



PARENTS, CARERS & FAMILIES WORKSHOPS 2023-2024



SPECIALIST TEACHING AND LEARNING SERVICE

TERMS DATES AND WORKSHOPS

WORKSHOP	DATE	TIME
AN INTRODUCTION TO ADHD	9 th October 2023	09:45-12:45
ANXIETY	12 th October 2023	09:45-12:45
HALF TERM		
MY CHILD'S BUSY BRAIN NAVIGATING ADHD	17 th November 2023 24 th November 2023 1 st December 2023 8 th December 2023	All 09:45-12:45
AN INTRODUCTION TO ASC	20 th November 2023	09:45-12:45
CHRISTMAS		
STARTING ON THE SPECTRUM	9 th January 2024 16 th January 2024 23 rd January 2024 30 th January 2024 6 th February 2024	All 09:45-12:45
SLEEP SUPPORT	19 th January 2024	09:45-12:45
ATTACHMENT	22 nd January 2024	09:45-12:45
AUTISM AND GIRLS	23 rd January 2024	18:00-20:30
HALF TERM		
HELP YOUR CHILD WITH LITERACY	12 th March 2024	09:45-12:45
SUPPORTING YOUR CHILD TO THRIVE ONLINE	26 th March 2024	09:45-12:45
EASTER BREAK		
SUCCESS ON THE SPECTRUM	25 th April 2024 2 nd May 2024 9 th May 2024 16 th May 2024 23 rd May 2024	All 09:45-12:45
SLEEP SUPPORT	21 st May 2024	18:00-20:30
HALF TERM		
AN INTRODUCTION TO ASC	11 th June 2024	09:45-12:45
AN INTRODUCTION TO ADHD	17 th June 2024	09:45-12:45
SUMMER BREAK		

AN INTRODUCTION TO ADHD



Date	9 th October 2023
Time	09:45-12:45
Presented By	Tracey Farley

This introductory course will consider the strengths children with an ADHD diagnoses might have, as well as outlining how to effectively support additional needs.

In this half-day workshop we will cover:

- What ADHD is and how it impacts upon the child and adolescent brain
- What is executive function and how to support deficits
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- Tools and ideas which support independence
- Practical tools and advice
- ADHD and emotional regulation
- Sharing of free resources for ongoing support
- Explore strategies that may support sleep

This workshop is suitable for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

This workshop is £5 per participant
Refreshments are provided

ANXIETY



Date	12 th October 2023
Time	09:45-12:45
Presented By	Jonathan Smeeton

This workshop will consider what anxiety is, how it can manifest and look at strategies and approaches that may support.

This half-day workshop will:

- Deliberate what anxiety is and how it may present
- Support for children who are experiencing Emotionally Based School Avoidance
- An introduction to therapeutic approaches including Emotion Coaching
- An exploration of tools and resources
- An introduction to Cognitive Behavioural Approaches

This half-day workshop is suitable for parents or carers of children and young people who are experiencing anxiety at a level that impacts their day to day activities.

This workshop is £5 per participant
Refreshments are provided

MY CHILD'S BUSY BRAIN – NAVIGATING ADHD



Date	Four-part course on: 17 th November 2023 24 th November 2023 1 st December 2023 8 th December 2023
Time	09:45-12:45
Presented By	Jonathan Smeeton 24 th November Session – Guest Speaker Dr Kim Selby

A four-part course on Attention Deficit and Hyperactivity Disorder (ADHD) for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

In this four-part course we will:

- Explore the causes and effects of ADHD and address some of the many misconceptions and myths surrounding this contentious label
- Consider the role and implications of medications
- Consider strategies and interventions to support learning and social development
- Explore positive approaches to behaviour management including sanctions and rewards
- Consider what “good practice” looks like for children with ADHD in the home and in the community

Numbers are limited and therefore places will be allocated on a first come first served basis. One parent or carer must commit to attending all four workshops. Another parent or carer is welcome to join any or all of the above.

This four-part course is £5 per participant
Refreshments are provided

AN INTRODUCTION TO ASC



Date	20 th November 2023
Time	09:45-12:45
Presented By	Jemma Williams

This is a workshop about Autism Spectrum Conditions (ASC) for parents, carers and families of children **with a diagnosis of ASC or a noticeable social communication difficulty.**

Participants will gain an understanding of ASC and an overview of some of the strategies and interventions that can be used support children and young people with social communication difficulties.

In this half-day workshop we will:

- Discuss ASC, the diagnostic process and what ASC means for your child
- Consider the cognitive theories relating to ASC and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how to support children with ASC – strategies and interventions

This workshop is suitable for parents and carers supporting children and young people with this profile.

This workshop is £5 per participant
Refreshments are provided

STARTING ON THE SPECTRUM



Date	Five-part course on: 9 th January 2024 16 th January 2024 23 rd January 2024 30 th January 2024 6 th February 2024
Time	09:45-12:45
Presented By	Early Years Team

Receiving an autism diagnosis for your young child can be an emotional time. Our 'Starting on the Spectrum' programme is your next step in finding out more. This five-part programme takes place over five morning sessions and is suitable for parents and carers of children in the early years (5 years and under) with a diagnosis of Autism Spectrum Conditions (ASC). During this series of workshops parents will look at the features of ASC, exploring a new topic each week.

This programme is designed to:

- Increase understanding of ASC conditions and their impact
- Develop an awareness of potential sensory sensitivities and their impact on everyday life
- Consider brain development and its impact
- Support parents and carers to understand strategies they can use to support children and young people
- Support the development of healthy relationships
- Give the opportunity to discuss strategies and problem solve together in a friendly environment with other families in the same position.

Numbers are limited and so places will be allocated on a first come first served basis. **PLEASE NOTE that one parent or carer must commit to attending all five sessions.** Another parent or carer is welcome to join any or all sessions.

This five-part course is £5 per participant
Refreshments are provided

SLEEP SUPPORT



Date	19 th January 2024
Time	09:45-12:45
Presented By	Susan Cassingham and Kate Chatfield

Sleep problems can be a persistent and severe problem for children and young people. Improved sleep can lead to reduced stress within the family and improved educational outcomes for the young person.

This half-day workshop will:

- Introduce participants to a range of sleep problems in children and young people with additional support needs
- Identify possible causes of sleep difficulties
- Consider behavioural interventions to improve them
- Provide an opportunity to share ideas with parents and carers facing similar challenges

This workshop is suitable for parents, carers and families of Early Years, primary age and secondary age children (age 3+).

This workshop is £5 per participant
Refreshments are provided

ATTACHMENT



Date	22 nd January 2024
Time	09:45-12:45
Presented By	Tracey Farley

A child's ability to engage in learning and be fully included in school and family life can be fundamentally affected by their experiences of early relationships or attachments.

This half-day workshop will:

- Explain some of the factors that can prevent a secure attachment from forming between a child and their primary care giver
- Outline some of the challenges that these children experience on a daily basis and the impact that this has on their ability to form meaningful relationships with both adults and their peers
- Consider some of the behaviours that these children exhibit and how they can be supported to overcome negative childhood experiences
- Provide an opportunity for parents, carers, families and professionals to reflect on how an ethos of emotional wellbeing may strengthen inclusion, reduce disaffection and promote resilience
- Discuss practical advice and ideas that can be implemented

This workshop is suitable for parents and carers supporting vulnerable children and young people.

This workshop is £5 per participant
Refreshments are provided

AUTISM IN GIRLS



Date	23 rd January 2024
Time	18:00-20:30
Presented By	Jemma Williams

This is a workshop about Autism Spectrum Condition (ASC) in girls for parents, carers and families of children with a diagnosis of ASC or a noticeable social communication difficulty. Participants will gain an understanding of ASC along with looking at the research and implications surrounding girls with ASC. Participants will gain an overview of some of the strategies and interventions that can be used to support children and young people with social communication difficulties.

In this evening workshop we will:

- Discuss ASC, the diagnostic process and what ASC means for girls and their families
- Consider the theories behind ASC and girls
- Consider the cognitive theories relating to ASC and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how to support girls with ASC – strategies and interventions

This workshop is suitable for parents and carers supporting girls with autism.

This workshop is £5 per participant
Refreshments are provided

HELPING YOUR CHILD WITH LITERACY



Date	12 th March 2024
Time	09:45-12:45
Presented By	Laura James

Participants will understand the origins, definitions and ways of identifying specific literacy difficulties (dyslexia). Participants will develop their understanding of how they might effectively support their child in the home in relation to literacy, using technology and support for organisation and memory.

This half-day workshop will:

- A very short introduction to specific literacy difficulties – the history, possible causes, prevalence and co-occurring difficulties
- An overview of identification and assessment pathways
- Opportunities to explore how parents can effectively support children with reading and spelling when at home
- Opportunities to explore other areas of difficulty that may arise with specific literacy difficulties, such as memory and study skills.
- A brief exploration of how technology might be utilised at home

This workshop is suitable for parents and carers supporting vulnerable children and young people who have literacy needs.

This workshop is £5 per participant
Refreshments are provided

SUPPORTING YOUR CHILD TO THRIVE ONLINE



Date	26 th March 2024
Time	09:45-12:45
Presented By	Jonathan Smeeton

This workshop will offer advice and strategies to support parents, carers and families understand the importance of maintaining children's digital health and how to encourage a safe, happy, enjoyable and manageable relationship with technology. This workshop will also consider the educational, communitive and leisure role of technology during the pandemic and how we might support our children moving forward.

This half-day workshop will cover:

- Technology to support independence and learning
- Understanding the impact of sustained screen time
- The adolescent brain on games
- Technology and sleep
- How to take control in a supportive and positive way
- Social media-the attraction, using it safely and the pitfalls
- A comprehensive overview of support
- Next steps in technology and gaming – virtual and augmented reality
- Recognising when technology is becoming a problem and what to do about it
- Gaming addiction, the multiplayer game and the online community (Fortnite case study)
- Education's reliance on technology – the benefits and pitfalls

This workshop is suitable for parents, carers and families of primary and secondary age children. This workshop is free to attend. Refreshments are provided.

This workshop is £5 per participant
Refreshments are provided

SUCCESS ON THE SPECTRUM



Date	Five-part course on: 25 th April 2024 2 nd May 2024 9 th May 2024 16 th May 2024 23 rd May 2024
Time	09:45-12:45
Presented By	Jemma Williams

This five-part course takes place over five morning sessions and is suitable for parents and carers of school aged children with a diagnosis of Autism Spectrum Condition (ASC). The course aims to deepen delegates' understanding of the diagnosis of ASC and to provide effective strategies for school age children and their families. Participants will meet other parents and carers and will share experiences in a supportive atmosphere.

In this five-part course we will:

- Session One: What does a diagnosis of ASC mean? What are the features of autism?
- Session Two: Investigating communication. Visual supports – what might they be and how can they help?
- Session Three: Sensory sensitivities and anxiety
- Session Four: Developing emotional awareness and analysing and managing behaviour
- Session Five: A session to be tailored to the needs of participants and their children

Numbers are limited and so places will be allocated on a first come first served basis. **PLEASE NOTE** that one parent or carer must commit to attending all five sessions. Another parent or carer is welcome to join any or all sessions.

This workshop is £5 per participant
Refreshments are provided

SLEEP SUPPORT



Date	21 st May 2024
Time	18:00-20:30
Presented By	Susan Cassingham and Kate Chatfield

Sleep problems can be a persistent and severe problem for children and young people. Improved sleep can lead to reduced stress within the family and improved educational outcomes for the young person.

This half-day workshop will:

- Introduce participants to a range of sleep problems in children and young people with additional support needs
- Identify possible causes of sleep difficulties
- Consider behavioural interventions to improve them
- Provide an opportunity to share ideas with parents and carers facing similar challenges

This workshop is suitable for parents, carers and families of Early Years, primary age and secondary age children (age 3+).

This workshop is £5 per participant
Refreshments are provided

AN INTRODUCTION TO ASC



Date	11 th June 2024
Time	09:45-12:45
Presented By	Jemma Williams

This is a workshop about Autism Spectrum Conditions (ASC) for parents, carers and families of children **with a diagnosis of ASC or a noticeable social communication difficulty.**

Participants will gain an understanding of ASC and a overview of some of the strategies and interventions that can be used support children and young people with social communication difficulties.

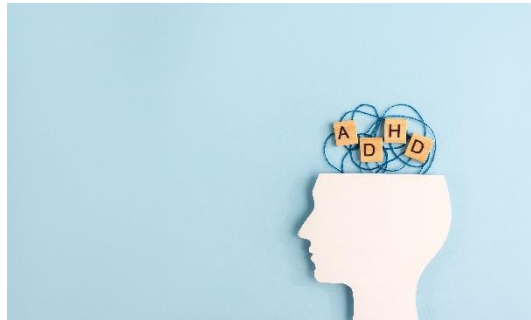
In this half-day workshop we will:

- Discuss ASC, the diagnostic process and what ASC means for your child
- Consider the cognitive theories relating to ASC – and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how to support children with ASC – strategies and interventions

This workshop is suitable for parents and carers supporting children and young people with this profile.

This workshop is £5 per participant
Refreshments are provided

AN INTRODUCTION TO ADHD



Date	17 th June 2024
Time	09:45-12:45
Presented By	Tracey Farley

This introductory course will consider the strengths children with an ADHD diagnoses might have, as well as outlining how to effectively support additional needs.

In this half-day workshop we will cover:

- What ADHD is and how it impacts upon the child and adolescent brain.
- What is executive function and how to support deficits
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- Tools and ideas which support independence
- Practical tools and advice
- ADHD and emotional regulation
- Sharing of free resources for ongoing support
- Explore strategies that may support sleep

This workshop is suitable for parents and carers of children and young people **with a diagnosis or a noticeable difficulty**.

This workshop is £5 per participant
Refreshments are provided



USEFUL LINKS AND INFORMATION

Makaton

<https://makaton.org/TMC/>

Makaton has been shown to be useful for all sorts of people including those who struggle with understanding concepts, those who have poor literacy skills, including grammatical knowledge, and those with English as an Additional Language. By using Makaton, children and adults can take a more active part in life, because communication and language are the key to everything we do and learn.

Topics covered by free downloads include:

- Activities and games
- Animals, food and places
- Events and special days
 - Food and transport
 - Health
 - Life skills
 - Nature
- People and characters
- Religion and festivals
 - Songs and stories
 - Vocabulary
 - Wordlists



ADHD Sheppey

<https://www.adhdawesome.com/>

The ADHD Sheppey Support Group was established in 2012 and has grown, exponentially, over the years. We meet on a Friday afternoon at the Healthy Living Centre in Sheerness.

There are separate activities for the children whilst parent/carers can discuss any challenges, difficulties or even celebrate achievements. If you have a child with ADHD or are awaiting a diagnosis for yourself or your child, then come and see us!

Down Syndrome Association

<https://www.downs-syndrome.org.uk/about-dsa/our-network/local-support-groups/>

There is a large network of parent-led support groups covering England, Wales and Northern Ireland. These groups are independently run by parents for their own local communities and are affiliated to the Down's Syndrome Association. The groups come in all shapes and sizes, depending on their numbers, ages and the interest and needs in their local area. The groups aim to provide a local network that provides friendship, support, social events and other events and activities.

For details of the groups please email or call us:

Helpline: 0333 1212300 (10am-4pm)

Email: info@downs-syndrome.org.uk



BOOKING INFORMATION

For further information or to make a booking, please contact MIDAS Administrative Assistant on 01795 477788 (option 6) or via email to: MIDAS@meadowfield.kent.sch.uk

Our parents, carers and families' workshops are now charged at £5 per attendee at time of booking, this is to cover refreshments and any resources that are provided.

Parking is available onsite however, it is in high demand so you may need to park offsite occasionally.

If you have booked a place but are then unable to attend, please notify the MIDAS Centre at your earliest convenience as this will enable us to offer the place to someone else.



THE MIDAS STLS TEAM

Administrators

Rebecca McCarthy
Jenna Paternoster
Jacqueline Woodhouse

STLS District Lead

Rebecca Kenny

Specialist Teachers

Kate Chatfield
Jamie Evans
Tanya Haynes
Jonathan Smeeton
Tracey Farley
Jemma Williams
Laura James

Inclusion Support Assistants

Susan Cassingham
Clare Bushell

The team look forward to welcoming you at the MIDAS Centre

WELLBEING DOG

Tommy



Tommy is our STLS Wellbeing Support Dog. Tommy will attend settings and schools by request and with prior arrangement, accompanied by a member of the Specialist Teaching and Learning Team.

KEEPING UP TO DATE

If you would like to receive email updates regarding our workshops for professionals, please ask to join our mailing list, by emailing **midas@meadowfield.kent.sch.uk**

Details of all workshops are available via CPD online, KELSI, on our website:

<https://www.meadowfield.kent.sch.uk/midas-and-stls/>

Why not follow us on facebook by visiting STLS Swale to find out about our latest workshops and what is going on here at MIDAS.



STLS DISTRICT LEAD: Rebecca Kenny

EMAIL: midas@meadowfield.kent.sch.uk

TEL: 01795 477788 (Option 6)

WEBSITE: www.meadowfield.kent.sch.uk/midas-and-stls

ADDRESS: MIDAS Centre, Meadowfield School,
Swanstreet Avenue, Sittingbourne,
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