

27th -31st March 2023



# SUTTON'S AUTISM WEEK:

INCREASING AUTISM  
ACCEPTANCE  
IN SUTTON



**Cognus**

No Limits on Learning



**Sutton**

# FOR PARENTS/CARERS

## Mon 27th 10-11: Supporting my autistic child in the Early Years

Understand key strategies to support your child including communication, using visuals, adapting the environment and teaching play/attention skills

**Venue:** Cantium House, Railway Approach, Wallington

[Book via Eventbrite](#)



Cognus

No Limits on Learning

# FOR PARENTS/CARERS

## Mon 27th 4-5.30pm: Autism and Bullying for parents/carers

The social world is difficult to navigate, especially when you may experience the world somewhat differently to others around you. This presentation will look at some of the difficulties autistic people can experience when trying to develop positive peer relationships, the consequences these experiences can have on their mental health and wellbeing and offer advice and guidance on how we can support them.

**Venue:** Cantium House, Railway Approach, Wallington

[Book via Eventbrite](#)



Cognus

No Limits on Learning

# FOR PARENTS/CARERS

## Tues 28th 4-6pm: Autism and Mental Health

Autism is not a mental health problem, but like anyone else, autistic people can struggle with their mental health. This presentation will explore some of the more common mental health difficulties that autistic people experience and provide advice and guidance for how to support your autistic students with their mental health.

**Venue:** Virtually via Zoom

**Book via** [Eventbrite](#)



**Cognus**

No Limits on Learning

# FOR PARENTS/CARERS

## Wed 29th 1-2.30pm: Autism, Education and Employment

Hear from Ibrahim as he recounts his own school experiences in a variety of setting and how anxiety impacted his experiences. Explore ways to nurture your students, prepare for employment and support needed, autism-friendly interview tips and employment support.

**Venue:** Cantium House, Railway Approach, Wallington

[Book via Eventbrite](#)



Cognus

No Limits on Learning

# FOR PARENTS/CARERS

**Wed 29th 4-6pm: How to ensure autistic pupils stop attending school... and maybe what to do about it**

This interactive talk will discuss: forms of absenteeism and possible underlying causes; understanding different perspectives from home and school; recommendations for support from autistic adolescents.

**Venue:** Virtually via Zoom

**Book via Eventbrite**



**Cognus**

No Limits on Learning

# FOR PARENTS/CARERS

## Wed 29th 6.15-7.45pm: Sensory impact on young people

Understanding sensory differences and how these impact day to day activities, re-framing 'naughty behaviour' as sensory seeking/avoiding and accessing a 'toolkit' of activities for home/out and about. Understanding the process for accessing Occupational Therapy support and how the Cognus service works.

**Venue:** Cantium House, Railway Approach, Wallington

**Book via Eventbrite**



**Cognus**

No Limits on Learning

# FOR PARENTS/CARERS

## **Thurs 30th 9 – 4.30pm: Autism, Advice Surgery Day (30min slots)**

Come and speak with one of our Autism Champions or Psychologists about any worries you may have relating to your child/young person in a confidential setting. We are there to listen, advise and signpost accordingly. You must have pre-booked a slot but can stay before and after to gain general information.

**Venue:** Cantium House, Railway Approach, Wallington

**Book by** emailing  
[theautismservice@cognus.org.uk](mailto:theautismservice@cognus.org.uk)  
stating what time you would like  
to attend



**Cognus**

No Limits on Learning



# FOR PARENTS/CARERS

## Thurs 30th 4.30-6.30: PDA Talk for Parents

Understand what PDA is, the challenges faced by young people and access useful signposting information around the topic. Explore strategies for teaching and learning, the learning environment and emotional health and regulation.

**Venue:** Cantium House, Railway Approach, Wallington

**Book via** [Eventbrite](#)



**Cognus**

No Limits on Learning

# FOR PROFESSIONALS

## Mon 27th 1-4pm: PDA Talk for Professionals

Understand what PDA is, the challenges faced by young people, families and the local area and access useful signposting information around the topic. Explore strategies for teaching and learning, the learning environment and emotional health and regulation. Understand good practice for EHCPs and ways to support parents.

**Venue:** Cantium House,  
Railway Approach,  
Wallington

**Book via Eventbrite**



Cognus

No Limits on Learning

# FOR PROFESSIONALS

## Tues 28th 12-1: Autism and Mental Health

Autism is not a mental health problem, but like anyone else, autistic people can struggle with their mental health. This presentation will explore some of the more common mental health difficulties that autistic people experience and provide advice and guidance for how to support your autistic students with their mental health.

**Venue:** Virtually via Zoom

**Book via Eventbrite**



Cognus

No Limits on Learning

# FOR PROFESSIONALS

## **Tues 28th 3-4pm: Sensory impact on young people**

Understanding sensory differences and how these impact in school settings, re-framing 'naughty behaviour' as sensory seeking/avoiding and accessing a 'toolkit' of activities for use in school.

**Venue:** Virtually via Zoom

**Book via Eventbrite**



**Cognus**

No Limits on Learning

# FOR PROFESSIONALS

## Wed 29th 1-2.30pm: Autism, Education and Employment

Hear from Ibrahim as he recounts his own school experiences in a variety of setting and how anxiety impacted his experiences. Explore ways to nurture your students, prepare for employment and support needed, autism-friendly interview tips and employment support.

**Venue:** Cantium House, Railway Approach, Wallington

[Book via Eventbrite](#)



Cognus

No Limits on Learning

# FOR PARENTS/CARERS

**Wed 29th 4-6pm: How to ensure autistic pupils stop attending school... and maybe what to do about it**

This interactive talk will discuss: forms of absenteeism and possible underlying causes; understanding different perspectives from home and school; recommendations for support from autistic adolescents.

**Venue:** Virtually via Zoom

**Book via Eventbrite**



**Cognus**

No Limits on Learning

# FOR PROFESSIONALS

## **Thurs 30th 9 – 4.30pm: Autism, Advice Surgery Day (30min slots)**

Come and speak with one of our Autism Champions or Psychologists about any worries you may have relating to a child/young person in a confidential setting. We are there to listen, advise and signpost accordingly. You must have pre-booked a slot but can stay before and after to gain general information.

**Venue:** Cantium House, Railway Approach, Wallington

**Book by** emailing  
[theautismservice@cognus.org.uk](mailto:theautismservice@cognus.org.uk)  
stating what time you would like  
to attend



**Cognus**

No Limits on Learning

# FOR PROFESSIONALS

## **Thurs 30th 2-1: Autism and Bullying for school staff**

The social world is difficult to navigate, especially when you may experience the world somewhat differently to others around you. This presentation will look at some of the difficulties autistic people can experience when trying to develop positive peer relationships, the consequences these experiences can have on their mental health and wellbeing and offer advice and guidance on how we can support them.

**Venue:** Virtual via Zoom

**Book via Eventbrite**



**Cognus**

No Limits on Learning



# FOR PROFESSIONALS

## **Fri 31st 10.30-11: What makes a good referral for an autism assessment?**

Hear from Dr Flood as she talks through the referral process for an Autism Assessment and explains what makes a good referral.

**Venue:** Cantium House,  
Railway Approach,  
Wallington

[Book via Eventbrite](#)



**Cognus**

No Limits on Learning

# FOR YOUNG PEOPLE

## Wed 29th 1-2.30pm: Autism, Education and Employment

Hear from Ibrahim as he recounts his own school experiences in a variety of setting and how anxiety impacted his experiences. Explore ways to nurture your students, prepare for employment and support needed, autism-friendly interview tips and employment support.

**Venue:** Cantium House, Railway Approach, Wallington

**Book via** [Eventbrite](#)



Cognus

No Limits on Learning

# FOR YOUNG PEOPLE

**Fri 31st 3-5pm: Tote bag making**

**Aimed at: 11+**

Come along and meet other autistic young people in a friendly environment. Decorate tote bags and engage with others as much or as little as you would like.

**Venue:** Cantium House,  
Railway Approach,  
Wallington

[Book via Eventbrite](#)



**Cognus**

No Limits on Learning

# FOR YOUNG PEOPLE

**Fri 31st 3-5pm: Sensory Activities**  
**Aimed at: 7-11 year olds. Parents must stay.**

Come with your young person to explore their sensory needs. Learn what they seek and avoid. This will enable your child and parents/carers to have extra tools in your toolbox for a rainy day. Parents must stay with the young person. There will be a variety of activities on offer, some will be led by a professional, others will need parental support.

**Venue:** Cantium House,  
Railway Approach, Wallington

[Book via Eventbrite](#)



**Cognus**

No Limits on Learning

# FOR PARENTS/CARERS, PROFESSIONALS & YOUNG PEOPLE

## Wed 29th 1-2.30pm: Autism, Education and Employment

Hear from Ibrahim as he recounts his own school experiences in a variety of setting and how anxiety impacted his experiences. Explore ways to nurture your students, prepare for employment and support needed, autism-friendly interview tips and employment support.

**Venue:** Cantium House, Railway Approach, Wallington

**Book via** [Eventbrite](#)



**Cognus**

No Limits on Learning

# FOR PARENTS/CARERS & PROFESSIONALS

## **Thurs 30th 9 – 4.30pm: Autism, Advice Surgery Day (30min slots)**

Come and speak with one of our Autism Champions or Psychologists about any worries you may have relating to a child/young person in a confidential setting. We are there to listen, advise and signpost accordingly. You must have pre-booked a slot but can stay before and after to gain general information.

**Venue:** Cantium House, Railway Approach, Wallington

**Book by** emailing  
[theautismservice@cognus.org.uk](mailto:theautismservice@cognus.org.uk)  
stating what time you would like  
to attend



**Cognus**

No Limits on Learning

# FOR PARENTS/CARERS & PROFESSIONALS

## **Wed 29th 4-6pm: How to ensure autistic pupils stop attending school... and maybe what to do about it**

This interactive talk will discuss: forms of absenteeism and possible underlying causes; understanding different perspectives from home and school; recommendations for support from autistic adolescents.

**Venue:** Virtually via Zoom

**Book via Eventbrite**



**Cognus**

No Limits on Learning