

How to apply to attend a Cygnet course:

Info for parents/carers...

Criteria: If you are interested in attending a Cygnet group, you must be the parent/carer of a young person on the pathway to receiving an autistic spectrum diagnosis or have received this diagnosis. Your child needs to be aged between 5-18 years. We are commissioned to support families with children attending schools in the Sevenoaks district.

Dates for the course are

Session 1	23rd April
Session 2	30th April
Session 3	7th May
Session 4	21st May
Session 5	11th June
Session 6	18th June
Session 7	25th June

Course times will be from 9.30am to 12pm at Hextable Primary School

Contact us...

To book a place on a course or to be added to our mailing list

please contact:

Emma Bradshaw (Business Support Assistant)

Specialist Teaching & Learning Service

Valence School, Westerham Road,

Westerham, Kent, TN16 1QN

Email: ebroadshaw@valence.kent.sch.uk

Tel: 01959 560592



Believe in children
Barnardo's

Cygnet



A basic awareness-raising course for parents and/or carers of children and young people at school who have an autistic spectrum condition or on the ASD pathway

The next course starts on Thursday 23rd April 2020 at Hextable Primary School, Rowhill Road, Hextable, BR8 7RL from 9.30am until 12pm. Places on the course are limited. Please ensure you are able to attend all dates before applying for a place.

Please contact Steve Sherrell (Specialist Teacher) to talk through whether this course is right for you on 07920 526 570 or ssherrell@valence.kent.sch.uk

To book a place on the course please contact Emma Bradshaw (Business Support Assistant) on ebroadshaw@valence.kent.sch.uk

What is Cygnet?

The Cygnet Core Programme is a basic awareness-raising package for parents and/or carers of children and young people with an autistic spectrum condition (ASC). It has been created by children's charity Barnardo's. The course is delivered by practitioners who have experience of working with pupils with ASC across the age range and across the spectrum, and the course aims to work towards supporting and developing the young person's communication skills and behaviour.

Who is the course for?

Parents and/or carers of a child or young people with an autistic spectrum diagnosis that want to learn more about it. There is space for up to 12 people on each course. We are commissioned to support families in Sevenoaks district.

What does the course cover?

Cygnet is designed to raise awareness of:

1. Introduction
2. An Overview
3. Sensory Needs
4. Communication
5. Understanding Behaviour
6. Supporting Behaviour
7. Parent's Choice

The course is delivered over seven 2.5-hour sessions from 9.30am to 12pm

What level of commitment is needed?

All course members should try to attend every session. The course is very informative, and sessions will need to start promptly; start and finish times will be considerate of school runs and travelling time. We also offer a three-month post-course follow up session, which will be arranged with each group at the beginning of the course.

What costs are involved?

We ask for a £5 contribution to cover our photocopying costs per family and £5 for refreshments for each adult attending for the whole course. Apart from that, the Cygnet core programme is free for parents and/or carers.

Why should I attend a Cygnet course?

At its core, Cygnet acknowledges parents as the experts when it comes to their own children. The underpinning value in the development of the Cygnet programme is the belief that if parents and carers have access to appropriate knowledge, skills and support, they can often find practical solutions to build confidence in family life.

"Training for families must be on-going as individual needs change according to age and circumstance. All authorities should offer a variety of training courses for parents/carers in the understanding and management of ASC and any additional behavioural difficulties"

(National Autism Plan, 2003)



What do other people say about Cygnet?

Parents:

"This has given me the tools to help with my child's communication"

"I can now identify my child's sensory issues and have an idea of practical strategies"

"The support of the other group members is really valuable"

Professionals:

"We recommend Cygnet to all families where a young person receives a diagnosis of ASC in this age bracket"

- Consultant Child Psychologist, Bradford

"The programme is excellent in its accessibility to parents, carers and practitioners"

- Barnardo's Children's Service Manager, Waltham Forest

"The materials are clear, well researched and well-paced"

- Autism Outreach Teacher, Leeds

