



Parent Support Offer

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 our 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 our 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>Cuppa and 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 at Russet House School. Occasionally colleagues from other community services will be invited to give a talk and answer questions.</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.</p>
<p>Drop-In Sessions</p> 	<p>What is it? Marsha and Jacky, the Parent Support Advisors will be holding drop-in sessions. If you have anything you would like to discuss about your child, please feel free to come along and meet with the Parent Support Advisors who will do their best to advise and where appropriate, signpost to other services.</p>	<p>How can I access it? Drop-in on every 2nd and 4th Thursday of the month at Bell Lane Youth Club from 10am-12pm. Call our Admin and Events officer on 020 8353 4186, or email admin@enfieldasa.org.uk for further information.</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 information sessions for parents/carers of children with autism delivered via zoom. The aim is to help understand more about autism and how it may influence your child's abilities, learning and the way they behave. Session 1: Understanding Autism – an introduction to the areas of differences experienced by children with autism. Session 2: Understanding Communication – explore of different ways that autistic children communicate.</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. If you find out about ATLAS by a different route and are interested in joining the sessions, please call our Admin and Events officer on 020 8353 4186, or email admin@enfieldasa.org.uk and request joining information.</p>

	<p>Session 3: Understanding Sensory Processing – understand how the world around us can help your child to learn, to thrive and the impact of finding the sensory world overwhelming.</p> <p>Session 4: Understanding Information Processing - how autistic children process information to make sense of the world around them.</p> <p>Session 5: Understanding Local Resources – A parent of a child with autism will help you understand what it is like to be an autism parent and an introduction to many local resources.</p>	
<p>EASA Parent Workshops /Presentations</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> <p>Presentations:</p> <ul style="list-style-type: none"> • Toileting • Sleep • Safety Awareness • Preparing for Adulthood • Adolescence and independence • Personal Self Care and Independence <p>Workshops:</p> <ul style="list-style-type: none"> • Fun with Food • The Importance of Visuals <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, 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 our 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>