

Autism Family Courses



September 2021 – December 2021

Teenage Life

- **Are you a parent or carer of a child with autism living within the Bristol City Council area?**
- **Is your child aged between 9 and 18 years?**
- **Do you want to learn ways to support your child, meet other parents and find out what services and benefits you can access?**

If your child has autism and is under 9 years do get in touch as we also run EarlyBird (for parents of pre-schoolers) and Cygnet (for parents of 5-8 year olds). Email: autismfamilycourses@bristol.gov.uk

To book on one or more of the courses on this flyer please email

andrew.powell@bristol.gov.uk

- Whilst we are unable to access venues we are running our courses online.
- Get a Zoom account www.zoom.com if you do not have one. All you need is an email to sign up and create your own safe password. You do not have to appear on screen if you do not wish to.
- Please note the courses are less interactive than face to face. However, there will be time for you to ask questions and you can also use the Chat feature to discuss topics with other parents.
- There will also be opportunity after sessions for people to email me with questions and comments, which I will do my best to respond to as soon as practicable.
- You will receive e-Handbooks to accompany the courses you attend.
- As more courses become available you will automatically receive an email about these.

Teenage Life - six session programme

This is the six session online Teenage Life course for parents of 9 -18 year olds. It covers what is autism, self-esteem, behaviour, education, local services and benefits, relationships, puberty and sexuality

Thursdays 9th 16th 23rd 30th September 7th and 14th October 2021

10am – 1pm each day

NEW! Teenage Life – Key Facts evening course

This is a five session evening online Zoom course for parents of who have children aged 8 -18 years and want the key facts about autism.

It provides an overview of ‘what is autism?’, tips for how best to support your child, working with services, the basics on education support and law as well as very useful information on accessing services and benefits

Mondays 13th 20th 27th September and 4th, 11th October 2021

6.30pm-8.30pm each evening

Teenage Life - Key Facts daytime course

This is a four session online Zoom course for parents of who have children aged 8 -18 years and want the key facts about autism.

It provides an overview of ‘what is autism?’, tips for how best to support your child, working with services, the basics on education support and law as well as very useful information on accessing services and benefits

Wednesdays 15th, 22nd, 29th September and 6th October 2021

10am – 1pm each day

Managing anger

This is a three-day online Zoom course to discuss ways for parents to support young people (aged 8-18 years) who are confrontational and struggle with regular meltdowns.

Wednesdays 13th 20th October and 3rd November 2021

10am – 1pm each day

Teenage Life - six session programme

This is the six session online Teenage Life course for parents of 9 -18 year olds. It covers what is autism, self-esteem, behaviour, education, local services and benefits, relationships, puberty and sexuality

Thursdays 4th 11th 18th 25th November 2nd and 9th December 2021

10am – 1pm each day

Managing anxiety

This is a four-day online Zoom course that discusses ways to help your child (aged 8-18 years) if they suffer from anxiety.

Wednesdays 10th, 17th, 24th November and 1st December 2021

10am – 1pm each day

NEW! Personal Independence Payment

This is a one-day online Zoom course on how to apply for Personal Independence Payment

It is for parents who have young people and adults aged between 15 and older

Wednesday 8th December 2021

10am-2pm (break 12.30pm-1pm)

If you wish to attend a course you will need to register your interest.

Email Andrew.powell@bristol.gov.uk

To attend our courses, you will need to be on our mailing list which is subject to data protection law.

General Data Protection Regulations

The Local Authority (LA) uses data to carry out specific functions for which it is responsible, such as the assessment of special educational needs and/or disabilities, home to school transport requirements, admissions, children/ young people's welfare, children looked after, exclusions and early years support. Anonymised information is used to derive statistics, to inform decisions on (for example) the funding of education settings, to assess educational performance and track Service provision.

We will only request and share data with people relevant to statutory duties and individual circumstances.

For information regarding data sharing, including retention periods, please visit

https://www.bristol.gov.uk/en_US/about-our-website/privacy

If you wish to access the personal data held about you or a young person you are responsible for, please contact Bristol City Council in writing:

Data Protection Officer
Bristol City Council
PO Box 3176
Bristol
BS3 9FS

