

Nottingham City Council Autism Team Parents/Carers Newsletter



Nottingham
City Council

This is your termly newsletter about all things related to Autism.
Thoughts, articles, activities, quotes and more!

Upcoming Events on Teams

Coffee Meetings

Thursday 27th January: 9.30 – 11am

[January Coffee Meeting for Parents](#)

Monday 28th February: 1 – 2.30pm

[February Coffee Meeting for Parents](#)

Tuesday 22nd March: 6.30 – 8pm

[March Coffee Meeting for Parents](#)

Workshops

Autism Education Trust: Making Sense of Autism

Thursday 24th February: 10 – 12noon

[Making Sense of Autism for Parents](#)

Sleep - with Samantha Parr (CDC Sleep practitioner)

Wednesday 2nd March: 7 – 8.30pm

[Sleep Workshop with Sam Parr](#)

How the SEN system works in Nottingham City

Tuesday 15th March: 7 – 8.30pm

[How the SEN system works in Nottingham City](#)

Just click on the links to join

What workshops do you want?

So far, we have delivered:

AET Making Sense of Autism

Introduction to Visuals

Transition Support

Autism & Anxiety

Sleep

How the SEND system works in Nottingham City

It is important to us that we are led by the needs of our families.

We need your feedback for what to offer next...

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You Said, We Did

The Autism Team would like your continuing feedback. We have increased the number of parent workshops we are putting on, and continuing to offer daytime and evening coffee meetings and workshops.

If you have had support from us recently and would like to share your experiences or how we could improve our service please email:

anita.bennett@nottinghamcity.gov.uk



PHAB Nottingham

Run by students at the University of Nottingham.

PHAB offer great opportunities for children and young adults with additional needs to get involved in a wide variety of exciting activities, make new friends and most importantly – have fun!

For more details:

<https://www.phabnottingham.com/>

QUOTE CORNER

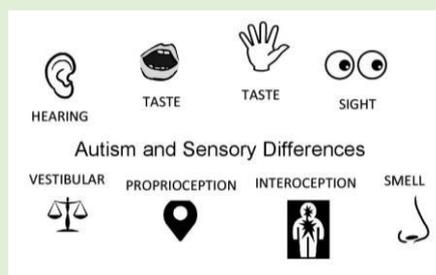
SOMETIMES YOU HAVE TO DO
WHAT'S BEST FOR YOU AND

your child,

NOT WHAT'S BEST FOR
EVERYONE ELSE.

Sensory Differences

Many people on the autism spectrum have sensory differences in relation to one of our 8 senses:



For more information, see the sensory section on the National Autistic Society website:

[Sensory differences - a guide for all audiences \(autism.org.uk\)](https://www.autism.org.uk)