Autism</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Monday 4 June	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Anxiety (2 of 3)</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Wednesday 6 June	10am to 12 noon	<b>Girls on the Spectrum</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Thursday 7 June	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Monday 18 June	9.30am to 11.30am	<b>Bracknell Support Group with SENDIASS speaker</b>	Forest Park Community Centre, Horndean Road, Forest Park, Bracknell, RG12 0XQ	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 20 June	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Behaviour (3 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Monday 25 June	6.30 to 8.30 pm	<b>Understanding Behaviour – Making Sense of Sensory Differences</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead, SL6 1DX	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Monday 25 June	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Behaviour (3 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Friday 29 June	10am to 12 noon	<b>Slough Support Group</b>	The YES Shop, Queensmere Shopping Centre, Slough, SL1 2TW	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Monday 2 July	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Autism &amp; Behaviour (3 of 3)</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532



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Tuesday 3 July	6.30 to 8.30 pm	<b>Girls on the Spectrum</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Tuesday 10 July	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Sensory Processing</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Monday 16 July	9.30am to 2.30 pm	<b>NAS Seminar Meeting Sensory Needs</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 18 July	10am to 12 noon	<b>Adolescence</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Thursday 19 July	10am to 12 noon	<b>Misbehaving or misunderstood?</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Monday 23 July	9.30am to 2.30 pm	<b>NAS Seminar Managing Anger</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Friday 7 Sept	9.30am to 2.30 pm	<b>NAS Seminar Managing Anger</b>	The YES Shop, Queensmere Shopping Centre, Slough, SL1 2TW	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Tuesday 11 Sept	9.30am to 12.30pm	<b>Emotional Self-Regulation</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead SL6 1DX	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 12 Sept	10am to 12 noon	<b>Managing Emotions</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Wednesday 12 Sept	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Friday 14 Sept	9.30am to 12.30pm	<b>Slough Support Group</b>	The YES Shop, Queensmere Shopping Centre, Slough, SL1 2TW	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Monday 17 Sept	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 18 Sept	9.30am to 12.30pm	<b>Emotional Self-Regulation</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Thursday 20 Sept	6.30 to 8.30 pm	<b>Girls on the Spectrum</b>	Braywick Heath Nurseries, 41 Braywick Rd Maidenhead, SL6 1DX	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Monday 24 Sept	7 to 9pm	<b>Pre &amp; Post Assessment Workshop: Introduction to Autism (1 of 3)</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Parenting Special Children <a href="http://www.parentingspecialchildren.co.uk">www.parentingspecialchildren.co.uk</a> 0118 986 3532
Tuesday 25 Sept	10am to 12 noon	<b>Windsor Support Group with Occupational Therapist</b>	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594
Wednesday 26 Sept	10am to 12 noon	<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	The Autism Group Tricia Kempton <a href="mailto:tricia@theautismgroup.org.uk">tricia@theautismgroup.org.uk</a> 07423 636339
Friday 28 Sept	9.30am to 12.30pm	<b>Emotional Self-Regulation</b>	The YES Shop, Queensmere Shopping Centre, Slough, SL1 2TW	Autism Berkshire Claire Finnerty, <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a> 01189 594 594



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