



Autism Wellbeing day for Parents & Professionals

Date: 26th March 2017

Time: 9:00 – 3:00pm

Venue: Pembrokeshire Archives

Cost: Free

Course Aims

The aim of the course is to provide information for parents and professionals about the mental health and wellbeing needs of young people with autism. Delegates will be given support strategies and should gain an understanding of how to support their own wellbeing needs as well as those of the children with autism that they support.

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| 9:00 | - | 9:30 | Coffee & Registration |
| 9:30 | - | 9:45 | Welcome and Agenda for day – Claire Bullock, ASD Advisory Teacher |
| 9:45 | - | 10:00 | ASD Info Wales overview: The ASD info Wales Development Team will talk about resources and training available through the service and website |
| 10:00 | - | 10:30 | Wellbeing - Lucy Harrold & Sue Priestnall Educational Psychologists will consider the impact of well being, looking after ourselves and those with ASD |
| 10:30 | - | 10:50 | Music and Wellbeing , Therapist Jess Hughes will chat about how music can support and enable children with autism to communicate, connect, play and build relationships |
| 10.50 | - | 11:05 | Coffee Break |
| 11:05 | - | 12:45 | Everyone will have the chance to attend three workshops about: <ul style="list-style-type: none"> - Sensory Processing Workshop : Exploring sensory processing needs and support strategies and resources– Mel Ferrier, Occupational Therapist - Social Communication Blank Levels, supporting the understanding and processing of language for children with autism –Gemma Lynch, Speech and Language Therapist - Meditation and mindfulness workshop Jennie Welton - Speech Therapist and Yoga Teacher |
| 12:45 | - | 1:15 | Lunch Break |
| 1:15 | - | 2:15 | Presentation on Mental Health & Autism – Dr Simmonds , Paediatrician |

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| 2:15 | - | 2:45 | Presentation – Mair Elliott. Young Person with autism/mental health campaigner |
| 2:45 | - | 3:00 | Close of day, Evaluations |

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| Target Group | Parents and Professionals |
| Provider | Claire Bullock and Sally Evans |

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