

Name of Child :

Child's Date of Birth :

Date of Diagnosis :

Name of Parent/ Person Responsible :

Contact Email :

Address :

Daytime Phone Number :

Preferred Method of Contact: E-mail / Text / Phone Call/Letter

Please indicate below if there is a preferred MORNING that you would like to attend CYGNET. (Tuesday, Wednesday or Thursday.)

Courses will be planned to accommodate parents' needs, where possible.

Post to: **ASC Parent Courses, SENIT, Dryden Centre, Evestones Road, Low Fell, Gateshead, NE9 5UR.**

Email to: BeverleyMurphy@gateshead.gov.uk



AUTISM PARENTING PROGRAMMES IN GATESHEAD

Cygnets

A parenting support programme for parents and carers of children and young people aged **5–18** with an **Autism Spectrum Condition**



education**Gateshead**
raising achievement for all



What does Cygnet cover?

The core Cygnet programme is delivered over six two and a half to three hour sessions. This works sequentially towards behaviour management relevant and appropriate for children and young people in this age group.

- Introductory session
- Autism and diagnosis
- Sensory issues
- Communication
- Understanding behaviour
- Managing behaviour
- Choice decided by parents/carers.

Is Cygnet for me?

This programme is for parents and carers of children who have received a diagnosis of Autism Spectrum Condition.

After a diagnosis, parents and carers can have a lot of questions about autism and may feel isolated in managing their child's needs. Attending Cygnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing behaviour. It also gives them the chance to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Do I have to attend all sessions?

If possible, yes. You will gain a lot more from coming to the group if you come to all sessions. This is because each session builds on the one before. Please do not accept a Cygnet place if you are only able to attend one or two sessions.

How do I get on a course and when do they run?

We usually ask parents to self-refer by completing the attached slip and returning it by post or email.

Please note: we don't release the dates for forthcoming courses until we have enough referral forms to go ahead.

The courses run termly and are arranged according to demand. Families will receive an acknowledgement upon receipt of their application with further details and dates to follow.

Can professionals refer families to this programme?

We believe that parents themselves are best placed to decide if and when a parenting course is right for them which is why we usually ask parents to self-refer.

Under special circumstances, for example, when a parent may need additional support to access the programme, professionals may refer on a parent's behalf. Following this, the team will contact the professional directly therefore please ensure that your contact details are also on the referral form.

