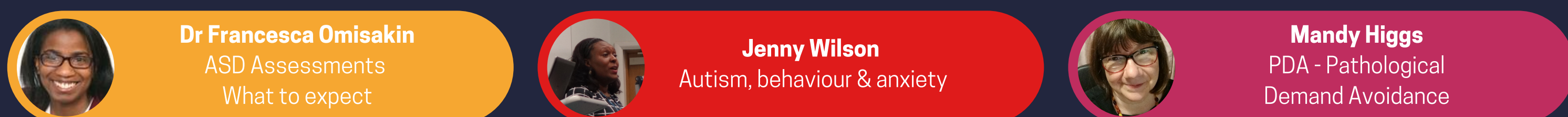


23RD - 27TH NOVEMBER 2020

CHILDREN'S SERVICES ONLINE CONFERENCE 2020

Following the success of our 2019 conference, we have arranged a week-long online conference this year for parents and carers across Bedfordshire.



Your online ticket will allow you access to any of the talks, presentations and workshops available throughout the week (see weekly schedule for more info on times and presentation content). You will be sent log-in details closer to the event.

Cost for an online ticket (per person):

£25 Autism Beds members

£30 non-members

TO BOOK YOUR PLACE, PLEASE CONTACT A MEMBER OF THE CHILDREN'S SERVICES TEAM

@ enquiries@autismbeds.org
01234 214871





MONDAY SCHEDULE

23rd November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and ‘Just Be’.

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing ‘Me Time’.

10:00 - 10:45 Covid 19: Impact on mental health and tips on how to stay sane

Dr Uttom Chowdry - *Consultant in Child and Adolescent Psychiatry*

This talk will cover latest research on the effects of Covid 19 on mental health and Autism. General advice will be given on how to manage in these uncertain times.

11:00 - 11:45 Laughter Therapy to combat stress & anxiety

Katie Rose White - *Laughter Facilitator and founder of The Best Medicine*

Laughter is an amazing stress reliever and it's playful nature taps into the inner child in everyone. In this lively workshop you will learn strategies to help you use laughter and various other therapeutic techniques to combat stress and anxiety.

****THERE ARE A LIMITED NUMBER OF SPACES ON THIS WORKSHOP. WHEN BOOKING, PLEASE STATE SPECIFICALLY IF YOU WOULD LIKE TO ATTEND THIS SESSION.**

13:00 - 13:45 Being Face to Face

Deborah Powers - *Highly Specialist Speech and Language Therapist*

How being face to face supports communication whatever your level of development. This workshop will look at the building blocks for communication and how families can support their young children's skills through everyday activities.

19:00 - 20:30 Autism, behaviour & anxiety

Jennifer Wilson - *Principle Psychologist - Child, Adolescent and Adult Autism Specialist*

The content of the session will focus on: Anxiety, Managing Challenging Behaviour and Communication

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TUESDAY SCHEDULE

24th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and ‘Just Be’.
Susan Collini - *qualified Mindfulness teacher working with adults, children and families.*

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing ‘Me Time’.

10:00 - 11:30 ASD Assessments – What to expect
Dr Francesca Omisakin- *Consultant Community Paediatrician*

What to expect at the paediatrician appointment; how parents, schools, and other agencies can support the assessment process; some of the difficulties and challenges with the assessment process.

12:00 - 13:00 Asperger World - Masking, gaslighting, thriving and autism acceptance
Joely Colmer - *multiworld and national award winning advocate, motivational speaker and best selling author of ‘AspergerWorld’.*

Joely may not always ‘look’ autistic, but diagnosed at two, she definitely is. Joely, who also has ADHD, used to be nonverbal and partially deaf, was told by experts she’d never communicate, love or contribute to society. Now, Joely is an expert in her own right, and although she can’t leave her home without 121 aid or tie her shoe laces, Joely adores to share her story nationwide, as a writer and speaker.

Always smiling, Joely’s biggest passion is to empower understanding of the hidden depths of autism, challenge misconceptions, and raise awareness of the unintentional gaslighting of autistic people. It’s challenging, but Joely wouldn’t change her autism for the world-she loves her AspergerWorld after all.

13:00 - 14:00 Sleep Workshop
Sharon Albone - *Specialist Community Nursery Nurse*

This workshop will cover what sleep is, why sleep is important and how to promote sleep.

19:00 - 20:30 Autism Spectrum Disorders and Girls
Dr Uttom Chowdry - *Consultant in Child and Adolescent Psychiatry*

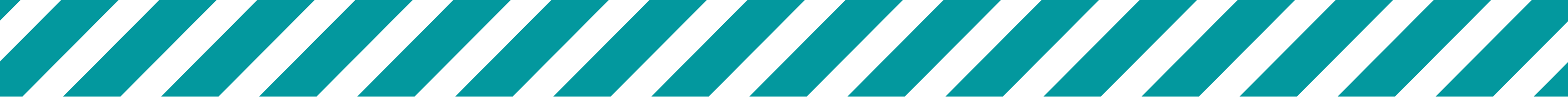
This workshop will be a chance for parents of girls with ASD to come together, hear latest research and share their stories. At the end of the workshop participants will hopefully get a better understanding of the difficulties facing girls with ASD.

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WEDNESDAY SCHEDULE

25th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 **Mindfulness: Relax and 'Just Be'.**

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 12:00 **Pathological Demand Avoidance (PDA)**

Mandy Higgs - *Autism Trainer*

This workshop will cover:

- What is meant by 'demand avoidance' in relation to autism and the controversy over the 'PDA' diagnosis
- The role of anxiety in creating demand avoidant behaviour
- How to prevent and manage demand avoidant behaviour

12:30 - 13:30 **Toilet Training for autistic children**

Davina Richardson - *RGN/RSCN Children's Specialist Nurse*

The session will talk about why toilet training is important. It will suggest practical approaches that families can use at home to help their child learn to use the toilet appropriately. Information will also be provided about resources that are available to families to help them if they are finding any aspect of toilet training difficult.

19:00 - 20:30 **Understanding the SEN Process (EHCPs)**

Laura Carr - **Solicitor, HCB Solicitors Ltd**

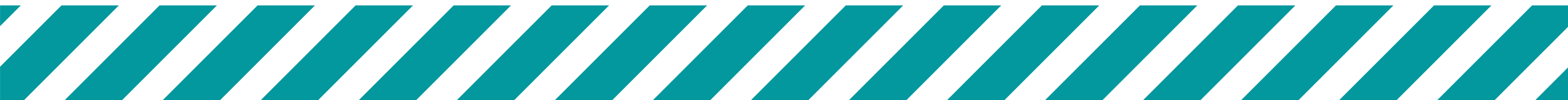
This seminar is aimed at parents/ carers who are:

- Considering applying for a statutory assessment
- Going through the assessment process
- Due a review of their child's EHCP
- Wanting their special school placement funded by the Local Authority

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THURSDAY SCHEDULE

26th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and 'Just Be'.

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 10:45 Supporting social communication in the early years

Ruth Irving - *ASD Specialist Speech and Language Therapist*

This presentation will cover strategies to support your child with social communication and interaction skills. It will cover topics including emotional regulation and using visual support with children.

11:00 - 11:45 Luton SENDIASS Talk

A talk for Luton Borough Families about who SENDIASS (Special Education Needs and Disabilities Information Advice Support Service) are and what services they offer.

12:00 - 12:30 SNAP Parent Carer Form Talk

A talk for Central Bedfordshire Families about who SNAP Parent Carer Forum are and what support they offer.

12:30 - 14:30 Teen Brain Matters

Martyn Lee - *Early Help Professional, Bedford Borough Council*

A workshop discussing the significant changes that occur in the teenage brain and how this impacts behaviour, relationships and development.

Teen Brain Matters is a 2 hour workshop for parents developed by Professor John Coleman for Bedford Borough Council. This workshop brings together the latest understanding of neuroscience and psychology. Parents will learn about the changes their children are going through in adolescent brain development to help them motivate and support young people in an emotionally healthy context.

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FRIDAY SCHEDULE

27th November 2020

Autism Bedfordshire
Children's Services
Online Conference 2020

09:30 - 10:00 Mindfulness: Relax and 'Just Be'

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

30 minutes of guided mindfulness at the start of the day. An opportunity to experience some soothing 'Me Time'.

10:00 - 10:45 Supporting social communication in school aged children

Ruth Irving - *ASD Specialist Speech and Language Therapist*

This presentation will cover strategies to support your child with social communication and interaction skills. It will cover topics including emotional regulation and using visual support with children.

11:00 - 12:00 Eating difficulties: a psychoeducation parent group

Paola Falcoski - *MSc, Pg Dip, BSc (Hons), RD | Advanced Specialist Eating Disorders Dietitian*
Sharon Thomson - *Specialist Eating Disorder Nurse*

This presentation will be covering: How eating difficulties can be presented; unhelpful things to do; what to expect; 32 steps to eating; treatment options and resources

12:30 - 13:30 The wellbeing benefits of nature immersion

Susan Collini - *Qualified Mindfulness teacher working with adults, children and families.*

There are significant benefits to be gained through regular nature immersion, whether in relation to improving mood, emotional regulation or building self-esteem.

This presentation will share the story of how the social enterprise OutdoorTribe CIC works with families to benefit their health and wellbeing through nature immersion sessions.

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