

Delivery of Autism Seminars for families across Greater Manchester

What parent seminars The Greater Manchester Autism Consortium are
delivering in 2019-2020

20 Autism Seminars for families (1 Managing Anger and 1 Sensory Needs seminar per Greater Manchester borough). Possible reach of 400-500 parents.

2 Transitions workshops. These are 2 day workshops focusing on transition planning.
Possible reach of 40 parents.

1 Carers resilience workshop. This is a 3 session series of workshops. Possible reach of 10 parents.

To **transform the Transition workshop materials into an e-document** that would be accessible online for parents who may not be able to attend workshops.

Funded by :



As part of the Greater Manchester Transforming Care NHS Accelerator Programme.

What are Autism Seminars for families?



The seminars are written by the National Autistic Society and delivered across Greater Manchester by GMAC.



What are Autism Seminars for families?



GMAC co-deliver all our seminars with parents who have lived experience that have attended our parent facilitator training.



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We currently have 5 parent facilitators who co-deliver the seminars in their area and 1 other neighbouring borough.

What are Autism Seminars for families?



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Up to 25 parents/carers can attend each seminar.



Each parent/carer receives a seminar workbook to take home.

What are Autism Seminars for families?

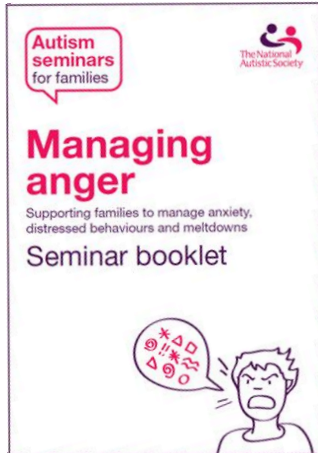


The seminars run for 1 day from 9:30am-2:30pm to enable families to attend while their child/young person is in school.



We use local low cost venues with good transport links wherever possible to support families to be able to attend.

What topics do the seminars cover?



What is anger?

What is a low arousal approach?

Coping with meltdowns

Helping your child to manage their feelings



Sensory processing

Sensory processing differences in children with autism

Helping your child with their sensory needs

Why deliver Autism Seminars for families?

- Post diagnostic support remains varied across Greater Manchester.
- To empower parents/carers to better understand their child's needs and how to support them.
- To give parents the opportunity to meet other parents and share experiences. Reducing Isolation.
- The project also offers a paid opportunity for the parent facilitators.

Impact and benefits

Since April 2019 84 families have accessed the Autism Seminars for Families. In the feedback forms gathered 100% of parents stated that they agreed or strongly agreed that they enjoyed the seminar. 100% of parents would recommend the seminars to other families.

The benefits of the Autism Seminars for families as identified from our feedback are:

Increasing autism awareness

On average 88% of parents agreed or strongly agreed that their awareness of Autism has increased by attending the seminar

Impact and benefits

Increasing families understanding of how their child's sensory needs or anger related to autism affects them

On average 97% of parents agreed or strongly agreed that their understanding of how either sensory needs or anger effects their child increased as a result of attending the seminar

Increasing confidence of parents in using positive strategies that support their child

On average 99% of parents either agreed or strongly agreed that they felt more confident in their ability to meet their child's needs as a result of attending the seminar

Impact and benefits

Improving community connections and reducing loneliness

More than 9 in 10 (93%) of parents caring for a disabled child have felt lonely or socially isolated due to their caring role.¹ Delivering more local workshops enables families to connect and meet other families in their area to build support networks.

¹ Carers UK (2017) 'The world shrinks', Carer loneliness: A research report by Carers UK as part of the Jo Cox Loneliness Commission

*All data is based on feedback forms from 2019 Autism Parent Seminars for Families in Greater Manchester delivered by GMAC

Feedback from Autism seminars for families 2019

Parent quotes from feedback forms

“Thank you for an uplifting, informative and practical session. I feel like I’m re-energised to understand and support my daughter.” - **Bury parent, Managing Anger Seminar Jun 2019**

“A fantastic seminar. Thank you! This has made me think things through differently” - **Trafford parent, Sensory Seminar Aug 2019**

“Thank you very much for your informative speakers. It’s great to have people who have lived with as opposed to have ‘read’” – **Manchester parent, Sensory seminar May 2019**

Feedback from Autism seminars for families 2019

Parent quotes from feedback forms

“It’s been very helpful to hear tips and strategies on trying to help children to do some daily tasks – tooth brushing, hair washing etc. It’s lovely just to hear/share similar experiences so you feel you’re not going through this on your own” – **Trafford parent, Sensory Seminar Aug 2019**

“Some great information and strategies which I’m looking forward to trying at home” - **Salford parent, Managing Anger Sep 2019**

“The course leaders were fantastic. It was great to meet other parents and share experiences throughout the seminar as it helped me to understand our own situation and how to move forward.” - **Bolton parent, Managing Anger seminar Aug 2019**

Impact and benefits

Benefits of parent facilitators

Half of working age carers live in a household where no-one is in paid work². This model of delivery has added value as it also provides valuable work experience and skills for the parent facilitators. Some of which have never presented or delivered training previously. This training and paid experience will improve their employability as well as increase their confidence in applying for different roles that may better suit their life balance as a parent carer.

² Carers UK (2014) Caring & Family Finances Inquiry UK Report

Schedule for delivering seminars

Parent seminars delivered April 2019-September 2019

Sensory Needs: Tameside, Manchester, Oldham, Trafford, Wigan.

Managing Anger: Bury, Bolton, Salford

Upcoming seminars October 2019-April 2020

Sensory Needs: Stockport, Rochdale, Bury, Bolton, Salford

Managing Anger: Manchester, Tameside, Oldham, Wigan, Trafford, Stockport, Rochdale

Delivery of 2 Transitions workshops for Families

The first session will be in Salford on 19th and 26th of November 2019 and is already fully booked. The second session will be in Tameside in February (date TBC).

Delivery of 1 Carers resilience workshop for Families

The Carers resilience workshop is scheduled to be delivered in Trafford in early 2020 (date TBC) and will be delivered by Jane Forrest (Autism Co-ordinator for Trafford) and co-delivered by a parent with lived experience who has attended our Carer's resilience training session.

We have submitted a bid to the Department of Health Carers Innovation Fund to extend the scope and reach of the Carer's resilience workshops across Greater Manchester.

Transforming the Transition workshop materials into an e-document

The Transition resource has been written and is now at the editing stage of development.

Thank you for listening