



**Training Brochure**  
**For Parents, Carers & Families**  
**2018-2019**

## **SPECIALIST TEACHING AND LEARNING SERVICE**

The Specialist Teaching Team for the Gravesham District advise and support early years settings and schools to build the capacity and confidence to deliver high quality provision for children and young people with special educational needs and disabilities (SEND).

Mrs Amanda Braisted, Assistant Head and Director of Inclusion, Ifield School

Mr Jason Owen, Specialist Teacher, Social, Emotional & Mental Health

Ms Ruth Cubitt, Specialist Teacher in Cognition & Learning

Mrs Helen Cottage, Specialist Teacher for Communication & Interaction

Mrs Claire Noordally, Specialist Teacher for Communication & Interaction

Mrs Julie Hawkins, Specialist Teacher for Inclusion

Mrs Julie Bruce, Specialist Teacher for Hearing Impairment

Mrs Pam Shetra, Specialist Teacher for Physical Impairment &  
Multi-sensory impairment

Mr Andy Taylor, Specialist Teacher for Visual Impairment



**Mrs Abigail Birch, Executive Headteacher, The Cedar Federation, Ifield School**

## Foreword

Welcome to Ifield Smile.

We deliver a wide range of training sessions for parents and carers of children and young people with special educational needs.

Most courses are free, although some do have a nominal charge to cover some administrative costs.

The Ifield Parent, Teacher and Family Association (PTFA) also meet at Ifield Smile throughout the year. Please contact Mandy Braisted [m.braisted@ifield.kent.sch.uk](mailto:m.braisted@ifield.kent.sch.uk) if you would like to join us.

We also have a small library of books that can be loaned.

We look forward forward to meeting you.

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**To book a place, please telephone 01474 536924 and request a booking form. On booking, an email and contact telephone number must be given.**

**Booking forms are also available on the Ifield website @ [www.ifieldschool.com](http://www.ifieldschool.com)**

**Please note that you can only book one term in advance for any workshop. If there is a charge, this should be paid 2 weeks before the date of the workshop.**

**Please refer to the Booking Cancellation, SMILE team and Booking information at the back of the brochure for further details.**

## **The Smile ASD Parent Support Group**

**Claudia Goodman**

**Sessions will take place on Thursday mornings 9:30 -11:45am**

**4<sup>th</sup> October 2018**

**22<sup>nd</sup> November 2018**

**17<sup>th</sup> January 2019**

**28<sup>th</sup> February 2019**

**25<sup>th</sup> April 2019**

**20<sup>th</sup> June 2019**

***We welcome all parents/carers/family members of children or young people with ASD, Asperger Syndrome or Social Communication Difficulties. You might still be awaiting a diagnosis or going through the process of a diagnosis for your child at this time; if so, this group is also for you.***

***It will be an opportunity to meet with other parents and gain further knowledge to support your child in a caring, nurturing environment; share and exchange ideas and strategies which work well for you. Parents will also be signposted to useful local services, activities and facilities.***

***These sessions offer a mixture of helpful presentations by experienced guest speakers (eg from the Kent Autistic Trust) focusing on topics of interest and real concern to parents as well as more informal, social sessions. All sessions aim to provide opportunities for discussing specific issues together.***

***What do parents/carers say?***

***'This group is very friendly and welcoming'***

***'It's great to meet other parents who understand and share the same struggles'***

***'I feel so isolated as I'm new to all this...'***

***'I've come away with some good ideas to try'***

***Sessions are free and include refreshments.***

***Flyers containing further details about individual sessions will be sent out to all local schools, nurseries and other organisations***

**To book a place, please telephone 01474 536924 and request a booking form. On booking, an email and contact telephone number must be given. Booking forms are also available on the Ifield website @ [www.ifieldschool.com](http://www.ifieldschool.com)**

**Refreshments will be provided**

# STARTING THE AUTISM JOURNEY

**Thursday 27th September 2018**  
**09.30-12.30**

## **Workshop Objectives:**

A supportive and informative introductory session for parents going through the process of a diagnosis for their child or for parents whose child has been recently diagnosed.

- To gain greater understanding of Autism and the Autism Spectrum and what this might mean for you and your child.
- To identify your child's strengths and difficulties; becoming an expert on your child
- To provide some useful strategies to support your child's needs
- To support you as a parent on the start of this journey

## **Workshop Content:**

- What is Autism/ASD?
- The Diagnostic Process
- Language and Communication
- Sensory Issues
- Behaviour
- Some Tips and Strategies to Manage and Support your Child
- Pre –School/School; working together with staff
- Benefits and Access to Services and Support
- Family Life and Looking after your own Needs

## **Target Audience**

For Parents/Family Members/Carers:

- Currently awaiting for an initial appointment with Paediatrician
- In the process of undergoing a diagnosis for your child
- Who have a child that has recently been diagnosed with Autism/ASD

## **Presented by:**

**Helen Cottage, Gravesham Specialist Teaching and Learning Service**

Handouts and refreshments are provided  
Bookings to be made in advance

# UNDERSTANDING DYSLEXIA

**Tuesday 30<sup>th</sup> October 2018**  
**09.30-12.00**

In this workshop parents and carers will be:

- Given an opportunity to understand some of the difficulties that children and young people with dyslexic type difficulties can experience
- Introduced to some of the approaches that can be used to help

**Target Audience:**

This workshop is suitable for parents of pupils in mainstream schools with dyslexic type difficulties.

**Presented by:**

**Ruth Cubitt**

**Gravesham Specialist Teaching and Learning Service**

Handouts and refreshments are provided

Bookings to be made in advance

## **NEW: Sleep Solutions Forum**

**Tuesday 6<sup>th</sup> November 2018**

**9:30-12:30**

It is recognised that problems with sleeping can cause wider difficulties to the child or young person experiencing them and their families. Improving sleep can lead to families experiencing reduced stress and children and young people more able to access their learning opportunities.

This session is an opportunity for parents and professionals to explore some of the factors that may be causing sleep difficulties and to find out about practices and strategies that promote better sleep patterns.

The session will be part informative and part solution focused, giving individuals attending the opportunity to work with others and consider ways forward for their situation.

The sessions will cover

- Good sleep factors that promote getting to sleep and remaining settled
- Some commonly occurring sleep difficulties in children and young people including those with additional needs
- Group problem solving to find solutions

This session is suitable for parents and carers of children who are currently experiencing long term sleep problems and are looking for an opportunity to explore the reasons why this may be occurring and to find ways forward to improve things.

It may also be suitable for professionals working with children and families experiencing sleep difficulties who are new to role or who wish to refresh their awareness of sleep problems.

This Session is free to attend – refreshments will be provided.

### **Presented by**

**Helen Cottage, Specialist Teaching and Learning Service – (Communication & Interaction)**

Booking: Booking forms are available on the Ifield website or by emailing [smile@ifield.kent.sch.uk](mailto:smile@ifield.kent.sch.uk).



## **EXPLORING SOCIAL COMMUNICATION DIFFICULTIES & MAKING VISUAL RESOURCES**

**Tuesday 13<sup>th</sup> November 2018  
9.30 – 12.00**

In this workshop parents and carers will be:

- Exploring what we mean by ‘communication’ and a chance to get to grips with some common speech and language terms
- Exploring different special educational needs e.g. Autism/Down Syndrome and the benefit of using visuals
- Introduced to a range of strategies and resources that can be used within the home environment
- Given the opportunity to create some personalised visual resources to take away

### **Target Audience:**

This workshop is suitable for parents of children with ADHD, Autism and organisational difficulties.

### **Presented by:**

**Helen Cottage, Gravesham Specialist Teaching and Learning Service  
& Julie Hawkins, Gravesham Specialist Teaching and Learning Service**

Refreshments are provided.

# **BASICS FOR BEHAVIOUR**

**Friday 23<sup>rd</sup> November 2018**

**10.00 – 12.00**

## **Workshop Objectives:**

This workshop will give parents of children at a mainstream primary school the opportunity to:

- Reflect on their own practice in relation to positive behaviour management at home
- Explore interventions that can be used within the home to promote positive behaviour

## **Target Audience:**

This workshop is suitable for parents of children who experience difficulties with behaviour.

## **Presented by:**

**Jason Owen, Gravesham Specialist Teacher and Learning Service**

Refreshments are provided  
Bookings to be made in advance

# AUTISM IN THE EARLY YEARS

**Thursday Mornings**

**3<sup>rd</sup> January, 10<sup>th</sup> January, 24<sup>th</sup> January, 31<sup>st</sup> January**

**&**

**7<sup>th</sup> February 2019**

**9:30-12:30**

This is a 5 week training course that seeks to inform parents/carers about autism. It will provide strategies and insights into the condition that will equip parents/carers to meet the needs of their children. The course is aimed at parents/carers whose child has received an early diagnosis of Autism Spectrum Disorder and who has not yet started school.

The sessions will cover

- What is Autism?
- Developing communication and interaction skills
- Developing play
- The importance of structure, predictability and visuals
- Managing tricky behaviours

It is anticipated that parents/carers will attend all 5 sessions.

This course will run with 6 -8 families.

NB: National Autistic Society (NAS) Early Bird is no longer being delivered in North Kent. This course seeks to fill the gap in training and support available to parents and is delivered by an experienced Early Bird presenter

**Presented by**

**Claire Noordally, Specialist teaching and Learning Service – (Communication & Interaction)**

# MAKATON AT HOME

**Tuesday 22<sup>nd</sup> January 2019**  
**09:30-11:45**

**Aim:**

This introductory workshop provides a practical introduction to the Makaton Language Programme. Over 100,000 children and adults use Makaton symbols and signs, either as their main method of communication or as a way to support speech.

**Workshop Content:**

This workshop includes hints and tips for effective signing in school and at home. Participants will learn a small core vocabulary of everyday signs that are relevant for children.

**Target Audience:**

This workshop is suitable for parents of children with communication difficulties.

**Presented by:**

**Carol Parry, Speech & Language Therapist, Ifield School**

Handouts and refreshments are provided  
Bookings to be made in advance

# STARTING THE AUTISM JOURNEY

**Monday 11<sup>th</sup> February 2019**  
**09.30-12.30**

## **Workshop Objectives:**

A supportive and informative introductory session for parents going through the process of a diagnosis for their child or for parents whose child has been recently diagnosed.

- To gain greater understanding of Autism and the Autism Spectrum and what this might mean for you and your child.
- To identify your child's strengths and difficulties; becoming an expert on your child
- To provide some useful strategies to support your child's needs
- To support you as a parent on the start of this journey

## **Workshop Content:**

- What is Autism/ASD?
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- Pre –School/School; working together with staff
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- Family Life and Looking after your own Needs

## **Target Audience**

For Parents/Family Members/Carers:

- Currently awaiting for an initial appointment with Paediatrician
- In the process of undergoing a diagnosis for your child
- Who have a child that has recently been diagnosed with Autism/ASD

## **Presented by:**

**Helen Cottage, Gravesham Specialist Teaching and Learning Service**

Handouts and refreshments are provided  
Bookings to be made in advance

# **BASICS FOR BEHAVIOUR**

**Tuesday 23<sup>rd</sup> April 2019**

**10.00 – 12.00**

## **Workshop Objectives:**

This workshop will give parents of children at a mainstream primary school the opportunity to:

- Reflect on their own practice in relation to positive behaviour management at home
- Explore interventions that can be used within the home to promote positive behaviour

## **Target Audience:**

This workshop is suitable for parents of children who experience difficulties with behaviour.

## **Presented by:**

**Jason Owen, Gravesham Specialist Teacher and Learning Service**

Refreshments are provided

Bookings to be made in advance

## **NEW: Sleep Solutions Forum**

**Wednesday 8<sup>th</sup> May 2019**

**9:30-12:30**

It is recognised that problems with sleeping can cause wider difficulties to the child or young person experiencing them and their families. Improving sleep can lead to families experiencing reduced stress and children and young people more able to access their learning opportunities.

This session is an opportunity for parents and professionals to explore some of the factors that may be causing sleep difficulties and to find out about practices and strategies that promote better sleep patterns.

The session will be part informative and part solution focused, giving individuals attending the opportunity to work with others and consider ways forward for their situation.

The sessions will cover

- Good sleep factors that promote getting to sleep and remaining settled
- Some commonly occurring sleep difficulties in children and young people including those with additional needs
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This session is suitable for parents and carers of children who are currently experiencing long term sleep problems and are looking for an opportunity to explore the reasons why this may be occurring and to find ways forward to improve things.

It may also be suitable for professionals working with children and families experiencing sleep difficulties who are new to role or who wish to refresh their awareness of sleep problems.

This Session is free to attend – refreshments will be provided.

### **Presented by**

**Claire Noordally, Specialist Teaching and Learning Service – (Communication & Interaction)**

Booking: Booking forms are available on the Ifield website or by emailing [smile@ifield.kent.sch.uk](mailto:smile@ifield.kent.sch.uk).

# ADHD FOR PARENTS

**Friday 14<sup>th</sup> June 2019**

**09.30 – 12.00**

## **Workshop Objectives:**

- To give overview of ADHD.
- To summarise the symptoms, diagnosis and treatment available.
- To offer strategies for use at home to manage inattention, impulsivity and hyperactivity.

## **Target Audience:**

Parents with experience or interest in ADHD.

## **Presented by:**

**Jason Owen, Gravesham Specialist Teacher and Learning Service**

Refreshments are provided

Bookings to be made in advance



## CYGNET Training

The Cygnet programme has been developed by Barnardo's to support parents who have a child diagnosed with Autism.

The training is co-delivered by Early Help, Speech and Language Therapists and the Specialist Teaching and Learning Service. The training consists of 5 sessions, and parents need to commit to attend each week.

This training will be available throughout this academic year.

Topics covered are as follows;

Session 1 – Understanding Autism

Session 2 – Communication

Session 3 – Sensory Differences

Session 4 - Understanding Behaviour

Session 5 – Managing Behaviour.

There is a waiting list to attend the course but if you would like further information please contact Early Help admin, Alicia Gibbins, on [GraveshamGroups@kent.gov.uk](mailto:GraveshamGroups@kent.gov.uk) for further details.

## CANCELLATION CHARGES

### **Workshop Cancellation Charges**

Most of our parent workshops are free to parents and carers. **We do respectfully request that cancellations are made with more than 48hrs notice so that staff can be notified.**

Where charges apply these are to cover costs to Ifield SMILE, such as providing external presenters, lunch and/or resources.

**There will be no charge for cancellations made with more than 48hrs notice. Please note that non-attendance or cancellations made within less than 48hrs notice will be charged the full amount.**

## THE SMILE TEAM & BOOKING INFORMATION

If you would like to make a booking, be added to our mailing list or require further information, then please do not hesitate to contact the Smile Team:

Mrs Catherine Hall, Smile Centre Administrator, Ifield School

Email: [Smile@ifield.kent.sch.uk](mailto:Smile@ifield.kent.sch.uk)

Telephone 01474 536924

Ifield School and Smile Centre, Cedar Avenue,  
Gravesend, Kent DA12 5JT





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