

Perth Autism
Support

NEW FAMILIES GUIDE



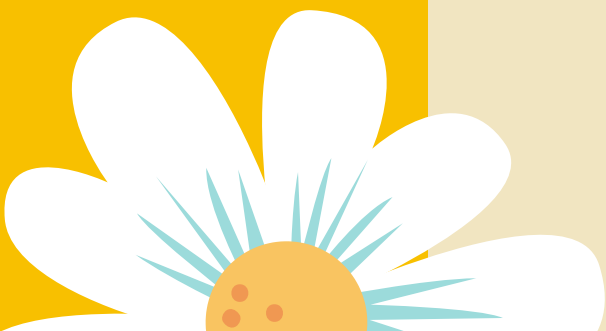
THIS GUIDE HAS BEEN
MADE FOR NEW FAMILIES
REGISTERING WITH PERTH
AUTISM SUPPORT. IT
WILL TAKE YOU THROUGH
OUR DIFFERENT SERVICE
AREAS AND TELL YOU
MORE ABOUT US.

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ABOUT PERTH AUTISM SUPPORT

Perth Autism Support (PAS) supports autistic children and young adults aged 18 or under. We understand that a diagnosis of autism can have a profound effect on the whole family, and therefore we aim to provide quality autism specific services for everyone in the child/young person's life. We support children and young people who have received a diagnosis and those currently going through the diagnosis process.





ACTIVITIES

Our regular term time activities include

- Youth Theatre
- Sensory Play
- Cooking
- Sports
- Relaxation classes
- Social groups

We have currently reduced our offer for face to face groups due to COVID-19 restrictions. However, we have expanded our programme with virtual sessions, to make sure everyone can still have fun and access our activities!

All registered families automatically receive information on how to book activities (Outreach included) via email before our term starts.

For more information on Activities, please contact:
activities@
perthautismsupport.org.uk

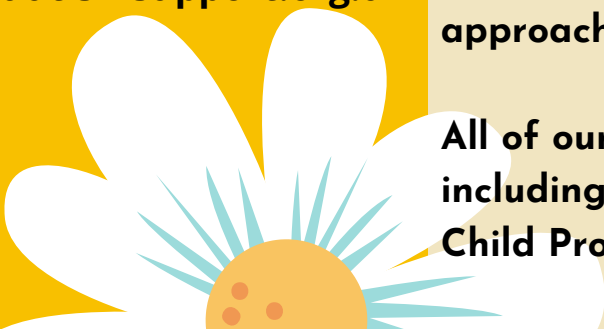
We provide autism specific activities, as mainstream activities can often struggle to provide support to autistic children. Our classes are structured and with a high staff ratio (1:2) to ensure that our children feel comfortable, safe and valued. We also provide 1:1 support in activities for those who need it, especially if it's the child's first time attending activities.

Our group activities take place Monday to Saturday during term time, and we also have holiday programmes during school holidays!

Taking part in group activities is hugely important to all children as it is key to many aspects of their development. It is also important to socialise with peers who can understand them! At PAS we understand the importance of this and strive to provide an exciting activities programme for children of different ages, with a range of needs and varied interests.

The Perth Autism Support activities team is made up of motivated people who are passionate about working with autistic children and their families. We work alongside the needs of the children and support them to develop their social skills, allowing them to explore and experiment in a fun and supportive environment. We offer a flexible, child-centered approach to our services.

All of our staff attend a wide range of training including Autism specific training, CALM training, Child Protection, and are all PVG checked.





ACTIVITIES

Testimonials from parents about our activities:

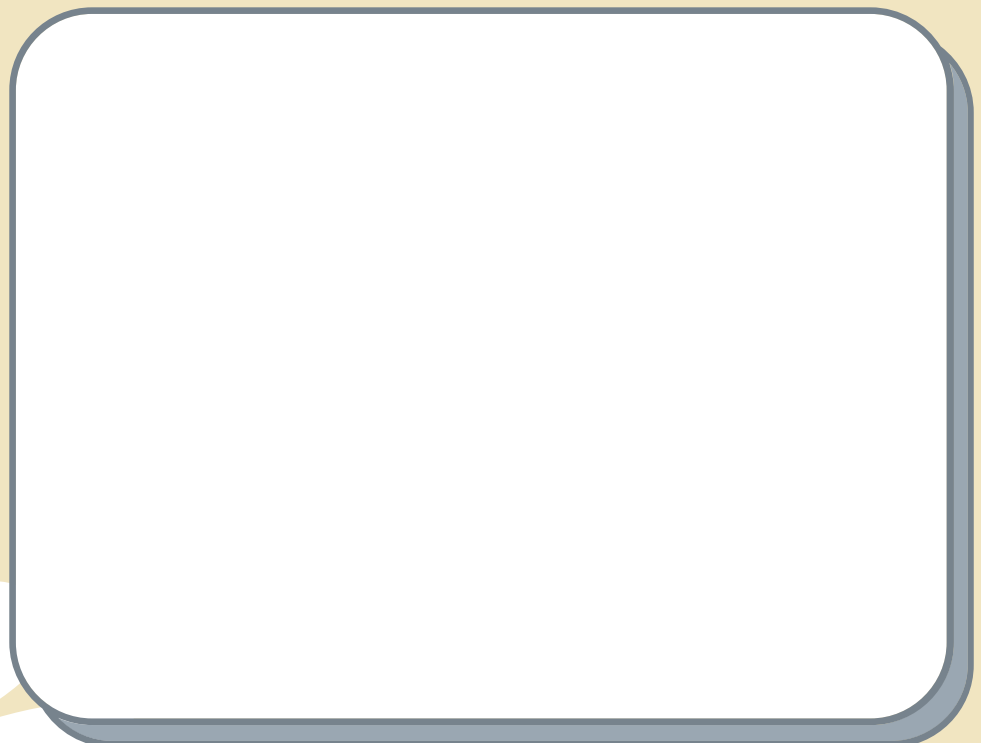
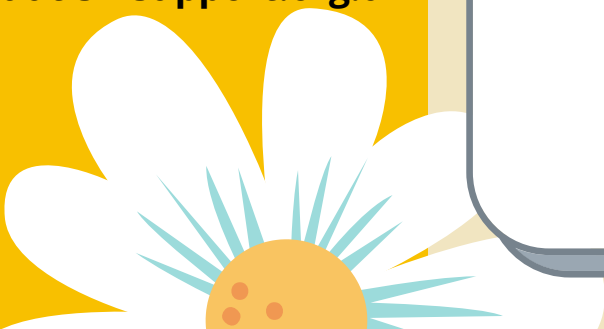
"Also, I would like to take this opportunity to let you know that J is coming on really well outside of PAS and I see it as being related to him attending the social group, so thank you for all the hard work you put in as a team to all of the kids."

"G has had a fantastic summer with all the different activities with PAS. He has come back from your trips/ sessions happy and chilled and is always eager to know when he will be going back. We've loved seeing the photos of your outings, and G has been looking back over them a lot too. Can't thank you all enough."

Classes recommended for your child:

For more information on Activities, please contact:
activities@

[perthautismsupport.org.uk](mailto:activities@perthautismsupport.org.uk)





OUTREACH SERVICES

Often parents of autistic children feel very socially isolated, and this can be heightened when living in more rural areas. That's why PAS Outreach services bring out to rural areas the following services:

- weekly term time activities
- holiday programmes
- training sessions
- resource loan services
- parents 'coffee and chats'

(we are currently offering all of the above online except resource loans, which are temporarily suspended due to COVID-19 restrictions)

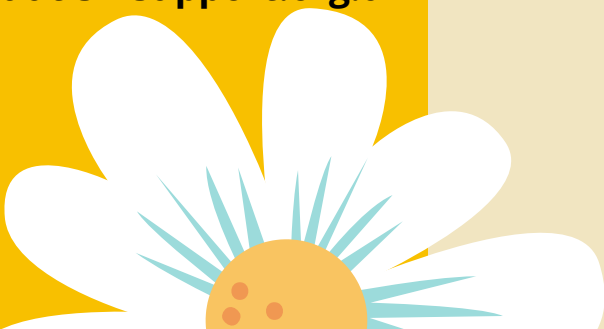
PAS Outreach is a real opportunity for families affected by autism to find common ground with others in their local area without the need to travel often long journeys to attend activities. Knowing you're not alone can be one of the most powerful things when you are autistic or bringing up an autistic child.

Our Outreach services cover the areas of Highland Perthshire, Crieff, Blairgowrie and Kinross.

For more information on Outreach Services, please contact:

outreach@

perthautismsupport.org.uk





OUTREACH SERVICES

Testimonials from parents about our Outreach services:

"The outreach programme is vital to our family as we would be unable to access any PAS groups or services if they were only held in Perth. As is typical of Autistic children, school is exhausting so after school activities are very difficult ... [Our son] also hates being in the car for long journeys. Outreach allows us to attend PAS groups a few minutes drive from our home."

"Without PAS outreach we would be very isolated as a family. [Our son] hates going places and mostly stays at home thus we stay home too. It is great to have a break as parents and for [him] to spend time with other ASD kids in a safe, cared for environment. Meeting other parents is wonderful as we can share stories and understand each other in a way other parents can't do. Access to outreach training courses has been the highlight of my year. I have learned so much and enjoyed the group time with other parents and PAS staff. I couldn't have attended the courses in Perth due to school time and travelling and problems with my own health and mobility."

"The outreach service has been life changing for our whole family. Because both of our sons have additional needs, attending a group (especially in winter) in Perth wouldn't really be possible...this may sound dramatic but they would currently struggle with the half hour (or more) car journey each way on top of the activity ... The boys are currently unable to attend local sports or social groups due to their needs and so without the PAS outreach team the boys would have no access to activities with peers. This would be very isolating and seems unfair as neurotypical children are able to access groups locally."



For more information on Outreach Services, please contact:
outreach@perthautismsupport.org.uk





TRAINING

Our workshops are designed to help families take a closer look at autism and to share ideas, strategies and supports for children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

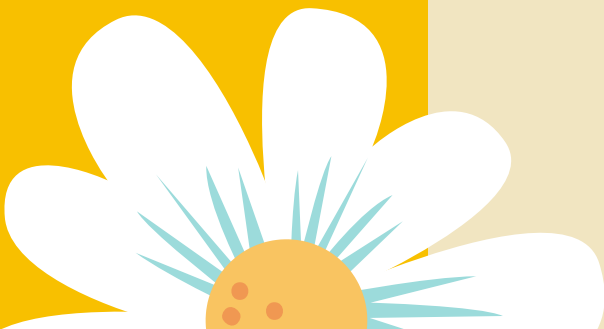
We have a series of workshops providing in depth information on a range of issues under Behaviour, Sensory, Communication, Transitions, Inflexible thinking and Emotional Regulation.

Perth Autism Support training workshops are free to families registered with us. There is charge for all training workshops for all other participants.

Bespoke training can be delivered to your organisation, tailored to fit the requirements of your staff and can vary in length from a few hours to full day sessions, depending on your needs. To discuss requirements and for pricing contact the team at Perth Autism Support.

**For more information on Training, please contact:
training@**

perthautismsupport.org.uk





TRAINING

Testimonials from parents about our training:

For more information on
Training, please contact:
training@

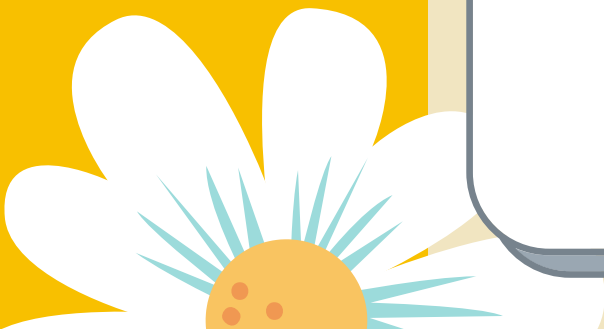
perthautismsupport.org.uk
or look on our Eventbrite
page to book into a session
<https://www.eventbrite.co.uk/o/perth-autism-support-7226422323>

Training recommended for you:

"very useful training to be used both
personally and professionally"

"This session was so useful, affirmative and
practical. I thought the current challenges
and experiences of each attendee were very
skilfully included and responded to with
sensitivity, realism. Absolutely fantastic!
Thank goodness for this course! An oasis of
help at an extremely difficult time in our
family."

"Many thanks for yesterday. R and I both
found it fascinating and really useful. Many
thanks for this info too as it will help us
structure school homework and revision with
F. We are so grateful for all the PAS team
and support."





LOAN SERVICES

We have a range of products that registered families can loan for up to one month. These include:

Weighted Therapy: Weighted Therapy is the use of weighted products to apply surface pressure to the body stimulating the proprioceptive sense. This sense gives us information about our body's position and movement via receptors in the muscles, joints and ligaments. Weighted Therapy items can be costly to buy and do not work for everyone, therefore at PAS we offer families a chance to loan items so parents can ensure that there is a benefit to their child before purchasing their own weighted items.

Library:

We encourage parents and carers to gain as much knowledge and information as possible regarding autism and their child's own individual circumstances, therefore our resource library can be a great base for information. We have books covering topics such as discussing a diagnosis with your child/young person, dealing with behaviours, books for siblings about autism, autobiographical novels detailing personal experiences of autism and much more.

Ear Defenders:

For more information on our Loan Services, please contact:
info@perthautismsupport.org.uk

Every individual has their own unique sensory profile, however, we often see autistic individuals struggling with loud & sudden noises or having difficulty focusing on specific tasks in noisy environments, which the wearing of ear defenders can minimise.





FAMILY SUPPORT

At PAS we recognise that having a child who is going through an assessment or has a diagnosis of autism can, at times, be stressful. Sometimes families may need individual support in order to help them with specific challenges or to get through tricky times like transitions. The type of support offered will be different for each family.

Examples of support could be:

- Helping the family to facilitate multi-agency working e.g. supporting a parent at a Child's Plan meeting, attending CAMHS appointments with the family.
- Providing information about Autism to all family members and working with the young person themselves to understand what autism is and how this relates to them and problem solving specific barriers.
- Working with parents/carers to help them understand and support behaviours relating to autism.
- Signposting families to other supports e.g. training or resources and highlighting any other agencies that might be helpful.
- Support for completion of Disability Living Allowance forms and signposting to agencies for support with income maximisation.

For more information on Family Support, please contact:

families@

perthautismsupport.org.uk





FAMILY SUPPORT

Family Support will be:

- Individualised and tailored to your families' specific needs
- Confidential (excluding any child protection concerns)
- Professional with advice based on current research practice
- Based around supporting and empowering others
- Based on aims and outcomes
- Time limited
- Sessions can be held in a place that suits the family but can include, at home, at school, at PAS offices or delivered virtually.

Testimonials:

For more information on Family Support, please contact:

families@

perthautismsupport.org.uk

"Also thanks so much for the work you and the others did with D doing I Am Me course which she really benefited from. Overall I feel D has moved forward and accepting her diagnosis and although things can still be difficult at times she is much more in control. PAS has played a major part in helping her and us and can't thank you all."

"We felt supported and this helped us cope better as a family. We were given lots of advice, strategies to try and ideas. This decreased our stress and anxiety levels allowing us to move forward."





SCHOOL LIAISON

Our school liaison service is there to be a direct link between schools, families and Perth Autism Support, offering support to parents and schools with advice, information and strategies. Families registered with PAS can contact our School Liaison Co-ordinator and an individual support plan can be put together. Schools can also contact us directly if they require autism specific advice, strategies or training.

Work can also include:

- Peer Autism Awareness talks - school assemblies or class talks to help develop peer awareness and understanding
- Setting up lunchtime clubs - providing support in less structured times of the day, i.e. Lego clubs and girls groups.
- Support with transitions - supporting families and schools with the transition process (from nursery to primary and primary to secondary)
- Individual work with pupils - introduce them to PAS and support them through introduction to PAS services
- Attend Additional Support Needs Meetings for those registered for PAS services
- Meet families who schools feel would perhaps benefit from accessing PAS services

For more information on our
School Liaison Service,
please contact:
schools@
perthautismsupport.org.uk





SIBLINGS

Our Siblings group is part of our Activities Programme, and families can book following the same process.

At PAS we recognise that having an autistic brother or sister can bring its own set of challenges as well as positive experiences. The Siblings group aims to recognise and support these, with an emphasis on gaining knowledge about autism as well as enjoying time with others in a similar situation.

The social groups are a fantastic opportunity to promote peer friendships with other siblings with shared experiences who understand the ups and downs of having an autistic brother or sister.

Each week will have a planned activity as well as opportunities to talk about issues and acknowledge the positives of having an autistic sibling. We have done various different arts and crafts activities, baking and we have lots of fun! The activities are tailored to the group we have and we like to get suggestions for activities from the group, ensuring they are getting the most out of the sessions!

Testimonials:

For more information on Siblings Services, please contact:

[activities@](mailto:activities@perthautismsupport.org.uk)

[perthautismsupport.org.uk](mailto:activities@perthautismsupport.org.uk)

"I have enjoyed getting to know others and how they feel about their siblings" - Young Person

"Thank you so much for the Sibling Social Group, they have enjoyed it so much" - Parent





YOUNG ADULTS

We are aware that there can be a lack of support for young people from 14 to 18 years for transition into adult services, employment or further/higher education, and this is exactly why we have our young adult service.

This service aims to provide an individualised plan tailored to each young person's individual transition needs and requirements.

At PAS we recognise the difficulties and anxieties that young people and their families may face during this transition time as we can appreciate any change can be daunting. The aim of the young adult service here at PAS is to provide a single point of contact to support young people through the transition, allowing a more natural progression so that the change can be at a pace specifically tailored to suit the young person. The service is aimed to bridge the gap between childrens and adult services, ensuring the young adults feel supported at what can be an anxious time.

**For more information on
Young Adults, please
contact:**

transitions@

perthautismsupport.org.uk





YOUNG ADULTS

How The Young Adults Team Can Support:

- Links to adult services
- Support with education and further/higher education transitions
- Support links to employment services
- Promote independent life skills
- Emotional wellbeing support
- Independent travel
- Social integration with age appropriate peers
- Social group with a wide range of activities
- Fitness classes in partnership with a local gym focusing on mental health and wellbeing
- Pop Up Weeks to deliver information on specific topics
- Personal Independence Payment forms

Testimonials:

'I like how I've made friends at Young Adults and that i now have someone to play video games with'

'I like how i am treated with respect and can have more mature conversations'

“*** really enjoyed the last session and they are looking forward to the next one too.

This is really good progress for *** and we all hope to see continuing progress in the next months, one step at the time.”

“You've no idea how good it is to hear some positive feedback about ***. The fact that he's enjoyed a social gathering with others his age is brilliant because he doesn't have any friends or see anyone out with his PAS activities.”

For more information on Young Adults, please contact:

transitions@

perthautismsupport.org.uk





FUNDRAISING

Individual Fundraising

One of the best ways to support our vital work is with a financial donation. This can be a one-off donation or by regular giving such as Standing Order set up with your bank or through your work with schemes such as Payroll Giving.

Fundraising in the Community

If you are a member of a club, group, church, PTA or sports team, then please think about Perth Autism Support when organising your calendar of events.

We are here to support you whether you would like to organise a small bake sale, a 300 person masked ball and everything in between.

Support from Businesses

We are always looking to engage with local businesses and employers. By appointing us as your Charity of the Year; having one of our collection tins on your front desk; or organising a fundraising event in aid of Perth Autism Support, we would to hear from you. Fundraising can be an amazing team building endeavour and help towards your corporate CSR.

Events

PAS regularly organises their own fundraising events including quiz nights, beer tasting or duck races. We also promote larger fundraising events such as the London Marathon and the Kiltwalk should people be interested in larger participation events. Please keep an eye on our social media pages for the most up-to-date information.

For more information on Fundraising, please contact:
faith@

perthautismsupport.org.uk





FUNDRAISING

Fundraising whilst online

By using "Amazon Smile" rather than "Amazon" you can donate to our charity while you shop. Everything about your experience on Amazon is the same but Amazon donates 0.5% of your purchase price to Perth Autism Support. Please visit <https://smile.amazon.co.uk/> and selecting Perth Autism Support as your charity of choice.

When you use "easyfundraising" as a portal to shop with any of the 4,000 retailers registered with them (including Argos, Marks & Spencer and Ebay) the retailers makes a small donation to PAS to say thank you. Visit <http://www.easyfundraising.org.uk/> for further details.

Another online fundraising example is "Easysearch". By using this search engine instead of Google, or another favourite search engine, you can make a real difference to PAS. Easysearch is completely FREE and by making just 10 searches a day, you could raise around £20 a year for Perth Autism Support.

Volunteering

For more information on Fundraising, please contact:
faith@
perthautismsupport.org.uk

If none of the above is suitable for you, then how about donating your time? PAS is always looking for volunteers to help with our fundraising and this can be on a regular basis or just once or twice a year. Whatever suits you best.

