

# Information Sessions for Parents and Carers of Young People with Learning Disabilities and/or Autism, who live in North Derbyshire

## Supporting Communication (not PECS)

Thursday 8<sup>th</sup> March, 2018. 9.30am - 12.00pm

Old Lecture Theatre, Chesterfield Royal Hospital, Chesterfield  
(Park in visitor car parks 5 or 6 and enter through the Visitor Centre).

*This workshop aims to help you to understand how symbols can be used to help your child make sense of their world. There is a practical element where we support you to make your own materials to use at home.*

## Managing Sleep Problems

Monday 16<sup>th</sup> April, 2018. 9.30am – 11.30am

Old Lecture Theatre, Chesterfield Royal Hospital, Chesterfield  
(Park in visitor car parks 5 or 6 and enter through the Visitor Centre).

*Sleep problems are common for children with additional needs, and impact on the whole family. This session will help you understand more about your child's sleep problems, and give you tools to help improve sleep, using a behavioural approach.*

## Managing Anxiety

Wednesday May 9<sup>th</sup>, 2018. 9.30am – 11.30am

Fairplay, Alexandra Road West, Chesterfield  
(Pay and display parking in Mecca Bingo car park).

*Children with Learning Disabilities/Autism can experience high levels of anxiety. This session will help you think about the triggers for and functions of anxiety, and to learn ideas to help manage anxiety.*

**These information sessions aim to support parents/caregivers of young people who have a diagnosis of moderate to severe Learning Disability and/or Autism Spectrum Disorder. Foster carers should access our Professionals Seminars, which will be more appropriate.**

**For all sessions, please arrive at 9.15am for registration and tea / coffee (which will be provided).**

If you are interested in attending a workshop, or have any questions, please contact:

Louisa Campbell: 01246 514523; Helen Dunkley: 01246 514411; or Lindsey McGarry: 01246 514480

Or email [CRHFT.camhsadmin@nhs.net](mailto:CRHFT.camhsadmin@nhs.net)

**PLEASE BOOK EARLY AS PLACES ARE LIMITED**