



ASD /ADHD

Parent workshops / support program

To be held at The MegaCentre, Brook Road, Rayleigh SS6 7UT

10-12 unless stated in session

Booking essential – please email epunft.Lighthouse.adhd@nhs.net or epunft.Lighthouse.ASD@nhs.net

- 15/05/24 Week 1** To be attended by all parents wishing to complete the course – handouts and register for the following sessions face to face **10-11**
- 22/05/24 Week 2** What is ASD, what is ADHD – **Face to Face 10-12**
- 29/05/24 Week 3** Zones of regulation – covering how to manage those meltdowns **face to face 10-12**
- 05/06/24 Week 4** Sleep virtual session 10-12 **link to be sent**
- 12/06/24 Week 5** Restrictive feeding in children **Face to face 10-12**
- 19/06/24 Week 6** Sensory issues – Lead by Lighthouse Occupational Therapist **face to face 10-12**
- 26/06/24 Week 7** Practical advice – EHCP, routines, house rules, clear instructions, diet and exercise SN service also present H4L Programme **face to face 10-12**
- 03/07/24 Week 8** Toileting – Lead by the continence team – **virtual session (Link to be sent)**
- 11/07/24 Week 9** Anxiety joint with CAMHS/Jigsaws team **face to face 10-12**
- 17/07/24 Week 10** Preparing for adulthood/ transitions the ready steady **go over 11s Only**, preparing for school holidays – **face to face 10-12**
- 24/07/24 Week 11** Groups that can support – helpful agencies
& week 12 Session evaluation / completion - life after diagnosis **face to face 10-12**