



Looking after you locally

Cygnets Programme Information

Cygnets is a parenting support programme for parents and carers of children and young people aged 5-18 who have a diagnosis of an Autistic Spectrum Condition. The programme is delivered jointly by staff from Norfolk Community Health & Care Trust and Norfolk Children's Services.

Current session content includes:

Module 1: Autism and diagnosis

- Introduction to the group
- Background to the group
- Aims
- Content
- Introduction to ASC's
- What is it like to be autistic
- Experience of the diagnosis

Module 2: Communication

- Why and how do we communicate
- Communication in ASC's
- Strategies to aid communication
- Social Stories – what they are, how to use them
- Comic Strips – what they are, how to use them

Module 3: Sensory issues

- What are the senses?
- What do we use them for?
- Types of sensory issues seen in ASC's
- Associated behaviour
- Strategies to help

Module 4: Understanding behaviour

- Types and functions of all behaviour
- Behaviour and Autism
- Underlying difficulties behind the behaviour (Iceberg principle)

Module 5: Managing behaviour

- Using the information (Iceberg principle)
- Analysing and Managing behaviour (STAR analysis)
- Key strategies
- Management strategies

Module 6: Choice decided by parents/carers e.g.

- Looking to the future
- Issues in adolescence/puberty
- Contacts
- Siblings
- Sleeping
- Going over previous work

We then conduct a 3 month follow up meeting from the last session to evaluate and discuss.

Why Might I be interested in coming to a Cygnet Group?

Parents have a lot of involvement with professionals up to and around the time of diagnosis, however they can feel that there is little available to them after diagnosis. Following diagnosis parents may still have a lot of questions about their child and what can be helpful for them.

Attending the Cygnet group gives parents and carers an opportunity to better understand Autistic Spectrum Conditions. It offers practical strategies that you can implement at home and gives you a chance to meet with others in a similar position to hear about their experiences whilst sharing your own.

The training is presented informally. The materials are flexible and can be altered to suit the needs of particular groups of parents and carers.

About the Group

Sessions last approximately 3 hours each and run on a weekly basis over a period of 6 consecutive weeks. If parents accept a place in the group they are expected to attend the majority of the sessions. This is a group for parent/carers only and your child does not attend these sessions.

Do I have to attend all Sessions?

If possible, yes. You will gain a lot more from coming to the group if you come to all the sessions. This is because each session builds on the one before. Please do not accept a place in the group if you are only able to attend one or two sessions as you will be less likely to benefit from coming and may take the place of someone else who is able to come to all the sessions.

When will I hear when a place is available?

Cygnet courses will be run 4 times a year in the Norwich and King's Lynn areas. **You need to complete and return the application & consent form in order for your name to be added to the**

waiting list. Once a place is available you will be contacted and invited to an Information Session. This will give you an opportunity to meet with the trainers and find out more about the programme. At this meeting you will also be given the forthcoming programme dates.

For further information please contact:

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