



Coventry intervention: Cygnet Group for parents of children with ASD

At the moment, this is available for those people with a COVENTRY GP ONLY. You cannot self-refer for this intervention. Please discuss the possibility of a referral with a professional and they can make a referral to our services using our usual referral forms, requesting this intervention.

What the session will cover

This group session is for those parents who have children who have been diagnosed with Autism. It is a slower paced course which explains autism in six, three hour sessions. We understand that this is quite a commitment, but we know that some carers, particularly those with a neurodevelopmental disorder themselves, may find it difficult to take in all the information in one session, so this longer course can be very helpful.

There are a number of parents/carers for whom this course would be useful. These include:

- Parents whose child has recently received a diagnosis of Autism and is of school age;
- Parents who for a variety of reasons may not have wanted, or been able to, access an appropriate course when their child was younger;
- Carers who offer direct support to parents e.g. grandparents and foster carers.

The programme is presented quite informally in groups of usually no more than twelve people. There are six sessions and each session will last 2.5 - 3 hours. There are usually two trainers who present the programme and a third person may come along to learn how the programme is presented for future training purposes.

The programme has been developed by acknowledging parents as the experts on their own children/young people. Cygnet will provide an opportunity for parents/carers to obtain advice and information on the additional challenges which autism can present within a group of people who share similar experiences.

This will be achieved by:

- Building on parents'/carers' knowledge of their child and their positive child care experiences;
- Presenting professional knowledge in a varied format making the information easy to understand with practical applications;
- Developing a mutually supportive group who can share advice and experiences.

How you will learn

We make the sessions as interesting and useful as possible using hand-outs, presentations and some sharing and discussing children's problems. All the parents at the group will be facing similar difficulties.

Who will lead the workshop?

One of the clinicians below will run the group:

Claire Fenton, Neurodevelopmental Nursery Nurse - Claire's role within the team is to run a variety of groups for children and parents/carers, including the Cygnet autism course for parents of newly diagnosed children and pre-assessment information sessions. She conducts developmental assessments of our youngest children and provides psychological therapy for young children. Claire has also provided training and consultations to colleagues within Integrated Children's Services. Claire has worked for the NHS for the past 20 years - as part of the Child and Adolescent Mental Health Team then joining the Neurodevelopmental Service in 2014. During this time she has worked with a wide range of children with a variety of emotional and behavioural difficulties as well as children with various disorders. Claire has specialised in working with children with autism and other neurodevelopmental problems.

Natalie Hall, Neurodevelopmental Practitioner - Natalie's role within the team is to run a variety of groups for children, and parents/carers. These include the Cygnet autism course for parents of newly diagnosed children, pre-assessment information sessions and an anxiety group for children and young people. Natalie has worked for the NHS for 10 years, working within the Child and Adolescent Mental Health Service before joining the Neurodevelopmental Service in 2014. She often works with groups of children with ASD and ADHD supporting them to manage their anxiety.

Training for excellence in the NHS

Sometimes we will also have trainees and students observing us in the sessions so they can learn about our work and develop their skills. This is a very important part of their training but if you or the young person would prefer not to have them in a session, please let us know when you arrive for the appointment.

Practical arrangements

Due to commissioning arrangements this intervention is available for those with a **COVENTRY GP ONLY**. When you arrive for your session, please check in at our reception desk and a member of the team will meet you there.

Childcare

Unfortunately we are unable to offer any childcare provision.

How to book

After your referral is accepted, you will be invited to book onto this intervention by calling our admin team on 024 7696 1226.

Neurodevelopmental Service
024 7696 1226