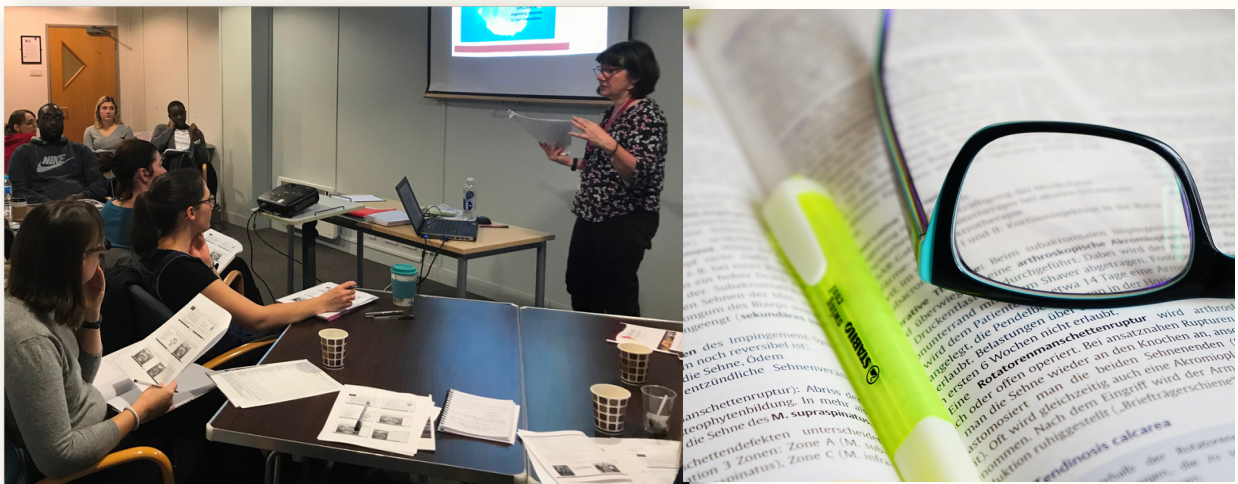




2023-2024

## Training with Autism Bedfordshire



“

**Huge thanks for the wonderful training you delivered. I found the advice so helpful and would not hesitate to attend another Autism Bedfordshire run course in the future or recommend this training to others**

”



Autism Bedfordshire, Suite B1, 1 Hammond Road, Elms Farm,  
Bedford MK41 0UD



enquiries: 01234 214871 / helpline: 01234 350704



[training@autismbeds.org](mailto:training@autismbeds.org)



[www.autismbedfordshire.net](http://www.autismbedfordshire.net)

Registered Charity No 1100722

# Welcome to Autism Bedfordshire

Autism Bedfordshire is an independent charity providing information, advice and practical support to autistic individuals and their families across Bedfordshire, neighbouring counties and beyond.

We offer face to face and virtual training to all practitioners, health and social care services, schools, employers and community groups, to develop understanding of autism. Where possible our training is delivered in partnership with autistic guest speakers.

We are the only voluntary organisation in Bedfordshire specialised in supporting autistic people and we are proud of our reputation for being an excellent provider of quality autism support.

In this brochure we are proud to present the diverse range of training opportunities that we can offer, with our current prices (as at July 2023) which include electronic handouts and certificates of attendance.



# Half Day Workshops - 3 hours

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## Autism - Introduction for Practitioners £50 per person or £500 per organisation

A tier 1 workshop encompassing recent updates to autism legislation, current thinking/research, and use of language around autism. A comprehensive basic course for people new to autism and a useful refresher for those in need of updated training.

To explore:

“ I will be able to understand behaviour and use knowledge to deal with situations better ”

- an overview of current autism legislation
- what autism is, and the key areas that may impact autistic individuals
- some basic practical strategies to become more 'autism friendly' in your setting and in supporting autistic individuals

## Autism & Behaviour for Practitioners £50 per person or £500 per organisation

A tier 2 workshop providing information about the underpinning causes of differing behaviours in autistic individuals of all ages and how they may best be supported.

To explore:

“ I will be able to understand behaviour and use knowledge to deal with it better, rather than saying stop! ”

- the differences autistic individuals may experience in regulating behaviours
- how to adapt environments and practices to meet the needs of autistic children and adults
- some possible ways to support during difficult situations

## Autism & Demand Avoidance for Practitioners £50 per person or £500 per organisation

A tier 2 workshop to increase understanding of the demand avoidant presentation of autism, with advice on how to support those with this challenge.

To explore:

“ Hugely insightful trainer with real life scenarios and plenty of practical ideas ”

- what is meant by 'demand avoidance' in relation to autism and the controversy over the 'PDA' diagnosis
- the role of anxiety in creating demand avoidant behaviour
- how to work collaboratively with children and young people to minimise demand avoidant behaviour



# Half Day Workshops - 3 hours

## Autism & Mental Health for Practitioners £50 per person or £500 per organisation

A tier 2 workshop explaining the impact of poor mental health on autistic individuals, particularly useful for practitioners working with autistic individuals who have co-existing mental health conditions and/or dual diagnoses.

To explore:  Really useful learning about the differences between mental health and ASD and how it can be difficult to identify these 

- an overview of co-existing mental health and some neurological conditions commonly experienced by autistic people and how these affect their individual needs
- how to proactively adapt environments and practices to prevent needs escalating
- resources and strategies for supporting individuals

## Autism & Sensory Processing for Practitioners £50 per person or £500 per organisation



A tier 2 workshop explaining the relationship between autism and sensory processing differences, in autistic people of all ages.

To explore:  All of the resources provided were super helpful! I have learnt so many new terms that I can continue to apply to my work 

- the impact of sensory processing differences on the lives of autistic individuals
- resources and strategies to support health and wellbeing due to sensory challenges
- when to ask for professional input

## Autism & Using Social Stories for Practitioners £50 per person or £500 per organisation

A practical tier 2 workshop providing the opportunity to learn and develop skills to communicate with autistic people of all ages more effectively, using social stories. Including the opportunity to compose a social story of your own.

 I feel more confident to write a social story and will be writing them to assist my daughter in transition 

To explore:

- the differences we all experience in perspective taking and social understanding – due to different ways of thinking and processing information
- the original theory behind the concept of social stories in addressing these differences and how they might still be useful
- writing your own social story based on a situation of your own experience





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## **Autism, Women & Girls**

### **£50 per person or £500 per organisation**

A tier 2 workshop providing an understanding of how autism may present in a more internalised way in females (and some males!).

To explore:  *I feel more aware of how to help women of all ages who have autism, and can think about how best to support them* 

- the way autism may present more subtly in females and why this may delay diagnosis
- how to adapt environments and practices to meet the specific needs of autistic females
- resources and strategies for supporting autistic females

## **Autism & Communication for Practitioners**

### **£50 per person or £500 per organisation**

A tier 2 workshop looking into communication differences that may be experienced by some autistic individuals and how to meet their needs.

To explore:

- what we mean by communication
- how and why autistic communication may differ from non-autistic communication
- some possible ways to support autistic individuals with communication

## **Autism & Eating Disorders**

### **£50 per person or £500 per organisation**

A tier 2 workshop to understand the complicated relationship autistic individuals may have with food and eating, due to both sensory processing and thinking differences.

To explore

- the impact of autism on the way autistic individuals experience food and eating
- sensory processing differences and how these specifically relate to eating challenges
- anxiety and its impact on autistic individuals (including demand avoidance)
- some resources and strategies that may be helpful to support autistic individuals with eating challenges





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## **Autism in the Early Years**

### **£50 per person or £500 per organisation**

This Tier 2 course has been written for practitioners of any background but particularly for those working regularly with or supporting autistic children in an Early Years setting.

To explore:

- Some of the ways young autistic children may experience the sensory world around them; how to interpret and support their possible responses
- How early years children may communicate and interact, including autistic language development, play, and the value of visual support for communication
- Practical approaches that all professionals can draw upon in their work with autistic children
- When and who to ask for additional support

## **Autism- What Next ?**

### **£50 per person or £500 per organisation**

This new, tier 3 course offers participants a template programme to take away, that can be used as therapeutic approach for practitioners and parents/carers to use following an autism diagnosis in children and young people.

Delegates will explore:

- the implications of an autism diagnosis, and the importance of sharing this diagnosis with the individual in a positive way
- how to use the template programme provided with the training
- how to personalise and adapt delivery of the programme to suit individual needs and circumstances

Course Length: Two hours (face to face)

Pre-requisites: Professional or personal involvement with autistic individuals; a good understanding of autism based on prior attendance at our introductory and practitioner courses or similar (please contact us if you're unsure if this course is suitable for you).

**Pre-requisites of attendance:**  
**A good basic understanding of**  
**autism (unless otherwise stated)**



## 2 Half Day or 1 Full Day Courses - 6 hours

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### Autism in the Classroom

**£100 per person or £1,000 per organisation**

This tier 2 course is designed for practitioners working in a school environment who work with autistic children of all ages: particularly useful for SEN Coordinators, class teachers and other professionals directly supporting autistic children in the classroom. Both parts of the course must be attended to receive an attendance certificate.

To explore:

“All parts of the course were useful”

- the main differences experienced by autistic children – and some of their strengths
- practical strategies that all staff can implement to support autistic children
- knowledge to cascade to colleagues to ensure your school is/remains an autism-friendly setting

### Supporting Autistic Clients & Colleagues

**£1,000 per organisation**

This tier 2 course is designed to develop skills, knowledge, and strategies for supporting autistic adults. The course is suitable for those who work directly with or alongside autistic individuals, or who need a more detailed understanding of autism.

To explore:

- what autism is – the key areas that may impact autistic people; the ‘spectrum’ of autism, considering causes of stress, including an overview of sensory processing differences
- the range of areas in which an autistic person may need support
- some practical strategies to become more ‘autism friendly’ in supporting autistic individuals
- an overview of workplace specific current legislation relating to autism; reasonable adjustments and approaches required
- the differences autistic people may experience regulating behaviours
- the differences autistic people may experience in perspective taking and social understanding – a different way of thinking – introducing the theoretical concept of social stories in addressing these differences
- how to proactively adapt environments and practices to meet the needs of autistic individuals and prevent situations escalating
- strategies for managing difficult situations

“I found learning about how autism impacts the person and others supporting them so useful”



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## **Autism - Advanced Professional Practice** **£1,000 per organisation**

This tier 3 course is based on evidence gathered from autistic people and clinical research professionals, with content being reviewed and updated in line with ongoing developments in research and our understanding of autism. Designed for people working with autistic adults in a professional capacity; people with a personal interest are welcome to attend but the focus will be on professional practice.

**Pre-requisites:** Professional involvement with autistic adults; a good understanding of autism based on prior attendance at our introductory and practitioner courses or similar (please contact us if you're unsure if this course will be suitable for you).

To explore:

- detailed information on autism theories and practice
- the clinical diagnosis process
- an overview of approaches and reasonable adjustments required to support autistic adults

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### **Costs explained**

The costs shown are for an individual attending a pay per place workshop online or at our venue or for an organisation buying in a course, based on venue and refreshments being provided by the client. Travel to and from that venue is additional at 45p per mile from our office address – MK41 0UD.

For our pay per place workshops to be as interactive as possible we allow a maximum of 15 delegates at online training and 20 at face to face training. For organisations buying in a course the maximum is 20 delegates, plus £25 per head for additional delegates.

### **How to book**

All practitioner training is fully accessible to practitioners and parents who feel the content may increase their knowledge and understanding.

For further information and to book visit our website:

**[www.autismbedfordshire.net](http://www.autismbedfordshire.net)**

or email

**[training@autismbeds.org](mailto:training@autismbeds.org)**





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## Our Cancellation Policy

### For individuals/pay per place

- All training places are subject to payment being received in advance of the course date.
- We require 7 days' notice if a delegate cancels a place and a refund is required.
- Should delegates receive a confirmed place but fail to attend, a failed booking fee of the full course fee will be applied.
- A minimum of 24 hours prior notice of a substitute delegate will be acceptable.
- If a booking is made on behalf of someone else, please provide their contact email as unregistered delegates will not be admitted.
- If for any reason we have to cancel a course at short notice, we will refund your course fee or transfer it to any future course.

### For organisations

- An immediate non-refundable deposit of £100 is required to secure all bookings.
- The full balance will be invoiced if less than 10 working days' notice of cancellation is given.



“ I hate training and began the day especially determined to hate this, but I didn't. It was useful and I was relieved about the attitude/approach to autism ”



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## Commissioned/Bespoke Training

Autism Bedfordshire is immensely proud of its range of quality specialist training packages, which have to date reached over 5,000 delegates throughout Bedfordshire, neighbouring counties and beyond. In addition to the courses specified in this brochure and our rolling programme of pay per place workshops (dates for which can be found on our website) we can also design bespoke training.

Some of our bespoke training has included, but is not limited to:

- Offering our half day workshops as two twilight sessions (eg for school staff)
- Our 'Train the Trainer' offer (please ask for details)
- Training adapted for specific service providers (carers/sports coaches/prison officers)

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## Oliver McGowan Training

Autism Bedfordshire are pleased to have been commissioned by the Bedfordshire, Luton & Milton Keynes (BLMK) Integrated Care Board to begin our journey towards being able to offer the Oliver McGowan Mandatory Autism and Learning Disability training to health and social care settings.

Our Lead Facilitator for this project is Helen McHugh. Helen is a qualified and practising counsellor (Level 4 Diploma in Therapeutic Counselling). Helen has many years of experience supporting autistic young people and adults both in a previous role with Autism Bedfordshire and in other areas of professional practice. In addition, Helen holds a Certificate in Post Compulsory Education (Cert Ed), Level 5, and Level 6 in Career Guidance and Development.

Helen will be supported in delivering this project by a number of our adult members who have recently been recruited to deliver the training. The team are working towards being able to commence delivery of the training by Autumn 2023. At that stage, the training will be made available to eligible service providers within BLMK.



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# Educational Consultancy

This service can be accessed by education practitioners or parents/carers who would like assistance in identifying, understanding, and supporting young people who may face barriers to their learning and development. It can be commissioned by local authority staff to supplement their own provision.

## What this service can offer

- Individual observations in the setting or (exceptionally) at home
  - Sensory environmental audit
  - Holistic reports containing clear recommendations
  - A focus on all diagnostic areas including social communication and interaction, flexibility of thought, behaviours, the impact of sensory processing differences and environmental factors
  - Advice about possible ways forward for the young person, suggested interventions and targets
  - Useful evidence either pre or post diagnosis when seeking statutory support (**please consult with your Local Authority to confirm they will recognise such evidence**)
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## Our experience

Mandy Higgs is a qualified autism advisory teacher (B.Ed.) with over 15 years of professional experience and many more years of lived experience of autism. Mandy has a Postgraduate Certificate in Autism and further associated training including Carol Gray Social Stories, 3 & 5 Day TEACCH, 2 Day PECS, 2 Day SCERTs and 1 Day Protective Behaviours. She is an Inclusion Expert for the DfE and currently in the process of being trained to be an Oliver McGowan Mandatory training facilitator.

Charlotte Davids holds a Master of Teaching (undergraduate), M/TEACH with Qualified Teacher Status, and the National Award for SEND Coordination, Part 1 of 2, Masters Level. As a former SENDCo, she has undertaken a wide variety of continuous professional development around autism and has a wealth of lived and professional experience to draw upon. She has been delivering our autism training for the past two years with extremely positive feedback.

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## Cost/Fees

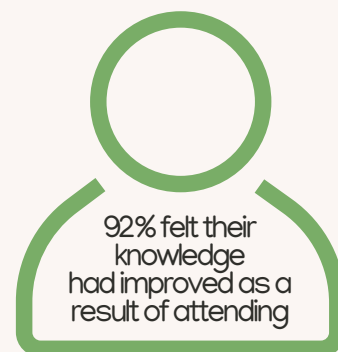


Autism Bedfordshire will always agree service fees before going ahead with any work. We will offer an initial (one-off) up to 30 minute telephone consultation to any new client, free of charge, with no further obligation.

Our consultancy fee starts at £50/hour. There is an additional cost of 45p/mile added for the round trip between the agreed location and ours (MK41 0UD)

Example: Observation of a child (1–2 hours), written report with recommendations based on this observation and other information collated such as medical/school reports (3–4 hours). Typically this would total 5–6 hours' work and therefore cost £250–£300, plus travel. If a follow up meeting is required, this would add a further hours' fee plus travel costs to the total.

## Our Statistics



## Our Training Team



**Mandy Higgs**  
Autism Training & Consultancy Manager



**Charlotte Davids**  
Lead Autism Trainer



**Fay Williams**  
Training Administrator



**Becky Boulton**  
Autism Trainer

