

Hedgewood Outreach & Training



Hedgewood Outreach &

Autism Training

support learning and behaviour



We are very happy to support the inclusive practice of mainstream colleagues through staff training and pupil focused work.

We have also developed an extensive support network to provide our families with understanding, guidance and strategies to improve the quality of life for their children and the family as a whole.



Hedgewood Outreach & Training



Introduction to Autism



This course is designed to provide participants with a basic knowledge of autism and to consider practical ways in which they could support children in their school.

Course Outline

What is Autism— how it is defined and how a child with autism may perceive and experience its world

A walk through the school day- 'what times or places could cause increased anxieties?'

Strategies that could support a child

Simple communication strategies

Course Outcomes

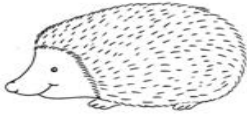
To have an understanding of the challenges a child with autism experiences with social interaction and communication and the impact of restricted or repetitive patterns of behaviour and sensory issues.

To be aware of strategies that can support a child.

Course Duration : 1hr

Course Booking : please email training@hedgewood.org

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Structured Teaching and Using Visual Supports



This course is designed to introduce participants to how structures and classroom organisation, timetables, work systems and visual information can support the learning of a child with autism.

Course Outline

Brief revision of Autism

Reinforcements of the principles of structured teaching

Classroom organisation

Timetables/Schedules

Work systems

Visual supports

Course Outcomes

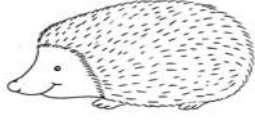
To be aware of the importance of structure and visual supports in making school life more predictable for children with autism, reducing anxieties and encouraging independence.

Course Duration : 1hr

Course Booking : please email training@hedgewood.org



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Encouraging play skills in children with autism

Encouraging play skills in children with autism



This course is designed to introduce participants to the challenges children with autism may experience in their development of individual and social play skills and to introduce strategies that may support them.

Course Outline

Brief outline of the development of play skills and how this may differ in a child with autism.

Engaging a child in early play interactions

Structured modelling of play skills

Using visual supports to support play

Encouraging simple peer play interactions

Course Outcomes

To be aware that children with autism may find play activities challenging and to develop different strategies that may support the development of simple play skills.

Course Duration : 1hr

Course Booking : please email training@hedgewood.org

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Girls and Autism



This course is designed to outline how autism in girls may present with different challenges, and strategies that can be used to support them.

Course Outline

Identify challenges that girls might experience with social communication and interactions, and strategies that they may use in the school situation to enable them to appear to 'fit in.'

Strategies that can be used in the school situation to reduce anxieties and develop and extend the social understanding of girls with autism.

Course Outcomes

To understand that girls with autism may experience different social challenges in the classroom and how this impacts on their anxiety levels. To be introduced to strategies that could support them.

Course Duration : 1hr

Course Booking : please email training@hedgewood.org

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Developing Social Understanding using strategies such as visual jigs, social stories and comic strip conversations.



This course is designed to introduce the challenges children with autism experience with social communication and understanding, and to consider strategies that can support development of their social understanding.

Course Outline

Outline of the challenges children with autism experience with social understanding and communication.

How their understanding of everyday social situations can be supported and developed over time through strategies such as visual supports, visual jigs, social stories and comic strip conversations.

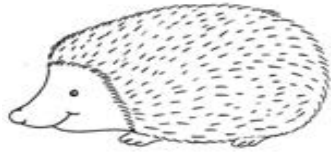
Course Outcomes

To understand the difficulties children with autism can experience in everyday social situations and to be introduced to strategies that can develop and extend their social understanding over time.

Course Duration : 1hr

Course Booking : please email training@hedgewood.org

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Introducing Sensory Processing Difficulties



how they can affect child's ability to cope in everyday situations or busy environments due to smells or noise. Sometimes it can look like a child is being 'naughty', they are 'ignoring you' or they may scream and shout- or even hit out. Sensory processing difficulties can cause anxiety and can also impact on skill development. Difficulties with sensory processing can also be experienced by children with other diagnoses including Cerebral Palsy, Downs Syndrome, Fragile X syndrome, etc. Sensory differences are particularly prevalent within Autism, with a recent change to the DSM diagnostic criteria to include "sensory behaviour...that limit and impair everyday functioning" (DSMV)

Course Outline

What are the 7 senses?
What is "sensory processing"?
What does it mean to be "over responsive" / "under responsive"?
What is "sensory overload"?
Recognising common sensory behaviours
What is a "sensory diet" and how does it help?

Course Outcomes

To introduce the basics of recognising possible indications of sensory difficulties.

Course Duration : 90 minutes

Course Booking : please email training@hedgewood.org



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Prewriting skills: supporting the development of handwriting



Handwriting is a highly complex skill requiring a collaboration of a wide variety of skills including motor control, hand eye co-ordination and visual perception. For children who have difficulties with handwriting, they often benefit from recognition and development of the underlying skills.

This course is suitable for those supporting children at the early development of letter formation skills through to those supporting children who are writing independently, however with difficulty.

Course Outline

Typical development of fine motor skills

Exploring the foundation skills for handwriting

Highlighting potential indicators to underlying difficulties

Suggested activities to support the development of foundation skills

Course Outcomes

Course Duration : 90 minutes



Course Booking : please email training@hedgewood.org

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Sleep Success Workshop



Sleep difficulties can affect 'typically developing' children, although incidence in children with additional needs can be higher, with some reports suggesting that up to 80% of children with ASD have sleep problems (Autism Speaks). Our Occupational Therapist has trained with The Children's Sleep Charity to become a Sleep Practitioner and Sleep Trainer. The Children's Sleep Charity 'Sleep Success Workshop' is a one day workshop (5 hours) for both parents and professionals.

Course Outline

The workshop includes:

- Understanding sleep cycles
- Common sleep issues and strategies to manage these
- Establishing appropriate routines
- Keeping sleep diaries and interpreting the data
- Sleep environments
- Delegate resource pack

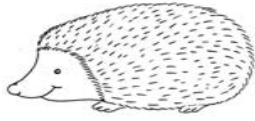
Course Outcomes

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Augmentative Assisted Communication



“Augmentative and alternative communication (AAC) are the words used to describe extra ways of helping people who find it hard to communicate by speech or writing. AAC helps young people to communicate more easily” The International Society for AAC. Below are some examples of AAC used:

- Talking Mats
- Symbols (Communicate in Print 2)
- Shape coding
- Outdoor visual supports – key fobs, BigMac Switches
- Communication books
- Signing (Signalong)
- Objects of Reference
- Symbol Exchange
- BigMac switches
- Quicktalker grids
- Ipad with Proloquo2go communication app

Course Outline

How do we communicate
What is “AAC” and the different types
Why, when and how to use AAC

Course Outcomes

To have an understanding of Total Communication used to support and enhance both expression and understanding.

Course Duration : 75-90 minutes

Course Booking : please email training@hedgewood.org



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'Signalong is committed to empowering children and adults with impaired communication to understand and express their need, choices and desires by providing vocabulary for life and learning. Signalong is a formalization of everyday natural gestures and supports and encourages the spoken word. It is based on BSL. It takes into account the developmental stage of a young person.

Course Outline

Understanding how Signalong forms part of effective communication and can reduce frustration.

Learning 'handshapes and orientation' used in performing signs

Reading others 'signing'

Learning to use vocabulary resources

Developing a bank of signing vocabulary

Course Outcomes

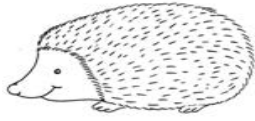
To develop confidence with those working with children with speech and communication difficulties to support effective communication through the use of signing. To develop the ability to sign accurately and enhance communication for young people.

Course Duration : 15 hours - Phase 1 Accreditation

Personalised workshops can be arranged

Course Booking : please email training@hedgewood.org

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NAS EarlyBird Plus



The National Autistic Society EarlyBird Plus programme offers support for families whose child has received a later diagnosis. The programme is aimed at families who have a child aged between four and eight years old with a diagnosis of Autism Spectrum Disorder.

Three places are allocated for each family, two for the parent/carers and one for the professional working with the child. The aim of the course is to help parents/carers understand their child's autism and improve communication with their child. The course will develop strategies to pre-empt problem

Course Outline

Session 1: *Understanding Autism*
Session 2: *Interpreting Communication*
Session 3: *Encouraging Interaction*
Home Visit week
Session 4: *Structuring Learning*
Session 5: *Analysing Behaviour*
Session 6: *Preventing Problems*
Home Visit week
Session 7: *Supporting Socialising*
Session 8: *Looking Ahead*
Follow-up: *6 months later*

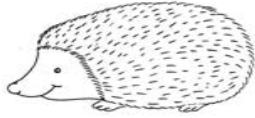
Course Outcomes

To empower parents/carers. To encourage a consistent approach between home and school by training parents and professionals together.

Course Duration : 8 x 2 ½ hour group sessions and two home visits.

Course Booking : please email training@hedgewood.org

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NAS EarlyBird Healthy Minds



The National Autistic Society Early Bird centre has developed the Healthy Minds Programme which aims to help minimise the risk of children with autism (Including Asperger syndrome) experiencing mental health problems in adolescence and early adulthood. This is a six-session parent support programme to help promote good mental health in children with autism. Participants will learn about and be encouraged to use, a range of strategies to help children develop and maintain a positive and confident approach to the 'humpty dumpty' moments that we can all experience in daily life.

Course Outline

During the six Healthy Minds sessions, we will look at strategies that can help children with autism to :

Build self esteem

Increase confidence

Reduce anxiety

Develop resilience

Three places are allocated on the Healthy Minds programme : two for families whose child is in Key Stage 1 or 2 and one for an accompanying professional.

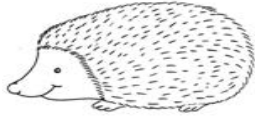
Course Outcomes

To empower parents/carers and accompanying professionals to understand more about the mental health issues that young people with autism may face.

Course Duration : 6 x 2 ½ hour group sessions .

Course Booking : please email training@hedgewood.org

Hedgewood Outreach & Training



Personalised Outreach for Individual pupils

As well as specified training courses, Hedgewood offers personalised support for individuals in their current setting. We provide targeted support programmes for individual pupils in mainstream placements as well as support for individual teachers to develop their target setting for pupils with additional needs.

Possible Supports

Learning environment

Effective work systems

Small step assessment and tracking systems

Personalised timetables

Individual support strategies for communication and behaviour

Personalised learning programmes and planning

Occupational Therapy advice

Speech and Language Therapy advice

As part of our Outreach service we host visiting professionals at Hedgewood School to observe practice and our adapted learning environments. This is arranged on a mutual basis between Hedgewood and visiting schools as well as via SENCO training.

Outcomes

To enable young people to better access learning in their current settings.

Course Duration : As required.

Course Booking : please email training@hedgewood.org