PARENTS, CARERS & FAMILIES WORKSHOPS 2024-2025

MIDAS
Meadowfield Inclusion Development and Support

SPECIALIST TEACHING AND LEARNING SERVICE

TERMS DATES AND WORKSHOPS

WORKSHOP	DATE	TIME
TERM 1		
STARTING ON THE SPECTRUM	10th October 2024 6th December 2024 27th January 2025 17th March 2025 1st July 2025	All 09:45-12:45
ANXIETY	21st October 2024	09:45-12:45
AN INTRODUCTION TO ADHD	22nd October 2024	09:45-12:45
TERM 2		
MY CHILD'S BUSY BRAIN: NAVIGATING ADHD	18th November 2024 25th November 2024 2nd December 2024 9th December 2024	All 09:45-12:45
AN INTRODUCTION TO ASC	5th December 2024	09:45-12:45
TERM 3		
SLEEP SUPPORT	20th January 2025	09:45-12:45
ARE THEY DRY YET?	6th February 2025	09:45-12:45
SUPPORTING AUTISTIC GIRLS	11th February 2025	18:00-20:30
TERM 4		
AN INTRODUCTION TO ADHD	20th March 2025	18:00-20:30
SUPPORTING YOUR CHILD WITH LITERACY	25th March 2025	09:45-12:45
SUPPORTING YOU CHILD USING MAKATON	26th March 2025	18:00-20:30
TERM 5		
SUCCESS ON THE SPECTRUM	25th April 2025 2nd May 2025 9th May 2025 16th May 2025 23rd May 2025	All 09:45-12:45
SLEEP SUPPORT	12th May 2025	18:00-20:30
ATTACHMENT	13th May 2025	09:45-12:45
TERM 6		
AN INTRODUCTION TO ASC	19th June 2025	18:00-20:30
SUPPORTING AUTISTIC GIRLS	14th July 2025	09:45-12:45

STARTING ON THE SPECTRUM

Date	10th October 2024 6th December 2024 27th January 2025 17th March 2025 1st July 2025
Time	09:45-12:45
Presented By	Kate Chatfield, Meadowfield STLS Jamie Evans, Meadowfield STLS Clare Bushell, Meadowfield STLS

Receiving an Autism diagnosis for your young child can be an emotional time. Our 'Starting on the Spectrum' programme is your next step in finding out more. These five workshops take place over five morning sessions and are suitable for parents and carers of children in the early years (5 years and under) with a diagnosis of Autism Spectrum Conditions (ASC). During the programme parents will look at the features of ASC, exploring a new topic each session.

The workshops are designed to:
• Increase understanding of Autistic Spectrum Conditions (ASC) and their impact
• Develop an awareness of potential sensory sensitivities and their impact on everyday life
• Consider brain development and its impact
• Support parents and carers to understand strategies they can use to support children and young people
• Support the development of healthy relationships
• Give the opportunity to discuss strategies and problem solve together in a friendly environment with other families in the same position.

You can choose to attend all 5 sessions or book the session/s that feel relevant to you. The focus of each workshop is detailed below:

- Session 1: Here's how to understand my child's diagnosis
- Session 2: Here's how to support my child's communication and social interaction.
- Session 3: Here's how to develop my child's play skills.
- Session 4: Here's how to support my child's independence skills and toileting.
- Session 5: Here's how to help my child to regulate and support sensory needs.

Numbers are limited and so places will be allocated on a first come first served basis.

This workshop is £5 per participant
Refreshments are provided

ANXIETY

Date	21st October 2024
Time	09:45-12:45
Presented By	Jonathan Smeeton, Meadowfield STLS

This workshop will consider what anxiety is, how it can manifest and look at strategies and approaches that may support.

This half-day workshop will:

- Deliberate what anxiety is and how it may present
- Support for children who are experiencing Emotionally Based School Avoidance
- An introduction to therapeutic approaches including Emotion Coaching
- An exploration of tools and resources
- An introduction to Cognitive Behavioral Approaches

This half-day workshop is suitable for parents or carers of children and young people who are experiencing anxiety at a level that impacts their day to day activities.

This workshop is £5 per participant
Refreshments are provided

AN INTRODUCTION TO ADHD

Date	22nd October 2024
Time	09:45-12:45
Presented By	Tracey Farley, Meadowfield STLS

This introductory course will consider the strengths children with an ADHD diagnosis might have, as well as outlining how to effectively support additional needs.

In this half-day workshop we will cover:

- What ADHD is and how it impacts upon the child and adolescent brain
- What is executive function and how to support deficits
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- Tools and ideas which support independence
- Practical tools and advice
- ADHD and emotional regulation
- Sharing of free resources for ongoing support
- Explore strategies that may support sleep

This workshop is suitable for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

This workshop is £5 per participant
Refreshments are provided

MY CHILD'S BUSY BRAIN: NAVIGATING ADHD

Date	18th November 2024 25th November 2024 2nd December 2024 9th December 2024
Time	All Sessions will be: 09:45-12:45
Presented By	Tracey Farley, Meadowfield STLS Jonathan Smeeton, Meadowfield STLS

A four-part course on Attention Deficit and Hyperactivity Disorder (ADHD) for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

In this four-part course we will:

- Explore the causes and effects of ADHD and address some of the many misconceptions and myths surrounding this contentious label
- Consider the role and implications of medications
- Consider strategies and interventions to support learning and social development
- Explore positive approaches to behaviour management including sanctions and rewards
- Consider what "good practice" looks like for children with ADHD in the home and in the community

Numbers are limited and therefore places will be allocated on a first come first served basis. Unfortunately, we cannot offer a place if you have previously attended this parent course. One parent or carer must commit to attending all four workshops. Another parent or carer is welcome to join any or all of the above.

This workshop is £5 per participant
Refreshments are provided

AN INTRODUCTION TO ASC

Date	5th December2024
Time	09:45-12:45
Presented By	Jemma Williams, Meadowfield STLS

Participants will gain an understanding of Autism and an overview of some of the strategies and interventions that can be used to support children and young people with social communication difficulties.

In this half-day workshop we will:

- Discuss Autism, the diagnostic process and what Autism means for your child
- Consider the cognitive theories relating to Autism and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how best to support Autistic children – strategies and interventions

This workshop is suitable for parents/carers and family members supporting children and young people with this profile.

This workshop is £5 per participant
Refreshments are provided

SLEEP SUPPORT

	Date	20th January 2025
	Time	09:45-12:45
	Presented By	Susan Cassingham, Meadowfield STLS Kate Chatfield, Meadowfield STLS

Sleep problems can be a persistent and severe problem for children and young people. Improved sleep can lead to reduced stress within the family and improved educational outcomes for the young person.

This half-day workshop will:

- Introduce participants to a range of sleep problems in children and young people with additional support needs
- Identify possible causes of sleep difficulties
- Consider behavioural interventions to improve them
- Provide an opportunity to share ideas with parents and carers facing similar challenges

This workshop is suitable for parents, carers and families of children (age 3+).

This workshop is £5 per participant
Refreshments are provided

ARE THEY DRY YET?

Date	6th February 2025
Time	09:45-12:45
Presented By	Clare Bushell, Meadowfield STLS Jamie Evans, Meadowfield STLS

We know children are increasingly confidently dry much later in their development, and many children are still in nappies when they transition to school. This workshop aims to develop knowledge and understanding of why some children have difficulties transitioning out of nappies and strategies to support them.

To confidently implement strategies to support children's development, in particular, around their sensory sensitivities when toilet training.

This half-day workshop is aiming to support adults to develop their understanding around why an Autistic child may find it difficult to stay dry or transition out of nappies. We will be looking at their diets, sensory sensitivities, how an Autistic child learns, implementing effective visuals and routines, understanding the impact of interoception and strategies of support. This work shop highlights the difficulties an Autistic child might experience, but can be supportive for any children struggling to stay dry.

This workshop is £5 per participant
Refreshments are provided

SUPPORTING AUTISTIC GIRLS

Date	11th February 2025
Time	18:00-20:30
Presented By	Jemma Williams, Meadowfield STLS

This is a workshop about Autism Spectrum Condition (ASC) in girls for parents, carers and families of children with an Autism diagnosis or a noticeable social communication difficulty.

Participants will gain an understanding of Autism along with looking at the research and implications surrounding girls with Autism. Participants will gain an overview of some of the strategies and interventions that can be used to support children and young people with social communication differences.

In this evening workshop we will:

- Discuss Autism, the diagnostic process and what Autism means for girls and their families
- Consider the theories behind Autism with a particular focus on girls
- Consider the cognitive theories relating to Autism and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how to support autistic girls – strategies and interventions

This workshop is suitable for parents/carers and family members supporting Autistic girls.

This workshop is £5 per participant
Refreshments are provided

AN INTRODUCTION TO ADHD

Date	20th March 2025
Time	18:00-20:30
Presented By	Tracey Farley, Meadowfield STLS

This introductory course will consider the strengths children with an ADHD diagnosis might have, as well as outlining how to effectively support additional needs.

In this half-day workshop we will cover:

- What ADHD is and how it impacts upon the child and adolescent brain
- What is executive function and how to support deficits
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- Tools and ideas which support independence
- Practical tools and advice
- ADHD and emotional regulation
- Sharing of free resources for ongoing support
- Explore strategies that may support sleep

This workshop is suitable for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

This workshop is £5 per participant
Refreshments are provided

SUPPORTING YOUR CHILD WITH LITERACY

Date	25th March 2025
Time	09:45-12:45
Presented By	Laura James, Meadowfield STLS

Participants will understand the origins, definitions and ways of identifying specific literacy difficulties (example dyslexia). Participants will develop their understanding of how they might effectively support their child in the home in relation to literacy, using technology and support for organisation and memory.

This half-day workshop will:

- A very short introduction to specific literacy difficulties – the history, possible causes, prevalence and co-occuring difficulties
- An overview of identification and assessment pathways, including a discussion about the KCC guidance for parents
- Opportunities to explore how parents can effectively support children with reading and spelling when at home
- Opportunities to explore other areas of difficulty that may arise with specific literacy difficulties, such as memory and study skills
- A brief exploration of how technology might be utilised at home

This workshop is suitable for parents and carers supporting vulnerable children and young people who have literacy needs.

This workshop is £5 per participant
Refreshments are provided

SUPPORTING YOUR CHILD USING MAKATON

Date	26th March 2025
Time	18:00-20:30
Presented By	Tracey Farley, Meadowfield STLS Jemma Williams, Meadowfield STLS

Is your child being supported at school using Makaton? Would you be able to support them using this at home too?

Participants will receive an introduction to Makaton, learning signs and symbols to enhance communication with your child.

The workshop will enable participants to understand the key features of Makaton and provide you with the stepping-stones to begin or further develop your use of Makaton.

Participants will be introduced to resources, and examples of activities to take away from the session.

Today over 100,000 children and adults use Makaton symbols and signs, either as their main method of communication or as a way to support speech. Makaton has been shown to be useful for all sorts of people including those who struggle with understanding concepts, those who have poor literacy skills, including grammatical knowledge, and those with English as an Additional Language. By using Makaton, children and adults can take a more active part in life, because communication and language are the key to everything we do and learn. (The Makaton Charity 2023)

Whilst the presenters are qualified in Makaton this is not a Makaton accredited training.

This workshop is £5 per participant
Refreshments are provided

SUCCESS ON THE SPECTRUM

Date	25th April 2025 2nd May 2025 9th May 2025 16th May 2025 23rd May 2025
Time	All Sessions will be: 09:45-12:45
Presented By	Jemma Williams, Meadowfield STLS

This five-part course takes place over five morning sessions and is suitable for parents and carers of school aged children with an Autism (ASC) diagnosis or those whose children are on the Autism pathway. The course aims to deepen delegates' understanding of the diagnosis of Autism and to provide effective strategies for school age children and their families. Participants will meet other parents and carers enabling them to share experiences in a supportive atmosphere.

In this five-part course we will:

- Session One: What does an Autism diagnosis mean? What are the features of Autism?
- Session Two: Investigating communication. Visual supports - what might they be and how can they help?
- Session Three: Sensory sensitivities and anxiety
- Session Four: Developing emotional awareness and analysing and managing behaviour
- Session Five: The final session will be tailored to the needs of participants and their children

Numbers are limited and places will be allocated on a first come first served basis. PLEASE NOTE that one parent or carer must commit to attending all five sessions. Another parent or carer is welcome to join any or all sessions.

This workshop is £5 per participant

Refreshments are provided

SLEEP SUPPORT

Date	12th May 2025
Time	18:00-20:30
Presented By	Susan Cassingham, Meadowfield STLS Kate Chatfield, Meadowfield STLS

Sleep problems can be a persistent and severe problem for children and young people. Improved sleep can lead to reduced stress within the family and improved educational outcomes for the young person.

This half-day workshop will:

- Introduce participants to a range of sleep problems in children and young people with additional support needs
- Identify possible causes of sleep difficulties
- Consider behavioural interventions to improve them
- Provide an opportunity to share ideas with parents and carers facing similar challenges

This workshop is suitable for parents, carers and families of Early Years, primary age and secondary age children (age 3+).

This workshop is £5 per participant
Refreshments are provided

ATTACHMENT

	Date	13th May 2025
	Time	09:45-12:45
	Presented By	Tracey Farley, Meadowfield STLS

A child's ability to engage in learning and be fully included in school and family life can be fundamentally affected by their experiences of early relationships or attachments.

This half-day workshop will:

- Explain some of the factors that can disrupt capacity to form secure attachments between a child and their primary care giver
- Outline some of the daily challenges that these children experience and the impact that this can have on their capacity to form meaningful relationships with both adults and their peers
- Consider children's presentation and the functions behind certain behaviours
- Provide an opportunity for parents, carers, families and professionals to reflect on how an ethos of emotional wellbeing may strengthen inclusion, reduce disaffection and promote resilience
- Discuss practical advice and ideas that can be implemented

This workshop is suitable for parents and carers supporting vulnerable young people.

This workshop is £5 per participant
Refreshments are provided

AN INTRODUCTION TO ASC

	Date	19th June 2024
	Time	18:00-20:30
	Presented By	Jemma Williams, Meadowfield STLS

Participants will gain an understanding of Autism and an overview of some of the strategies and interventions that can be used to support children and young people with social communication difficulties.

In this half-day workshop we will:

- Discuss Autism, the diagnostic process and what Autism means for your child
- Consider the cognitive theories relating to Autism and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how best to support Autistic children – strategies and interventions

This workshop is suitable for parents/carers and family members supporting children and young people with this profile.

This workshop is £5 per participant
Refreshments are provided

SUPPORTING AUTISTIC GIRLS

Date	14th July 2024
Time	09:45-12:45
Presented By	Jemma Williams, Meadowfield STLS

This is a workshop about Autism Spectrum Condition (ASC) in girls for parents, carers and families of children with an Autism diagnosis or a noticeable social communication difficulty.

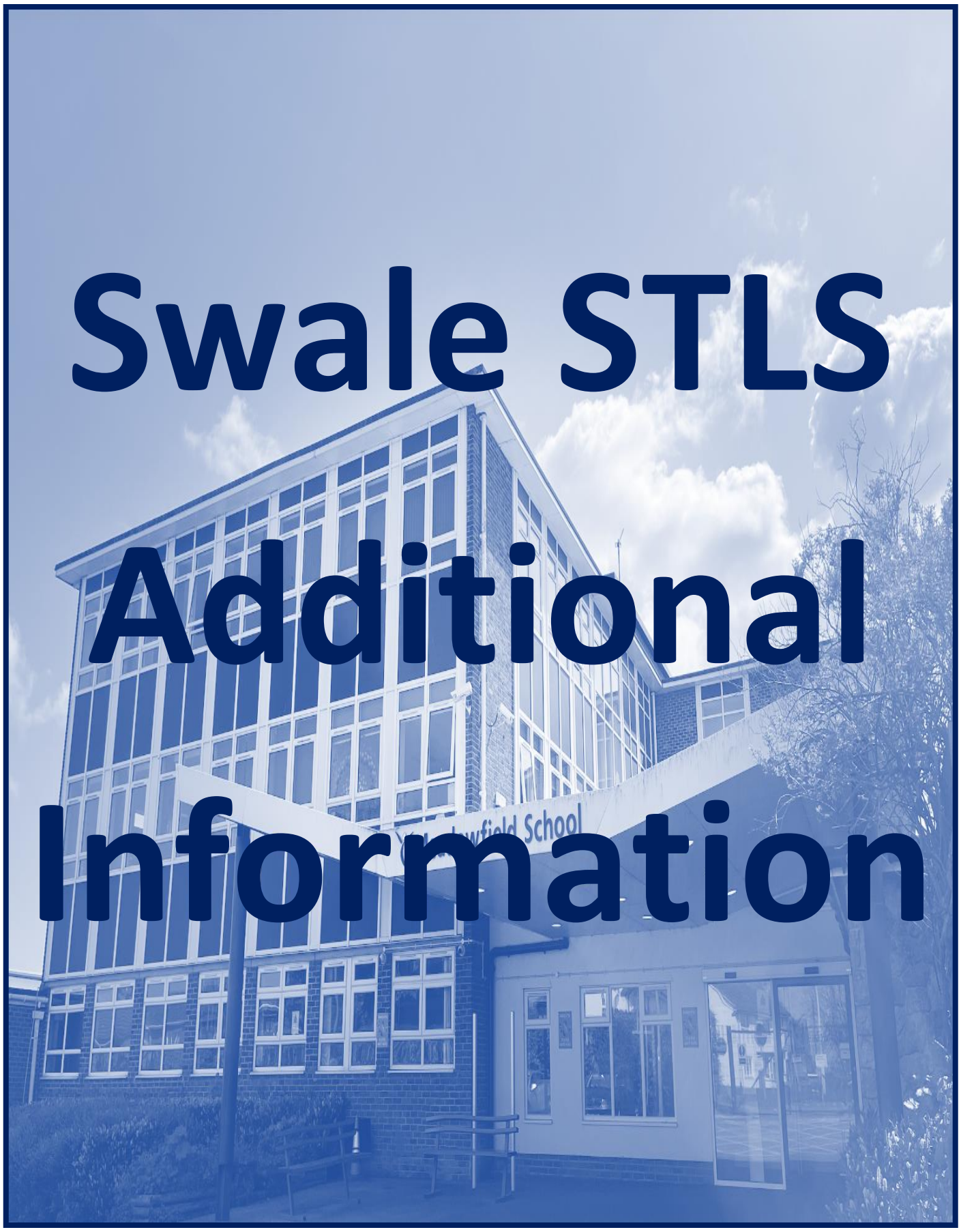
Participants will gain an understanding of Autism along with looking at the research and implications surrounding girls with Autism. Participants will gain an overview of some of the strategies and interventions that can be used to support children and young people with social communication differences.

In this evening workshop we will:

- Discuss Autism, the diagnostic process and what Autism means for girls and their families
- Consider the theories behind Autism with a particular focus on girls
- Consider the cognitive theories relating to Autism and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how to support autistic girls – strategies and interventions

This workshop is suitable for parents/carers and family members supporting Autistic girls.

This workshop is £5 per participant
Refreshments are provided



Swale STLS Additional Information

USEFUL LINKS AND INFORMATION

MAKATON

https://makaton.org/TMC/

Makaton has been shown to be useful for all sorts of people including those who struggle with understanding concepts, those who have poor literacy skills, including grammatical knowledge, and those with English as an Additional Language. By using Makaton, children and adults can take a more active part in life, because communication and language are the key to everything we do and learn.

Topics covered by free downloads include:

- Activities and games
- Animals, food and places
- Events and special days
- Food and transport
- Health
- Life skills
- Nature
- People and characters
- Religion and festivals
- Songs and stories
- Vocabulary
- Wordlists

USEFUL LINKS AND INFORMATION

ADHD SHEPPEY

https://www.adhdawesome.com/

The ADHD Sheppey Support Group was established in 2012 and has grown, exponentially, over the years. We meet on a Friday afternoon at the Healthy Living Centre in Sheerness.

There are separate activities for the children whilst parent/carers can discuss any challenges, difficulties or even celebrate achievements. If you have a child with ADHD or are awaiting a diagnosis for yourself or your child, then come and see us!

DOWN SYNDROME ASSOCIATION

https://www.downs-syndrome.org.uk/about-dsa/our-network/local-support-groups/

There is a large network of parent-led support groups covering England, Wales and Northern Ireland. These groups are independently run by parents for their own local communities and are affiliated to the Down's Syndrome Association. The groups come in all shapes and sizes, depending on their numbers, ages and the interest and needs in their local area. The groups aim to provide a local network that provides friendship, support, social events and other events and activities.

For details of the groups please email or call us:

Helpline: 0333 1212300 (10am-4pm)

Email: info@downs-syndrome.org.uk

BOOKING INFORMATION

To book a training workshops held at MIDAS please complete the booking form via the Swale STLS booking site, please visit:

https://www.meadowfield.kent.sch.uk/midas-and-stls/parent-courses-and-bookings-2/

or by scanning the QR code below.

Our parents, carers and families' workshops are now charged at £5 per attendee at time of booking, this is to cover refreshments and any resources that are provided.

If you have any difficulties using the online booking form please contact Jenna Paternoster via email midas@meadowfield.kent.sch.uk who will be happy to support you further.

The MIDAS centre is found within Meadowfield School, Swanstree Avenue, Kent, ME10 4NL. Parking is available onsite however, places are in high demand and occasionally you may be required to park offsite so please allow extra time. We respectfully ask that you do not park on the double yellow lines.

Please note: You may find difficulty in entering and exiting the car park between 09:00 & 09:30 & 14:30 & 15:30 as this is when school transport arrives.

For further information, or to be added to our mailing list, please contact Jenna Paternoster, MIDAS Administrator on 01795 477788 (option 6)
midas@meadowfield.kent.sch.uk

Booking Details
Please can the QR code or click the link to complete the online booking form:

https://forms.office.com/e/H5c7AxRtkh

Any course related queries please contact midas@meadowfield.sch.co.uk

THE MIDAS STLS TEAM

Administrators
Rebecca McCarthy
Jenna Paternoster
Jacqueline Woodhouse

STLS District Lead
Rebecca Kenny

Specialist Teachers
Kate Chatfield
Jamie Evans
Tanya Haynes
Jonathan Smeeton
Tracey Farley
Jemma Williams
Laura James

Inclusion Support Assistants
Susan Cassingham
Clare Bushell

You can find further information about the Swale STLS Team on our website via the link below:
https://www.meadowfield.kent.sch.uk/midas-and-stls/meet-the-team/

The team look forward to welcoming you at the MIDAS Centre

SWALE STLS WELLBEING DOGS

Tommy is a much loved, valued member of our team. He is now two years old and continues to work alongside Susan supporting many children in a variety of settings and schools.

Tommy attends both settings and schools by request and with prior arrangement.

Lottie has been with the team for a year now and enjoys accompanying members of the team out on visits for cuddles with both children and staff.

Lottie's calm and quiet temperament, in addition to her small size, means she's ideally suited to children that enjoy quiet snuggles during their interventions.

STLS DISTRICT LEAD

Rebecca Kenny

Tel: 01795 477788

(Option 6)

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MIDAS
Meadowfield Inclusion Development and Support