

# Practical workshops

## For Parents of Children and Young People with Special Educational Needs and Disabilities

The Essex SEND Information Advice and Support Service are holding a FREE workshop day for parents/carers of children and young people with special educational needs and disabilities.

There will be workshops in the morning and afternoon (including a buffet lunch), offering knowledge and skills which you can then adapt at home. The event also offers the opportunity to meet or catch up with other parents.

Details of the event are: Tuesday 19<sup>th</sup> March 2019, 9.15-14.45 at Holiday Inn, Cranes Farm Road, Waterfront Walk, Festival Leisure Park, Basildon SS14 3DG

### Social understanding in Autism:

Dr Siobhan Timmins

**Workshop aim:** Knowing how an autistic person perceives the world changes how we communicate, interact and help our children on the autism spectrum. This workshop will address what it is like to have autism and introduces strategies including Social Stories™ that help improve social understanding.

### Preparing for adulthood:

Joanna Johnson  
Richard Davies

**Workshop aim:** To learn when the key transition stages are and plan for next steps after school.

### Moving past anxiety:

Wendy Smith

**Workshop aim:** Learn simple techniques to alleviate anxiety when it arises. Develop an understanding of how anxiety is created and how people can recognise the signs before it becomes a problem.

### ADHD and co-existing conditions

Steve Challen

**Workshop aim:** This workshop will touch on elements of anxieties, tics, compulsions and education advice on how best to support and understand your child's needs



Essex County Council

# For **Parents of Children and Young People** with **Special Educational Needs & Disabilities**

## Tuesday 19<sup>th</sup> March 2019

Holiday Inn, Cranes Farm Road, Waterfront Walk, Festival Leisure Park, Basildon  
Essex SS14 3DG

**Register now** to secure your place. Please email [send.iass@essex.gov.uk](mailto:send.iass@essex.gov.uk) with your name and your contact details for us to confirm your booking, plus any special dietary requirements. You will receive confirmation of your place on the event by email.

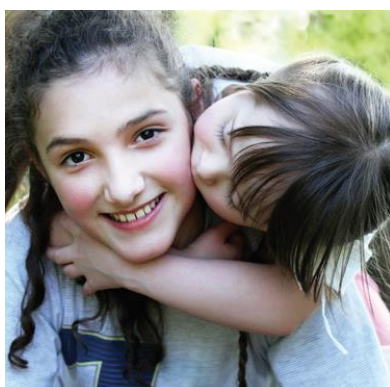
If you do not have access to email then please call 03330321183 to request a place.

Please note **last day** for booking a place for the event is **Tuesday 12<sup>th</sup> March 2019**.

You will be asked to sign up for three workshops of your choice on the day. Workshop bookings will open from 9.15am onwards and places will be allocated on a first come first served basis.

### Programme of the day

<b>09.15 – 09.40</b>	Arrive for registration and coffee – opportunity to visit exhibition stands
<b>09.40 – 09:50</b>	Welcome and introduction to the day
<b>10:00 – 11.05</b>	Workshop 1
<b>11.15 – 12:20</b>	Workshop 2
<b>12.30 – 1.30</b>	Free buffet lunch and opportunity to visit exhibition stands
<b>1.35 – 14.40</b>	Workshop 3
<b>14.45</b>	Close



Essex SEND Information, Advice and Support Service