

**Autism and Social Communication  
Team**

**AScSURE**

**A.S.C. Strategies, Understanding, Realisation and  
Emotional wellbeing**

**A course for parents of a child with an  
Autism Spectrum Condition**



## A ScSURE—Exploring Autism and strategies to promote positive behaviour and relationships

Are you a parent/carer of a child or young person, aged 9-16 years, with an ASC (Autism Spectrum Condition) and have not attended an A ScSURE course before?

The A ScSURE course is an excellent source of information for those new to ASC or for those requiring a little more in-depth knowledge. The course is free of charge to families of children in West Sussex maintained schools, at this time.

### Course aims:

- to give a broad and balanced view of how autism and social communication difficulties may impact on the child/young person's life and that of the family
- to explore key practical strategies that can support those with autism to promote positive relationships and behaviour
- to provide a forum for families to share their experiences and expertise together

### Course outline:

The course will be run over 7 sessions. The first six dates will be as weekly morning sessions focused on both theoretical and practical aspects of the Autism Spectrum Condition and the resulting difficulties and behaviours. There will be opportunities to discuss issues as they arise and to experience/use a range of strategies, practical tools and resources.

The last date will be run as a follow-up session approximately 3 months after session 6. This session will aim to briefly recap the areas previously covered and allow a forum for parents to share successes since the course and discuss any newly presenting issues.



In order for participants to fully benefit from this course we ask that they attend **all** sessions. Venue details and dates for the next course are on the rear of this leaflet.

### Topics covered in A ScSURE course by session:

#### • **Session 1: Autism: What does it mean?**

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families

• **Session 2 : Communication:** Input from Specialist Speech and Language Therapist. Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the child/young person with ASC

#### • **Session 3: Sensory Needs**

Consider how sensory information and sensory experiences may be processed differently by those with ASC, share strategies to help with sensory needs

#### • **Session 4: Behaviour**

Improve understanding of challenging behaviours that children with autism may display and consider approaches to promote positive behaviours

#### • **Session 5: Socialisation and Relationships**

Explore the difficulties those with ASC have with socialising and developing relationships including siblings and strategies to develop their understanding of others and social situations and interactions

#### • **Session 6: Independence and Adolescence**

Consider ways to encourage independence and manage adolescence

Details of next AScSURE Course for Parents:

**Venue:** MAIDENBOWER JUNIOR SCHOOL,  
Harvest Road, Crawley, West Sussex, RH10  
7RA.

**Dates:**

Monday 10th February

(half term 17th)

Monday 24th February

Tuesday 3rd March

(Mock SATs week)

Monday 16th March

Monday 23rd March

Monday 30th March

All sessions will be run from 9.30 – 12 Midday

For an application form and further details  
please contact:

Email: [Jessica.bubb@westsussex.gov.uk](mailto:Jessica.bubb@westsussex.gov.uk)