



Parent Support Offer 2020-21

Please note that all EASA Parent Support services are aimed at **parents/carers** of autistic children and those on the diagnostic pathway only. If you are a professional who is interested in finding out more about our Parent Support offer, you are welcome to contact us for more information.

<p>Information and signposting</p> 	<p>What is this? We have informative handouts on a range of autism related topics. We also have details of lots of local organisations that support parents of children with autism and disabilities.</p>	<p>How can I access the information? You can find lots of useful information on our website: www.enfieldasa.org.uk under the Useful Links and Resources tab. Alternatively, you can call Jalissa (EASA Admin and Events officer) on 020 8353 4186, or email admin@enfieldasa.org.uk and request information.</p>
<p>Telephone consultation</p> 	<p>What is it for? To talk with Marsha or Jacky, our Parent Support Advisors to discuss your concerns about your child and/or seek advice on any autism-related matters.</p>	<p>How can I access it? Call Jalissa (EASA Admin and Events officer) on 020 8353 4186, or email admin@enfieldasa.org.uk and request it. Please provide a brief description of what you would like to talk about.</p>
<p>Coffee & Chat Session</p> 	<p>What is it? Half-termly informal sessions (up to 1.5hrs each) for parents of autistic children to meet and chat, hosted by Marsha and Jacky, Parent Support Advisors. Occasionally colleagues from other community services will be invited to give a talk and answer questions. These are currently being held virtually on Zoom.</p>	<p>How can I access it? Dates and session details are emailed to parents on our mailing list and advertised on the EASA website: www.enfieldasa.org.uk) and on flyers. You should register your intention to attend a Coffee and Chat session using the Zoom registration form, which you can access when you click on the Zoom session link.</p>
<p>ATLAS Course (Autism: Training, Links And Support)</p>  <p><i>Please note, this course was previously known as MAPS</i></p>	<p>What is it? A series of 5 sessions with an optional coffee morning after the course. The sessions run every other month, currently via Zoom. These sessions are organised jointly by representatives from a range of autism services in the borough. They are aimed at parents of children under 6, who are newly-diagnosed with autism.</p> <p>Session 1: Introduction to autism - what the diagnosis means (led by a lead Speech and Language Therapist) Session 2: Strategies for communication and sensory needs (led by a Speech and Language Specialist)</p>	<p>How can I access these sessions? You may be told about EASA and the ATLAS Course when you receive an autism diagnosis for your child and you may be asked if you'd like your details to be passed onto us. If this is the case, one of the first things we'll do is tell you when the next ATLAS course is running.</p> <p>If you find out about ATLAS by a different route and are interested in joining the sessions, please call Jalissa (EASA Admin and Events officer) on 020 8353 4186, or email admin@enfieldasa.org.uk and request joining information.</p>

	<p>Session 3: Strategies to help your child develop their self-care skills (led by an Occupational Therapist)</p> <p>Session 4: A chance to think about behaviour and autism (led by an Educational Psychologist)</p> <p>Session 5: Autism support services in the borough - who they are and what they can offer (led by reps from Enfield branch of the National Autistic Society and Enfield Advisory Service for Autism).</p>	
<p>EASA Parent Workshops</p> 	<p>What are they? Monthly sessions for parents/carers only (up to 2hrs each) on a variety of topics with an autism focus:</p> <ul style="list-style-type: none"> • Toileting • Sleep • Fun with Food • Safety Awareness • Behaviour, Routines and Boundaries • SRE and Puberty • Preparing for Adulthood • Adolescence and independence • Preparing to travel Independently <p>The sessions provide information, practical tips and some have demonstrations. Handouts are available. Sessions are repeated through the year on a rolling programme.</p>	<p>How can I access them? The Parent Workshop Programme is emailed to parents on our mailing list and is available on the EASA website: www.enfieldasa.org.uk.</p> <p>All workshops are currently being held virtually via Zoom. Parents/carers can register for the Zoom workshops by clicking on the link and entering your registration details. They are free to attend.</p>
<p>Cygnnet Course</p> 	<p>What is it? A programme of 6 training sessions aimed at parents of children with autism 6yrs+. The course covers a range of themes on autism and how it affects daily routines and family life. There are 2 additional sessions (on Puberty and Siblings) which parents can opt into if applicable to their circumstances. EASA offers the course several times per year, led by an Educational Psychologist and supported by EASA Parent Support Advisor, Marsha. Parents are encouraged to do the course if they have never had autism training. Cygnnet is currently running virtually, via Zoom.</p>	<p>How can I access these sessions? If you are interested in doing this course, please call Jalissa (EASA Admin and Events officer) on 020 8353 4186, or email admin@enfieldasa.org.uk and request joining information. Names are added to a waiting list and parents are invited to attend the next available course. Attendance at all 6 core sessions is advised. The additional sessions are optional and do not run every time.</p>