

Cygnets

A parenting support programme for parents and carers of children and young people aged 5–18 with an autistic spectrum condition

The Cygnets Parent Support Programme aims to support the needs of parents and carers who have a diagnosis of Autism Spectrum Conditions between the ages of 5 and 18.

There are 8 sessions and it is essential to attend all of them to get the most from the programme. Sessions will last approximately 2 ½-3 hrs each.

Cygnets will run throughout the year. The venues will change for each delivery to enable access for parents/carers across the district.

Aims

- ◊ An opportunity to learn more about areas relating to social communication needs and ASC.
- ◊ Activities and experiences to develop understanding and strategies
- ◊ A time to share good ideas and listen to the experiences of other parents and carers

During the sessions

- ◊ We will give you information about social communication / ASC needs and responses
- ◊ Have activities to respond to and discuss
- ◊ Look at resources, videos and other materials related to the session
- ◊ Have opportunities to discuss issues and strategies
- ◊ Have coffee and a break with the other parents

What we cover in the sessions

- ◊ Understanding and describing Autistic Spectrum Conditions and associated facts
- ◊ Communication; looking at key differences and some strategies to support
- ◊ Sensory differences; what are they and how it may change reactions and responses.
- ◊ Understanding behaviour; why it might happen, how do we know what causes it ,what might we try
- ◊ Managing Behaviour; how to identify triggers and what strategies we could try
- ◊ A session to reflect the needs of the group decided on by the group and covering a topic of their choice.

What parents thought

“Fantastic! Really enjoyable and helpful!”

“Our biggest problems are related to behaviour so understanding our son’s behaviour properly is a very big step!”

“This has given me the tools to help with my child’s communication.”

“I can now identify my child’s sensory issues and have an idea of practical strategies.”

“The support of other group members is really valuable”

Contact us

To access the programme please make a support request through Thriving Kirklees on 0300 304 5555 or online at www.thrivingkirklees.org.uk

Once this is made a Wellbeing Support Worker will contact you to discuss the current concerns and support needs.

If you are already waiting to access the programme and have any further queries, please contact Northorpe Hall on 01924 492183.

This programme has been devised by Barnardo’s Yorkshire. In Kirklees this programme will be licenced and co-ordinated by Northorpe Hall Child and Family Trust. The delivery of the programme will be supported by CAMHs, Early Support, Education Psychology, PCAN, Specialist Communication Team, Education and Huddersfield Autism Support Group