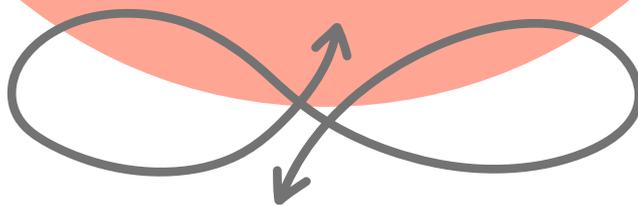


WHSCCT
Children and Young
People's
Autism Service



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: Building Autism Awareness for Child/Young Person
- Page 5: Let's talk about behaviour
- Page 6: Anxiety and Autism
- 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: Feedback
- Page 12: Contact Details

Intervention Sessions



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.

Talking to my child/young person about Autism

Date	Time	Location
25th April 2024	10 am to 11.30pm	Fermanagh House
12th June 2024	10 am to 11.30pm	Virtual
11th September 2024	10 am to 11.30pm	Rivendell, Omagh
14th November 2024	10 am to 11.30pm	Lime Villa, L'Derry

Intervention Sessions



Building Autism Awareness for Children & Young People

This workshop is for children and young people who would like to increase their understanding of their diagnosis and learn simple ways of coping. We also aim to help young people develop insights into their own unique collection of strengths and difficulties. The benefits of increased knowledge and understanding of autism is well documented in building self-awareness and self-acceptance, in that children and young people with autism can feel more included in their communities and less isolated.

Date	Time	Age Group	Location
25th April 2024	3.45pm to 5.00pm	13-17 years	Lilac Villa, L'Derry
23rd May 2024	3.45pm to 5.00pm	9-12 years	Rivendell, Omagh
5th June 2024	3.45pm to 5.00pm	13-17 years	Fermanagh House, Enniskillen
18th September 2024	3.45pm to 5.00pm	13-17 years	Rivendell, Omagh
17th October 2024	3.45pm to 5.00pm	9-12 years	Lilac Villa, L'Derry
6th November 2024	3.45pm to 5.00pm	9-12 years	Fermanagh House, Enniskillen

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
25th April 2024	10 am to 1pm	Lilac Villa, L'Derry
31st May 2024	10 am to 1pm	Fermanagh House, Enniskillen
18th September 2024	10 am to 1pm	Rivendell, Omagh
7th November 2024	10am to 1pm	Virtual

Intervention Sessions



Anxiety and Autism

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
16th May 2024	10 am to 1 pm	Lilac Villa, L/Derry
7th June 2024	10 am to 1 pm	Fermanagh House Enniskillen
7th August 2024	10 am to 1 pm	Rivendell, Omagh
10th October 2024	10am to 1pm	Virtual
2nd December 2024	10am to 1pm	Rivendell, Omagh

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
12th April 2024	10am to 12.30pm	Fermanagh House, Enniskillen
13th June 2024	10am to 12.30pm	Lime Villa, L'Derry
9th October 2024	10am to 12.30pm	Rivendell, Omagh
5th December 2024	10am to 12.30pm	Virtual

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
18th April 2024	11am to 1pm	Lilac Villa
5th June 2024	12.30 to 2.30pm	Virtual
12th September 2024	2pm to 4pm	Virtual
10th October 2024	10am to 12noon	Fermanagh House, Enniskillen
4th December 2024	10am to 12noon	Virtual

Intervention Sessions



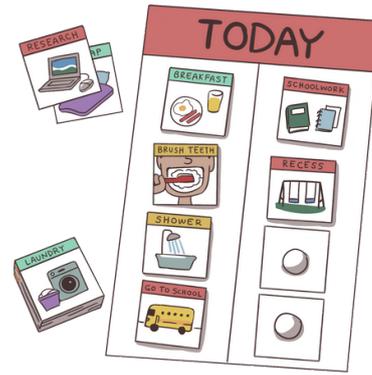
Supporting Sensory Differences

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
15th April 2024	10am to 12.30pm	Rivendell, Omagh
20th May 2024	10am to 12.30pm	Fermanagh House, Enniskillen
16th September 2024	10am to 12.30pm	Virtual
14th October 2024	10am to 12.30pm	Lilac Villa, L'Derry
11th November 2024	10am to 12.30pm	Rivendell, Omagh
2nd December 2024	10am to 12.30pm	Fermanagh House, Enniskillen

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
9th May 2024	10am to 12pm	Lime Villa, L'Derry
13th June 2024	10am to 12pm	Fermanagh House, Enniskillen
14th August 2024	10am to 12pm	Rivendell, Omagh
26th September 2024	10am to 12pm	Lilac Villa, L'Derry
2nd October 2024	10am to 12pm	Fermanagh House, Enniskillen
13th November 2024	10am to 12pm	Rivendell, Omagh

Feedback



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

Informative session providing useful strategies.

FEEDBACK

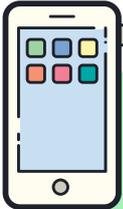
Slow down and take a step in their shoes

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

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.

Please contact us if you have any queries or questions.