



Autism Information Sharing Day 2018

*with a main focus on “Autism and females”
but plenty more to interest everyone!*

A day of discovery, sharing & celebration

Come for the whole day or part of the day or just drop-in to look around the stands anytime

Thursday 8th March 2018 09:15 to 16:15

Venue: Theatre Royal, Norwich, NR2 1RL

Event Information Booklet and Booking Form

Themes of the programme of 'Autism Information Sessions'

- Education
- Autistic Women Ageing
- Autism Awareness
- Sensory Strategies
- Puberty, sex, relationships and personal care
- Personal lived experiences of autistic women
- Diagnosing females
- Parents personal lived experiences of parenting an autistic daughter
- Early findings from the Autism Spectrum Cohort-UK research into the life experiences of adults and older people on the autism spectrum and relatives/carers of adults on the autism spectrum



**A chance to meet & learn
from autistic people**

Information Stands from various organisations

Any queries please contact Anne by emailing: conferences@autism-anglia.org.uk

We are pleased to announce we will be holding an ‘Autism Information Sharing Day’ in Norfolk.

This will provide opportunities for sharing, discovering and celebrating, through meeting others, networking, **information stands** and a **programme of information sessions** running throughout the day.

Whilst the **main focus** of this event will be **Autism and Females** we will have **lots more that will be of interest to everyone**.

It will also be an opportunity to **meet, hear and learn from people with Autism**.

The event will be held **at The Theatre Royal, Theatre Street, Norwich, NR2 1RL** using both their main building and their Stage Two building which is located at the rear of the Theatre.

Designated quiet areas will be provided throughout the day for anyone wishing to ‘get away’ from the ‘hustle and bustle’ of the day.

Event ticket prices:

Either a Day Ticket or a Half Day Ticket must be pre-purchased if wishing to attend any of the information sessions.

No ticket required if only viewing the information stands located on the two floors within Theatre Royal’s main building. Please just drop-in anytime between 09:15 and 16:15 to view these.

Please note: Only food and drink purchased from the Theatre Royal can be consumed on the premises. If just dropping in to look around and visit the information stands food & drink will be available to purchase.

**TAKE ADVANTAGE OF OUR EARLY BIRD DAY TICKET PRICES
AND BOOK YOUR PLACE BY 26th JANUARY 2018**

CLOSING DATE FOR RECEIPT FOR ALL BOOKINGS IS 16TH FEBRUARY 2018

Type of ticket	Parents/ unpaid carers/ family members of individuals with autism / autistic individuals	Not for profit & voluntary sector organisations	Professionals
<u>Day</u> ticket per person includes: <ul style="list-style-type: none"> attending as many information sessions as you wish throughout the day (pre-booking essential) an express lunch with a drink tea / coffee vouchers to exchange during the day 	Early Bird price: £19 each Normal price: £25 each	Early Bird price: £24 each Normal price: £30 each	Early Bird price: £49 each Normal price: £60 each
<u>Half-day</u> ticket per person includes: <ul style="list-style-type: none"> attending 2 information sessions of your choice anytime during the day (pre-booking essential) an express lunch with a drink tea / coffee vouchers to exchange during the day 	£15 each	£20 each	£40 each

To purchase your tickets, choose your lunch and let us know which information sessions you would like to attend either:

- complete and return the booking form at the end of this booklet or
- purchase and pay online www.autism-anglia.org.uk/sharing2018 available from 16th January 2018 or
- book and pay by card on phone telephone 01206 577678

Information sessions programme

Group A

TIME: 10:00 - 10:45 BOOKING REF: Session A “Through the autistic female’s eye” <i>Speaker: Lydia Honeyman an autistic young lady</i> <i>Lydia will talk about her lived experience as an autistic young lady and will be accompanied by someone who will talk about how learning about autism has helped her.</i>	TIME: 10:00 – 11:00 BOOKING REF: Session B “The Uniqueness of Autism” <i>Speaker: Alan Bicknell, Autism Anglia</i> <i>Autism is unique and fascinating. This introductory session briefly covers a short history of autism, differences in communication, social understanding and processing, emotional wellbeing, challenges and strengths.</i>
TIME: 10:15 – 11:00 BOOKING REF: Session C ‘Diagnosing girls’ <i>Speaker: Dr Sue Zeitlin, Paediatrician</i> <i>Why can girls be missed?</i> <i>How can girls present differently to boys?</i> <i>What is “masking”?</i> <i>How do girls fit with the diagnostic criteria?</i> <i>Can the criteria hinder diagnosis?</i>	

Group B

TIME: 10:30 - 11:15 BOOKING REF: Session D “Autistic Women Ageing” <i>Speaker: Cos Michael an autistic woman</i> <i>Cos Michael is an autistic speaker and writer, giving presentations nationally and internationally. She specialises in raising awareness of autism and ageing. Diagnosed as autistic aged 50, Cos has specific knowledge of issues around autism and growing older.</i>	TIME: 11:15 – 11:45 BOOKING REF: Session E “The 3 Ps” <i>Speaker: Michelle Mould</i> <i>How as a parent Michelle approached puberty, periods and personal hygiene with her autistic daughter.</i>
TIME: 11:30 – 12:00 BOOKING REF: Session F “Autism Education and Me” <i>Speaker: Sian Hutchings</i> <i>Sian is a 24-year-old public speaker who is on the autistic spectrum, having been diagnosed 16 years ago. She also has ADHD, Dyspraxia and is dyslexic. She gives an amazing and inspiring insight into ASD & ADHD with her lived experiences. Sian has spoken at various events including school staff inset days and student assemblies, and to college staff. Sian has recently been appointed as an NCS ambassador in her local area based in Lincoln Lincolnshire and surrounding areas.</i>	

Group C

<p>TIME: 11:30 – 12:15 BOOKING REF: Session G</p> <p>“Autistic girls in the mainstream classroom” Speaker: Amanda Hind CertHE, BA(Hons), PGCE, PGDip, MTeach, Autism Speaker and Consultant</p> <p><i>This session will cover how autistic girls may present in mainstream schools and some of the difficulties that they may experience. We will look at the support and strategies that can be offered to help them cope and be successful at school.</i></p>	<p>TIME: 11:45 – 12:30 BOOKING REF: Session H</p> <p>“Adult females on the autism spectrum: Early findings from the Autism Spectrum Cohort-UK” Speaker: Dr Alexandra Petrou.</p> <p><i>Research Associate, Newcastle University Some early findings of adult females on the autism spectrum such as characteristics, mental and physical health conditions, and employment status will be presented alongside information on adult males on the autism spectrum for gender comparisons can be made.</i></p>
<p>TIME: 12:00 – 12:45 BOOKING REF: Session I</p> <p>“Activate” Speaker: Sam Sheppard Dimensions Norfolk and Lincolnshire</p> <p><i>Sam will talk about this research based outcomes focussed support model</i></p>	<p>TIME: 12:15 – 12:45 BOOKING REF: Session J</p> <p>Lived experiences of parenting an autistic daughter.</p> <p><i>Various parents will talk about their experiences of parenting a daughter who has autism, the challenges and the joy, the concerns for the future and the differences between parenting a son and a daughter with autism.</i></p>

Group D

<p>TIME: 14:00 – 14:45 BOOKING REF: Session K</p> <p>“The Pathway to Sound Sleep” Speaker: Joy Bishop, SleepEast</p> <p><i>Joy will cover The Physiology of Sleep, look at a Sleep Hypnogram, discuss bedtime routines and how to use a sleep diary, a little about our services and how we can help families and will finish with a guided relaxation session.</i></p>	<p>TIME: 14:00 – 14:45 BOOKING REF: Session L</p> <p>“Puberty, sex and relationship education and autistic girls” Speaker: Amanda Hind CertHE, BA(Hons), PGCE, PGDip, MTeach, Autism Speaker and Consultant</p> <p><i>This session will look at different ways that SRE can be taught in schools, and how this can affect autistic girls. We will look at additional ways to help girls understand and cope with the complexities of issues related to this topic.</i></p>
<p>TIME: 14:30 – 15:15 BOOKING REF: Session M</p> <p>"Work with me: how autism may impact on my working day" Speaker: Cos Michael An autistic woman</p> <p><i>Cos Michael is an autistic speaker and writer, giving presentations nationally and internationally. Cos was diagnosed when she was 50.</i></p>	<p>TIME: 14:30 – 15:30 BOOKING REF: Session N</p> <p>“Sensory Strategies” Speaker: Alan Bicknell, Autism Anglia</p> <p><i>Autism is often categorised as affecting communication and relating to the world within a social context. However, autistic individuals can also be greatly affected by the overwhelming and unpredictable environment and being able to process sensory information. 1 CPD point can be claimed for attending this session and a certificate of attendance will be provided.</i></p>

Information stands

<ul style="list-style-type: none">• About with Friends• Access Community Trust• Alpha Inclusion• Andrew Frederick Adult Support• ASD Helping Hands• Assist Trust• Autism Anglia• BUILD Charity• Dimensions• Eaton Vale Activity Centre• Family Action• Family Voice Norfolk• Girl Guiding Norfolk	<ul style="list-style-type: none">• Gressenhall Farm & Workhouse• High Altitude• Home from Home Care Ltd• Low Farm Therapy Centre• Mencap• MS Impact• Musical Keys• NCC Local Offer• NCC Transition to Adulthood• Newcastle University Adults with Autism Research• NNUH• Norfolk Family Carers	<ul style="list-style-type: none">• Norfolk Register of Disabled Children and Young People• Norfolk SEN Network• Norfolk SEND Partnership IASS• Norwich Airport• NSFT Green Light Toolkit• Respectrum• SleepEast• Thornage Hall• TITAN• Volunteering Matters• West Norfolk Mind
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Autism Information Sharing Day
Thursday 8th March 2018 at Theatre Royal, Norwich
Event booking form - return by 26th January to take advantage of the Early Bird ticket prices! Final date for receipt of all bookings is 16th February 2018.

Please return completed booking form with a cheque payable to Autism Anglia for the full amount payable (unless you have indicated below that you require an invoice to be sent) and send to:
Autism Information Sharing Day 2018 – Norfolk, Autism Anglia, Century House, Riverside Office
Centre, North Station Rd., Colchester CO1 1RE

NOTE: Where an invoice is required your completed booking form and delegate detail(s) form(s) can be emailed to: conferences@autism-anglia.org.uk

Booking for (please tick relevant box):			
Parent(s) / unpaid carer(s) /family member(s) of an autistic individual	<input type="checkbox"/>	Autistic individual(s)	<input type="checkbox"/>
Not for profit / voluntary sector organisation staff or volunteer(s)	<input type="checkbox"/>	Professional(s)	<input type="checkbox"/>
Delegate(s) name(s):			
1.		3.	
2.		4.	
Name of organisation / business (if relevant)			
Address:			
Contact name this booking:			
Tel:		email:	
Terms & Conditions of purchasing event tickets: <ul style="list-style-type: none"> • Confirmation of your booking will be sent to you by email where one has been provided otherwise by post. We cannot guarantee a place on the information sessions chosen by delegates and will contact you to arrange alternatives if necessary. • Autism Anglia reserves the right to change the format of the day and the content of the information sessions. • All delegates must agree to abide by any specific regulations and health and safety guidelines set down by the venue. • Cancellation of booking - Once Autism Anglia has confirmed receipt of your booking the fee paid will be non-refundable. Where an invoice has been requested, full payment will still be required for any cancelled bookings. 			
Declaration: We have read and accept the booking terms & conditions above.			
Authorised signature:.....		Date:.....	
Print name:.....			
Payment (please tick relevant box below and complete details)			For Autism Anglia office use only
<input type="checkbox"/>	Cheque / Postal order payable Autism Anglia enclosed for £.....		Date payment given to Finance Dept.
<input type="checkbox"/>	Please send invoice for £..... PO number(s) (if applicable) Invoice for the attention of: Billing Address: Email for invoice to be sent to:		Date raise invoice requested: Date invoiced:

Delegate details form - please duplicate and complete one form for each delegate wishing to attend.

Delegate's name (please print):		Organisation / business name (if applicable):	
		Role in organisation / business (if applicable):	
Please select type of ticket required:			
Early Bird Day ticket book before 26th January 2018		Day ticket booked after 26th January 2018	
Parents Unpaid carers Family members of individuals with autism Autistic individuals £19		Parents Unpaid carers Family members of individuals with autism Autistic individuals £25	
Not for profit & voluntary sector organisations £24		Not for profit & voluntary sector organisations £30	
Professionals £49		Professionals £60	
		Half Day ticket	
		Parents Unpaid carers Family members of individuals with autism Autistic individuals £15	
		Not for profit & voluntary sector organisations £20	
		Professionals £40	
Lunch pack requirements Please tick against your choice from the selections below:			
Sandwiches:		Fruit	
White bread		Apple	
Brown bread		Orange	
Cheese		Banana	
Ham			
Tuna			
<div> <div> Drink </div> <div> Orange juice Apple juice Water </div> </div> <div> If you have any specific dietary requirements please state these here. </div>			
Choice of workshop(s) – please tick your choices of information sessions you wish to attend.			
<ul style="list-style-type: none"> See programme pages for details relating to each session. Please ensure that the time of your chosen sessions do not overlap with each other. Note if purchasing a half day ticket <u>only 2 sessions can be selected</u> anytime during the day. 			
Session A 10:00 – 10:45 Through the autistic female's eye		Session B 10:00 – 11:00 The Uniqueness of Autism	
Session D 10:30 – 11:15 Autistic Women Ageing		Session E 11:15 – 11:45 The 3 Ps	
Session G 11:30 – 12:15 “Autistic girls in the mainstream classroom”		Session H 11:45 – 12:30 “Adult females on the autism spectrum: Early findings from Autism Spectrum Cohort-UK”	
Session J 12:15 – 12:45 Lived experiences of parenting an autistic daughter		Session K 14:00 – 14:45 The pathway to sound sleep	
Session M 14:30 – 15:15 Work with me: how autism may impact on my working day		Session N 14:30 – 15:30 Sensory strategies	
		Session C 10:15 – 11:00 Diagnosing girls'	
		Session F 11:30 – 12:00 Autism Education and Me	
		Session I 12:00 – 12:45 Activate	
		Session L 14:00 – 14:45 Puberty, sex & relationships education and autistic girls	

For Autism Anglia use only			
Delegate details & requirements added to spreadsheet	Date confirmation of booking emailed / posted	Delegate pack completed	Lunch voucher issued