

## Autism Spectrum and Mental Health Issues Conference for Parents/Carers

**Thursday 15 March 2018 10am – 4pm**

**(Lunch and refreshments included)**

Leicester Racecourse (Nelson Suite - also known as The Grandstand),  
The Racecourse, Oadby, LEICESTER LE2 4AL

**Offering parents/carers and professionals  
understanding and practical strategies to support  
young people with ASD and mental health issues**

**A combination of first-hand accounts and ideas from educators, therapists  
and medical personnel alongside an exhibition hall (shops, information  
stands, networking, etc.)**

9.30 - 9.45	<b>REGISTRATION</b> (tea/coffee/pastries)
9.50 - 10.00	<b>INTRODUCTION</b>
10.00 - 11.00	<b>KEYNOTE ADDRESS</b> John Simpson (an adult with ASD) 'Understanding My Mental Health Needs' ( <a href="http://www.inspirationalautismtraining.com">www.inspirationalautismtraining.com</a> )
11.00 - 12.30	<b>Sarah Jane Critchley</b> mother of 2, author of ' <i>A Different Joy</i> ', Programme Head of AET and poet
12.30 - 13.15	<b>LUNCH</b> (networking/stalls/asking questions)
13.15 - 14.00	<b>WORKSHOPS A or B</b> (see below for selection)
14:05 - 14.50	<b>WORKSHOPS C or D</b> (see below for selection)
14.50 - 15.00	<b>BREAK</b> (networking/stalls)
15.00 - 16.00	<b>Dr Khalid Karim</b> Consultant Child Psychiatrist, Leicester CAMHS and author of ' <i>A Practical Guide to Mental Health Problems in Children with Autistic Spectrum Disorder: It's not just their autism!</i> '
16.00 - 16.15	<b>WRAP UP AND CLOSURE</b>

**Please select which workshop you would like to attend**

**(Select 1 from either A or B and 1 from C or D)**

**Workshop A: Girls with ASD – AOS/EPS Team**

This workshop outlines the profile of girls on the autism spectrum and provides guidelines for a different emphasis needed to support them in educational and home settings.

**Workshop B: Sensory Strategies for Working with Young People with ASD – NHS OT**

A practical workshop looking at a brief understanding of how sensory issues can manifest in young people with ASD and strategies and ideas in order to help within the home/community.

**Workshop C: Supporting the Transition of Young People with ASD into an Adulthood – AOS, Transitions, and Prince's Trust**

A workshop looking at practical ideas and strategies to help young people make the transition from school/college into adult life, plus a highlight of different ways to support the process.

**Workshop D: Dealing with School Stressors – AOS Staff**

A workshop looking at practical ideas to help young people with ASD to cope with every day school stressors, and helping parents to understand what they can do to help young people with ASD to cope.

**Costs**

**Parents/Carers: £20 per person**

Includes Year's Membership to Leicestershire Autistic Society

**Current LAS Members: £10 per person**

Please quote your membership number when booking

**Professionals: £79**

For Schools/Settings ONLY: [Book and Pay Online](#)

**To book a place please contact AOS at:**

**[AOStraining@leics.gov.uk](mailto:AOStraining@leics.gov.uk) stating: name, address, contact number and email, dietary requirements, workshop choices (x2 A or B, and C or D) and details for invoicing.**

**Cancellations made after 8/3/2018 will be charged the full price.**