



# National Autistic Society Family Support Service



# Surrey Family Support Team

- Stepping up for Autism Workshops
- Specialist Workshops
- Co-conditions workshop ASD/ADHD
- 1:1 support for parents/carers
- 1:1 direct work with children 8-18 years
- Drop in sessions
- Autism Training for Schools
- Family Fun days

# Stepping up for Autism Feedback from Parents

This course has transformed the relationship between my child and I. I have a far better understanding of the issues that we were facing and it has given me the tools to help at home and the confidence to ask the school for help.

I was waiting every session with excitement as this was a place where I felt empowered that everything doesn't look as black as it's seems in everyday life. It gave me hope that my child's disability can be turned into something beautiful.

Made me feel listened to! It was very important for me to hear the experiences of others and to have expert advice.

Thank you so much. This was by far the best course of this type that I have attended.

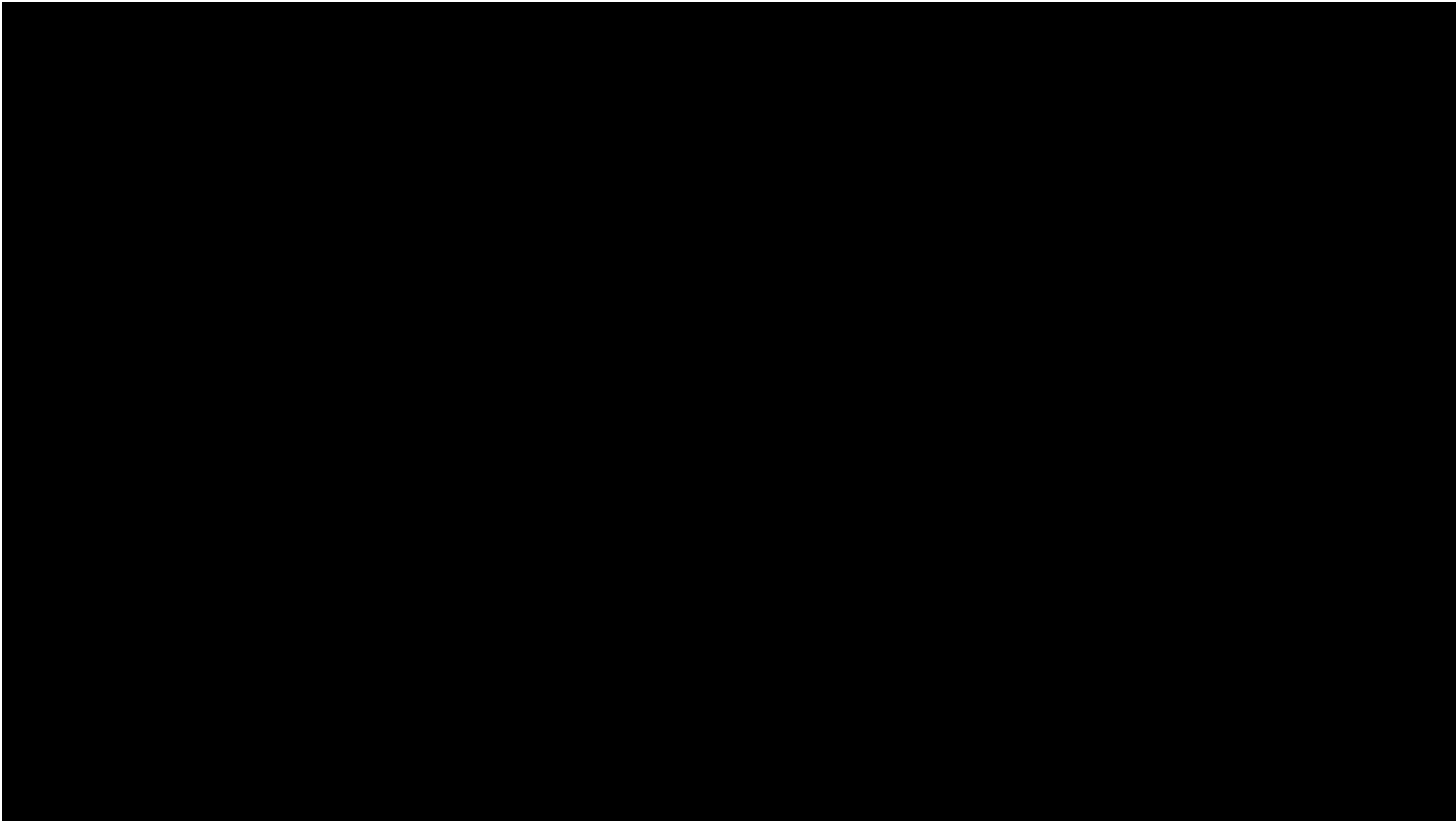
I'd thoroughly recommend it!

Would just like to thank you, the course was invaluable to someone new to autism and made me feel less alone

# Stepping Up For Autism

8 week intensive course for parents covering the following topics:

- Introduction to Autism
- Understanding Sensory Differences
- Understanding Communication and Visuals.
- Understanding and Supporting Behaviour part 1
- Understanding and supporting Behaviour part 2
- Transitions
- Understanding Social Skills
- Puberty and understanding Autistic Identity



# Specialist Workshops

- Toileting and Autism -
- Grandparents Family & Friends
- Anxiety
- Transitions into Adulthood
- (PDA) Pathological Demand Avoidance
- Autism in Girls
- Teens
- Education and EHCP
- Transitions 0-16
- Parental Wellbeing and sibling support
- Sleep
- Preparing for Festivities
- EBSNA (emotional based school non attendance)

# Co-Conditions Workshop ASD/ADHD

8 weeks for 1.5 hours per session covering the following topics:

- Welcome and introduction
- Understanding ASD
- Understanding ADHD
- Communication, relationships and Social Skills
- Emotional Regulation and Behaviour
- Parenting Styles and Family Wellbeing
- Education
- Puberty and helping our children to grow.

# 1:1 support for Parents and Carers

- Supporting parents to develop their Autism knowledge.
- Work towards individualised strategies to implement with the CYP
- Support and signpost parents to relevant organisations.

# Working with Young People

- Understanding autism/autistic traits
- How this presents for the individual and the challenges they may face as a result
- Understanding sensory sensitivities
- Social and communication strategies
- Executive Function strategies
- Emotional-regulation strategies
- Understanding 'Masking'

# Drop-in Clinics

Family Centres we have worked with so far:

- Stanwell Family Centre
- Guildford Family Centre
- Clarendon Family Centre
- Horley Family Centre
- Oxted Family Centre
- Epsom Downs Family Centre

# Autism Training in Schools

- Free to primary and secondary schools in Surrey
- 2.5 hour training session
- Provides an overview of Autism and the difficulties CYP may experience in schools
- Useful classroom strategies

# Family Fun Days

- RHS Wisley Gardens
- National Trust Hatchlands Park - under 5's and EOTAS
- Patchworking Gardens - Dorking
- The Brick People Lego Event
- Overworld Studios - Camberley
- Mane Chance Horse Sanctuary
- Haslemere Museum
- Clandon Nature Reserve
- Studio 224
- All Aboard!
- Woking Gymnastics
- Sayers Croft - Wild About Britain
- Christmas Party and Wisley Glow

# Family Fun Day Feedback from Parents

Great for my son to attend an event with lots of other autistic children as this will help with his acceptance of a diagnosis, well organised

My children had a lovely time and everyone was so welcoming and friendly

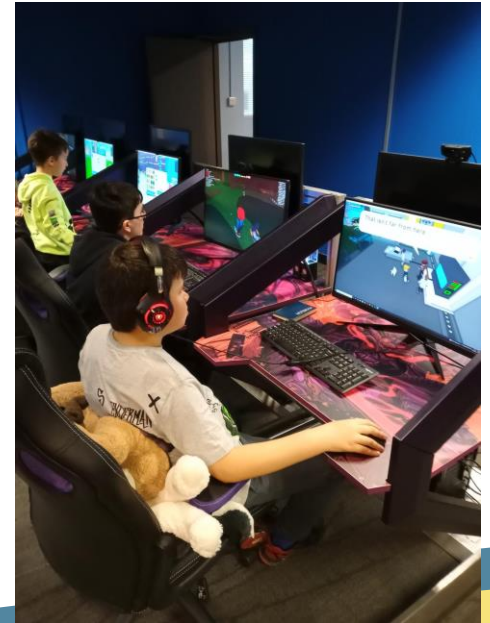
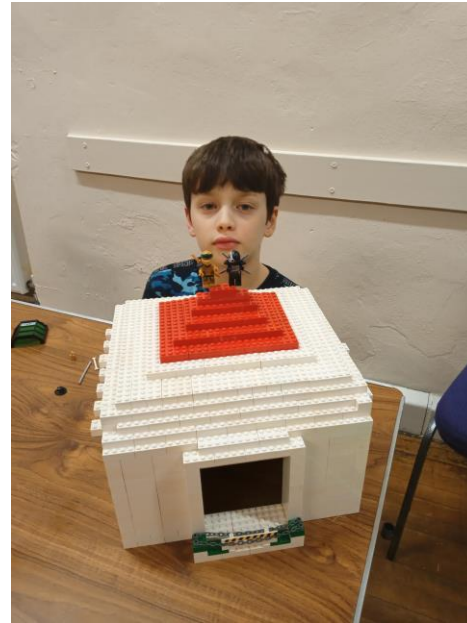
Very relaxing and calm atmosphere. Friendly adults and lots of options for the children. My son who has Selective Mutism was comfortable enough to speak to adults he hadn't met before.

My children loved going there. It was our first time and the staff made us so welcome.

Both Overworld and NAS staff lovely, supportive and helpful. Great chance for me to meet other parents going through the same struggles. Children are free to be whoever they want. Well organised.

My child loved every minute and felt so at ease there. Enjoyed the chance of trying different activities without any worry of judgment if we needed a break

The info on courses, the understanding approach from NAS staff. Providing a safe space for parents and carers to offload and the luxury of having a coffee made for me!



# Questions



**NAS Out of Hours Helpline is open 365 days a year  
5-11pm, 0300 222 5755 - option 3**



Find out more at  
[mindworks-surrey.org](http://mindworks-surrey.org)

