



## **Training Calendar**

Parent/Carer and the Wider Community

January - June 2025



Booking for each training can be made on Eventbrite via the QR code below. Please note some sessions are available for professionals and the wider community to attend. If booking for sessions are full on Eventbrite please contact the email below to be added to a waiting list.

Please email [hope@hopeforautism.org.uk](mailto:hope@hopeforautism.org.uk) if you have any questions, queries, or suggestions.

We try to make most of our training free however occasionally we have small charges to help cover hall hire or licencing fees. If for any reason you cannot afford these costs, please get in touch with us.

More information on each session is available at the end of this leaflet.

Online training: zoom (zoom link emailed the day before the event)

In person training: Held in a variety of community centres and other venues across the council area. See back of the booklet for addresses.

**Eventbrite QR Code:**



[facebook.com/HOPEforAutismNL](https://facebook.com/HOPEforAutismNL)



@HOPEforAutismNL



[instagram.com/hopeforautismnl/](https://instagram.com/hopeforautismnl/)



## January

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tues 21 <sup>st</sup> Jan 28 <sup>th</sup> Jan 4 <sup>th</sup> Feb 25 <sup>th</sup> Feb 4 <sup>th</sup> March	9.30- 11.30aeq	<b>Cothu!</b> 5 week Parenting Course	AUsome Training Delivered by HOPE for Autism	North Lanarkshire Parent/ Carer	Coatbridge Area	Free
Wednesday 22 <sup>nd</sup> January	10-11am	<b>Introduction to Autism</b>	HOPE for Autism	Open to all	Zoom	HOPE Members-Free Non-member parents £ 5 Professional-£15



## February

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tues 4 <sup>th</sup> Feb & Tues 11 <sup>th</sup> Feb	10-2pm	<b>Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop</b>	Hope for Autism	North Lanarkshire Parent/Carers	Muirfield CC, Cumbernauld	Free
Wed 5 <sup>th</sup> Feb Wed 12 <sup>th</sup> Feb Wed 26 <sup>th</sup> Feb Wed 5 <sup>th</sup> March	6-7pm	<b>Neurobears</b>	Pandas Facilitated by HOPE for Autism	Aimed at age 8-14 autistic young person and parent	Zoom	HOPE Members £15 Non- Members £30
Sunday 23 <sup>rd</sup> Feb	10-11am	<b>Introduction to Autism</b>	HOPE for Autism	Open to all	Zoom	HOPE Members- Free Non-member parents £ 5 Professional-£15
Mon 24 <sup>th</sup> Feb	12.30-2pm	<b>How To Write a Sensory Profile</b>	HOPE for Autism	North Lanarkshire Parent/Carers	One Wellynd	Free
Tuesday 25 <sup>th</sup> Feb	10-11am	<b>Makaton Basics</b>	HOPE for Autism	Open to all	Gartlea CC	HOPE Members- Free Non-member parents £ 5 Professional-£15
Thurs 27 <sup>th</sup> Feb 6 <sup>th</sup> March 13 <sup>th</sup> March 20 <sup>th</sup> March 27 <sup>th</sup> March	9.30-11.30	<b>Cothu!</b> 5 week Parenting Course	AUsome training Delivered by HOPE for Autism	North Lanarkshire Parent/Carers	Pat Cullen CC	Free



## March

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Mon 3 <sup>rd</sup> March	10-12.30pm	<b>Autism Exploration: Could I Be Autistic</b>	HOPE for Autism	Adults 18+ who are wondering if they are autistic and would like to discuss this further.	Muirfield CC	Free
Thursday 13 <sup>th</sup> March	8-9pm	<b>Self Harm Awareness Session</b>	Self Harm Network Scotland <a href="https://selfharmnetworks.cotland.org.uk/">https://selfharmnetworks.cotland.org.uk/</a>	Open to All	Zoom	Free
Saturday 15 <sup>th</sup> March	10am - 2pm	<b>Understanding and Supporting Your Autistic Young Adult</b>	HOPE for Autism	Parent/Carers of Autistic young adults aged 16-30ish	Coatbridge CC	Free
Tues 18 <sup>th</sup> March	10-12	<b>Sense-Ability</b>	Occupational Therapy NHS ND service	Lanarkshire Parent/Carers	Onewellynd	Free
Monday 24 <sup>th</sup> March	10-2pm	<b>Trauma Informed Parenting</b>	T.I.P.	Parent/Carers	Muirfield CC	Free
Tuesday 25 <sup>th</sup> March	10-11.30	<b>Introduction to Autism</b>	HOPE for Autism	Open to all	Chapelside CC	HOPE Members-Free Non-member £ 5 Professional-£15



## April

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 1 <sup>st</sup> April	6-7pm	<b>Understanding and Supporting Extreme Demand Avoidance</b>	Speech and Language Therapy NHS ND Service	Lanarkshire Parent/Carers	Zoom	Free
Wed 23 <sup>rd</sup> April	6-7pm	<b>Toileting Workshop</b>	Occupational Therapy NHS ND Service	Lanarkshire Parent/Carers	Zoom	Free
Tuesday 29 April, 20th May, 27th May, 3rd June, 10th June	9.30-11.30	<b>Cothu! 5 week parenting course</b>	AUsome training Delivered by HOPE for Autism	North Lanarkshire Parent/Carers	Muirfield CC	Free
Wed 30 <sup>th</sup> April	10-12.30	<b>Extreme Demand Avoidance: Practical Tools for Parents</b>	HOPE for Autism	North Lanarkshire Parent/Carers	Gartlea CC	Free
Wed 30 <sup>th</sup> April 7 <sup>th</sup> May 14 <sup>th</sup> May 21 <sup>st</sup> May	5.30-6.30pm	<b>Neurobears</b>	Pandas Facilitated by HOPE for Autism	Aimed at age 8-14 autistic young person and parent	One Wellywnd	HOPE Members £15 Non- Members £30



May

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Wed 14 <sup>th</sup> May	7-8pm	<b>Introduction to Autism</b>	HOPE for Autism	Open to all	Zoom	HOPE Members- Free Non-member £ 5 Professional-£15
Thurs 15 May	6-8pm	<b>Why Won't You Eat</b>	Dietitian NHS ND Service	Lanarkshire Parent/Carers	Zoom	Free
Wed 21 <sup>st</sup> May Wed 28 <sup>th</sup> May	10-2pm	<b>Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop</b>	HOPE for Autism	North Lan Parent/Carers	ChapleSide CC	Free
Thurs 29 <sup>th</sup> May	10-11am	<b>Makaton Basics</b>	HOPE for Autism	Open to all	Muirfield CC	HOPE Members- Free Non-member £ 5 Professional-£15



## June

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 3 <sup>rd</sup> June	6-7pm	<b>Understanding and Supporting Selective Mutism</b>	Speech and Language Therapy NHS ND Service	Lanarkshire Parent Carers	Zoom	Free
Monday 9 <sup>th</sup> June	7-8.30pm	<b>Listening and Learning: Q&amp;A Panel for Parents and Care Givers</b>	Panel will include: Autistic HOPE staff and autistic young people to share their insights and lived experience.	North Lanarkshire Parent/Carers	One Wellwynd	Free
Thursday 19 <sup>th</sup> June	1-2pm	<b>Introduction To Autism</b>	HOPE for Autism	Open to All	Zoom	HOPE Members- Free Non-member £ 5 Professional-£15



## **More information:**

### **Training delivered by HOPE for Autism**

#### **NeuroBears – 4 week course (1 hour sessions)**

NeuroBears is a course all about the autistic experience. It is accessible for autistic young people (ages 8-14), who can attend with their safe adult. The course is made up of 12 short videos watched over 4 weeks either delivered on zoom or in person. A supporting course handbook is also provided. NeuroBears has been created by autistic adults in collaboration with autistic young people to provide an easy to understand course. HOPE has a licence to deliver this course.

#### **Introduction to Autism for Parents and Carers – Available monthly**

Are you in the early stages of thinking that your child could be autistic? Are you a professional working with children who are autistic and you need a little more understanding? Join our informative session designed to provide you with a first look at autism and some basic support strategies.

Led by autistic adults, this introductory session provides valuable insights, empowering you with confidence and some basic tools needed to navigate the early stages of understanding and supporting your autistic child

#### **Understanding and Supporting Your Autistic Young Adult**

Are you a parent of a young autistic adult? Join our comprehensive workshop designed to help you better understand and support your young adult on their journey.

Led by autistic adults, this workshop will provide valuable insights into the unique experiences and needs of young autistic adults. Learn practical strategies to foster independence. Connect with other parents, share experiences, gain the confidence and tools you need to support your young adult.



**Makaton Basics** - 1 hour introduction sessions looking at the basics: what is Makaton and a few easy and functional signs to learn.

### **Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop:**

**(Previously titled 'Family Training')**

Join us for an insightful and transformative workshop, created and delivered by autistic adults with autistic children. This unique two half-day session offers a fresh perspective on autism.

In the first session, you will learn what autism is, how it is identified, and explore the traits of autism. We will discuss how it feels to be autistic and how the autistic brain may process information.

The second session focuses on the strengths of autistic thinking and promoting good mental wellbeing. We will explore the development of effective support strategies, focusing on methods to support your autistic child's wellbeing.

By the end of the workshop, you will leave with increased confidence and practical tools to support your autistic child, along with a deeper understanding of neurodiversity and autism.

### **Autism Exploration: Could I be Autistic?**

Are you an adult who has ever wondered if you might be autistic? Join us for an informal and fun workshop designed to help you explore and understand your potential autistic identity. Led by autistic adults, this session will provide you with valuable insights and supportive resources to embark on a journey of self-discovery.

Through discussions and peer support, you'll gain a deeper understanding of autism and how it may relate to your experiences. Whether you're seeking answers, community, or support, this workshop offers a safe, inclusive and engaging space for your journey.

For adults 18 years and older. Please note this is not a diagnostic service but a space to openly discuss your questions with autistic adults about yourself.

### **How to write a sensory profile \*\*new\*\***

This workshop will be hands on to help parents look at their child's sensory needs and create a sensory profile on them. It can be helpful for families to know what their child sensory preferences and dislikes are so that they can support them better. Autistic children often experience the sensory world more vividly and can be overwhelmed by certain sensory experiences or drawn to them for enjoyment and regulation.



### **Extreme Demand Avoidance (Also known as PDA): Practical Tools for Carers**

Are you supporting someone who is Extreme Demand Avoidant (EDA)? Join our workshop designed to help you recognise and understand demands and provide effective support for individuals who are EDA.

Led by autistic adults, this workshop will help you with practical strategies to reduce demands and structure conversations in a way that supports the EDA individual.

Please note this is a follow-on session from the SLT session on EDA and is for parents of children with an EDA profile.

### **Cothu! – \*NEW to HOPE!\***

COTHÚ (pronounced ka-hoo), *Irish for nurture*, is a unique neurodiversity-affirming parenting course.

Cothú offers parents a different view of their child and a deep understanding of what it means to be Autistic – because it was designed by Autistic people. It is full of practical tools, exercises and opportunities for growth.

As parents, we know family life is busy, so we make it easy for you, with simple but powerful ideas to make everyday changes with great results.

This 5-week program will help you understand your child from an Autistic perspective, deepen your connection, and improve your WHOLE family's wellbeing.

During our program, you will get the chance to connect with other parents who are in the same boat. Cothú provides a welcoming space where you can share your own experience and learn from each other in a respectful, non-judgmental way.

### **Listening and learning: Q&A panel for Parents and care givers \*\*NEW\*\***

A Unique Opportunity for parents of autistic children looking for insights into your child's experiences? Don't miss this opportunity to hear directly from autistic young adults in a safe and open space. This Q&A session is your chance to ask about their lived experiences, gain valuable perspectives, and better understand how to support your child's journey.

Topics May Include: Education, Friendships, Communication, and what we wished our parents knew when we were younger. Come prepared to listen, ask questions, and learn from those who truly know what it's like.



## **Training delivered by NHS Neurodevelopmental Service**

Please note the ND service runs several workshops other than the ones run through HOPE. For more info see their Facebook page:  
Neurodevelopmental Service- CYP NHS

### **Occupational Therapy**

#### **Toileting:**

The workshops will discuss common challenges surrounding the above topics and offer practical strategies. The personal care workshop will address common challenges with dressing, bathing/showering, hair washing and cutting, nail cutting and toothbrushing.

#### **Sense-Ability**

This workshop will discuss sensory processing differences and the impact on daily life activities. Strategies and activity ideas will be offered to address common challenges.

### **Dietitian**

**Why Won't My Child Eat** – We will talk about the reasons why autistic children find it difficult to try new foods and start to think of solutions and strategies to help.

### **Speech and Language Therapy**

**Situational Mutism** – This information session is for parents/carers of verbal autistic children and young people who may have concerns around a co-occurring presentation of Situational Mutism. It will focus on helping parents to understand this complex, dual presentation and provide useful strategies to support children with this profile of needs.

**Understanding and Supporting Extreme Demand Avoidance** – This session will share information about the presentation of Extreme Demand Avoidance in autistic young people to encourage understanding and suggest strategies and how to support the needs of these children. (also known as PDA)



## **Training delivered by other Organisations:**

### **Trauma Informed Parenting - <https://www.traumainformedparenting.uk/>**

In this workshop our aim is to improve mental health and wellbeing, change generational patterns of behaviour by giving parents and caregivers an awareness of the trauma informed approach

The objectives will be

1. Understanding that all negative behaviours arise from a state of stress and fear.
2. Recognising our own fear and stress in these moments and how that is affecting our connection with our child.
3. Learning what is really going on in our child's brain and our own brain in these moments of stress and fear.
4. Learning strategies and coping skills to help stay calm and regulated ourselves so that we are more able to help our children learn these skills, enabling them to think clearly enough to make decisions and learn.
5. Understanding the 3 pathways of emotional expression.
6. Seeing the power of an apology when de-escalating a stressful situation and taking the responsibility.
7. The importance of connection and relationship when healing trauma and teaching children to build resilience

### **Scottish Self Harm Network - <https://selfharmnetworkscotland.org.uk/>**

This session is for anyone who is interested in learning more about self-harm. It is delivered in a webinar/seminar style with a presentation and time at the end for questions. The topics covered in this session include:

- What is self-harm?
- Who self-harms?
- How do people self-harm?
- Functions of self-harm
- Starting the conversation about self-harm



## Venues:

**Chapelside Community Centre**— Waddell St, Airdrie ML6 6JU



**Muirfield Community Centre** - 1a S Muirhead Rd, Cumbernauld, G67 1AX



**One Wellywnd** - 35 Wellwynd, Airdrie ML6 0BN



**Pat Cullen Community Centre** - Logans Rd, Motherwell ML1 3PB



**Gartlea Community Centre** - Hillfoot Rd, Airdrie ML6 9PB



**Coatbridge Community Centre** : 9 Old Monkland Rd, Coatbridge ML5 5EA





## Other Family Support Opportunities

### Information Drop in events

Along with HOPE there will be lots of organisation who offer a variety of services to support families with autistic children and autistic people themselves. These are informal drop in event.

Tues 14th January 10-12noon  
Kilsyth Community Church  
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Tues 11th February 10-12noon  
Shotts Community Centre  
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Tues 11th March 10-12noon  
Old Monklands Community Centre  
Coatbridge - Partnership with CL&D  
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Tuesday 13th May 10-12noon  
Muirfield Community Centre  
Cumbernauld - Partnership with CL&D

### Parent Support Groups:

Come and meet other parents raising autistic children to share advice and support.

Starting back in 2025:

Monday 13<sup>th</sup> Jan 10-11.30am – Weekly Term Time  
One Wellynd, Airdrie

Wednesday 15th Jan 1-2.30pm – Weekly Term Time  
Freedom City Church, Cumbernauld

Thursday 16th Jan 6.30-8pm (fortnightly)  
Burnhead Community Centre, Uddingston

Tuesday 28th Jan 7-8.30pm (Last Tuesday of the month)  
Online (Via Zoom)