

SEND Team  
Parent Training Guide  
September 2021-July 2022



Welcome to the SEND Team parent training guide for 2020-2021. You will find here learning opportunities for parents from September 2020-July 2021. This document will be updated via the Local Offer pages throughout the academic year.

## Contents

Parent/Carer training sessions.....	3
How to Apply.....	3
Autism and Social Communication Differences in The Primary Age .....	4
Autism: Post-Diagnosis Information .....	5
Autism / Social Communication in the Early Years .....	6
Autism in Teenagers.....	7
Parent / Carer Anxiety Workshop .....	8
SENDIAS Workshops .....	9
Milton Keynes SEND Information Day 2022 .....	10
PACA and Carers MK Details .....	11

## Parent/Carer training sessions

We deliver remote parent and carer training sessions on the following topics:

- Early Years Autism/SCD (aged 2-5 years)
- Primary Aged Autism/SCD – question and answer sessions
- Teenagers with Autism
- Anxiety Workshop

Children and young people do **not** need to have a diagnosis for parents/carers to attend the sessions.

Further workshops and question and answer sessions will be available throughout the year in collaboration with SENDIAS, PACA and Carers MK and will be advertised on Facebook and the local Offer – please *like* the MK local Offer and SENDIAS Facebook page to receive updates of training

More information can be found:

Email [SENDSupport@milton-keynes.gov.uk](mailto:SENDSupport@milton-keynes.gov.uk)

MK SEND Local Offer [www.milton-keynes.gov.uk/MKSEND](http://www.milton-keynes.gov.uk/MKSEND)

MK SEND Local Offer Facebook [www.facebook.com/MKSEND](http://www.facebook.com/MKSEND)

## How to Apply

Please apply for the training courses via email: [SENDSupport@milton-keynes.gov.uk](mailto:SENDSupport@milton-keynes.gov.uk) stating the course, the date, who will be attending and their email address.

**Applications for training MUST be sent at least 48 hrs before the start of the training.**

Email invites will be sent to participants with a Microsoft Teams link, at least the day before each session.

If you have any queries, please email:

[SENDSupport@milton-keynes.gov.uk](mailto:SENDSupport@milton-keynes.gov.uk)

### **Course Evaluation:**

We ask everyone to complete an evaluation form at the end of training sessions using a link shared via the MS Team invite. We take your feedback about training very seriously and your remarks will guide us when planning future training.

# Autism and Social Communication Differences in The Primary Age

Workshops for parents/carers of young children aged 5-11years with a range of professionals

Support for families of children with Autistic Spectrum Condition and Social Communication Differences (no diagnosis necessary)

**This training replaces the Early Bird Plus and ASC SCD courses previously available**

Videos to learn more in your own time: <https://www.milton-keynes.gov.uk/send-video-content>

Live question and answer sessions to book



Dates for Q and A	Professionals available at Q and A	Videos to watch in your own time
<b>Thursday 23 Sept 2021</b> <b>Thursday 13 Jan 2022</b> <b>Thursday 5 May 2022</b>  <b>1.30-2.30 pm</b>	<b>Inclusion and Intervention team</b>  <b>Occupational Therapy Service</b>	<b>What is ASC and SCD - how it can present itself</b> – Inclusion and intervention Team – <b>video</b> <b>Sensory processing and strategies</b> -Occupational Therapy service – <b>(10 short videos)</b>
<b>Thursday 30 Sept 2021</b> <b>Thursday 20 Jan 2022</b> <b>Thursday 12 May 2022</b>  <b>1.30- 2.30 pm</b>	<b>Specialist Children Services</b>  <b>Speech and Language services</b>  <b>Inclusion and Intervention Team</b>	<b>Strategies to support sleeping and toileting</b> – Specialist children services <b>(2 videos)</b> <b>Supporting communication</b> – Speech and language service-( 1 video) <b>Comic strip</b> – <b>(1 video)</b> <b>Social scripts</b> – <b>(1 video)</b>
<b>Thursday 7 Oct 2021</b> <b>Thursday 27 Jan 2022</b> <b>Thursday 19 May 2022</b>  <b>1.30-2.30 pm</b>	<b>Inclusion and Intervention Team</b>  <b>Inclusion and Intervention Team</b>  <b>Inclusion and Intervention team</b>	<b>Understanding Anxiety and supporting strategies</b> – <b>(1 video)</b>  <b>Behaviours of Concern</b> (1 video)  <b>Supporting siblings and socialising</b> (-1 video)
<b>Thursday 14 Oct 2021</b> <b>Thursday 3 Feb 2022</b> <b>Thursday 26 May 2022</b>  <b>1.30-2.30pm</b>	<b>SENDIAS</b> <b>Carers MK</b> <b>PACA</b> <b>SEND team</b>	<b>SENDIAS</b> –services and support - video <b>Carers MK</b> – It’s services and support – video <b>PACA</b> - It’s services and support- no video <b>SEND team</b> – The Graduated response -see local offer

To book your place email us on [SENDsupport@milton-keynes.gov.uk](mailto:SENDsupport@milton-keynes.gov.uk)

These sessions will be delivered via Microsoft Teams – an invite will be sent to your email address. You do not have to attend all of the sessions – please indicate in your email which ones you would like to attend and specify that it is **Primary ASC parent training and the dates you are interested in.**

## Autism: Post-Diagnosis Information

Next steps following an Autism Spectrum diagnosis:

1. Inform your child's school SENCo: take a copy of the diagnosis letter from your paediatrician
2. Call the SEND support line on 01908 657825 to discuss your child's diagnosis, local support available and to find out more about parent programmes
3. Refer to Milton Keynes Local Offer to find out information for parent/ carers: [www.milton-keynes.gov.uk/MKSEND](http://www.milton-keynes.gov.uk/MKSEND) and follow us on [www.facebook.com/mksend](https://www.facebook.com/mksend)
4. Look at the Post Diagnostic guide from the NAS (National Autistic Society): [www.autism.org.uk/advice-and-guidance/topics/diagnosis/post-diagnosis-support/parents-and-carers](http://www.autism.org.uk/advice-and-guidance/topics/diagnosis/post-diagnosis-support/parents-and-carers)

## Autism / Social Communication in the Early Years – November 2021

Workshops for parents/carers of young children aged 2-5 years with our Inclusion and Assessment Team

1. Understanding Autism/Social Communication in the Early Years
2. Developing communication skills
3. Developing play and learning skills
4. Understanding and supporting behaviour

<p>Thursday 4 November 2021 1.30- 2.30pm Or Wednesday 4<sup>th</sup> May 2022 1.30-2.30pm</p>	<p><b><u>Understanding Autism/Social Communication Needs in the Early Years</u></b></p> <ul style="list-style-type: none"> <li>• How it can sometimes present in young children</li> <li>• Sensory sensitivities</li> </ul>
<p>Thursday 11 November 2021 1.30- 2.30pm or Wednesday 11<sup>th</sup> May 2022 1.30-2.30pm</p>	<p><b><u>Developing communication in the Early Years</u></b></p> <ul style="list-style-type: none"> <li>• Creating motivation for language</li> <li>• Using visuals</li> <li>• Supporting understanding</li> </ul>
<p>Thursday 18 November 2021 1.30- 2.30pm Or Wednesday 18<sup>th</sup> May 2022 1.30-2.30pm</p>	<p><b><u>Developing play and learning in the Early Years</u></b></p> <ul style="list-style-type: none"> <li>• How play might be different</li> <li>• Ideas for play</li> <li>• Structuring learning</li> </ul>
<p>Thursday 25 November 2021 1.30- 2.30pm Or Wednesday 25<sup>th</sup> May 2022 1.30-2.30pm</p>	<p><b><u>Understanding and supporting behaviour in the Early Years</u></b></p> <ul style="list-style-type: none"> <li>• Why it might occur</li> <li>• Strategies and techniques that may help</li> </ul>

To book your place email us on [SENDSupport@milton-keynes.gov.uk](mailto:SENDSupport@milton-keynes.gov.uk)

These sessions will be delivered via Microsoft Teams – an invite will be sent to your email address. You do not have to attend all of the workshops – **please indicate in your emails that you wish to attend the Autism in the Early Years and the dates you would like to attend.**

## Autism in Teenagers

Parent/Carers Workshops with Specialist Teachers

1. Understanding Autism in Teenagers
2. Relationships and Autistic Teenagers
3. Independence and Autistic Teenagers
4. Puberty and Autistic Teenagers

<p>Tuesday 9 November 2021 10.00 – 11.00am</p> <p>Thursday 3<sup>rd</sup> March 5 pm – 6pm</p>	<p><b><u>Understanding Autism in Teenagers</u></b></p> <ul style="list-style-type: none"> <li>• Understanding how Autism may look in teenagers – a difference not a deficit</li> <li>• The positives of Autism and using these to support your child</li> <li>• How Autism may present itself differently in girls.</li> </ul>
<p>Tuesday 16 November 2021 10.00 – 11.00am</p> <p>Thursday 10<sup>th</sup> March 5pm - 6pm</p>	<p><b><u>Relationships and Autistic Teenagers</u></b></p> <ul style="list-style-type: none"> <li>• Family and Friends</li> <li>• Understanding Social Rules</li> <li>• Keeping Safe</li> </ul>
<p>Tuesday 23 November 2021 10.00am – 11.00am</p> <p>Thursday 17<sup>th</sup> March 5pm – 6-pm</p>	<p><b><u>Independence and Autistic Teenagers</u></b></p> <ul style="list-style-type: none"> <li>• School/work</li> <li>• Life Skills</li> <li>• Self-Care</li> </ul>
<p>Tuesday 30 November 2021 10.00 – 11.00am</p> <p>Thursday 24<sup>th</sup> March 5pm - 6pm</p>	<p><b><u>Puberty and Autistic Teenagers</u></b></p> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Key skills to develop during puberty</li> <li>• Sexuality</li> </ul>

To book your place email us on [SENDsupport@milton-keynes.gov.uk](mailto:SENDsupport@milton-keynes.gov.uk)

These sessions will be delivered via Microsoft Teams – an invite will be sent to your email address. You do not have to attend all of the workshops – **please indicate in your email that you would like to attend Autism in Teenagers and the dates you would like to attend.**

## Parent / Carer Anxiety Workshop

Parent /Carer Workshop with Specialist Teachers

What is anxiety?

What might I see if my child is feeling anxious?

Ways in which I can support my child to manage their anxiety

Strategies I can try to prevent my child's anxiety from affecting everyday activities

The poster features a teal background with white text. On the right side, there is a circular graphic containing several hands of different colors (blue, green, yellow, white) reaching out. The text on the poster provides details about the workshop, including dates, times, and contact information.

**Milton Keynes SEND Team**  
**Parent/Carer Anxiety Workshop**

**4<sup>th</sup> November 2021**  
**10- 11 am**

**26<sup>th</sup> January 2022**  
**5-6 pm**

**With Specialist Teachers Sally Ahmad and Nina Broderick,**  
**supported by SENDIAS**

*Join us with a cup of tea or coffee to find out...*

- *What is anxiety?*
- *What might I see if my child is feeling anxious?*
- *Ways in which I can support my child to manage their anxiety*
- *Strategies I can try to prevent my child's anxiety from affecting everyday activities*

To book your place, contact us on 01908 657 825 or email us on [SENDSupport@Milton-Keynes.gov.uk](mailto:SENDSupport@Milton-Keynes.gov.uk)

This session is being delivered via Microsoft Teams; an invite and joining instructions will be sent to your email address.  
Choose how you would like to join us...turn your camera on, turn your camera off, ask us questions or just listen – the choice is yours.

To book your place email us on [SENDSupport@milton-keynes.gov.uk](mailto:SENDSupport@milton-keynes.gov.uk)

These sessions will be delivered via Microsoft Teams – an invite will be sent to your email address. You do not have to attend all of the workshops – **please indicate in your email that you would like to attend The Anxiety Workshop and the dates you would like to attend.**



## SENDIAS Workshops

For parents and carers of children and young people with a special educational needs or disability.

Sessions will be delivered via Microsoft Teams

	Workshop	Description	Booking link
1	<b>SEN Support</b> Mon 20 September	What is graduated approach & how school should support pupils if they don't have an EHCP.	<a href="https://www.eventbrite.co.uk/e/162452755565">https://www.eventbrite.co.uk/e/162452755565</a>
2	<b>EHCP</b> Tue 28 September	What is an EHCP? When is it appropriate to apply for a needs assessment for an EHCP? What provision will be offered? Find out about the EHCP process and what's included in an EHCP.	<a href="https://www.eventbrite.co.uk/e/162455126657">https://www.eventbrite.co.uk/e/162455126657</a>
3	<b>Annual Review of EHCP</b> Tue 05 October	What is the process of reviewing an EHC plan each year? How should the process be carried out? Find out how SENDIAS can support you.	<a href="https://www.eventbrite.co.uk/e/162456538881">https://www.eventbrite.co.uk/e/162456538881</a>
4	<b>School Exclusion</b> Fri 15 October	This will help you to understand the legal processes and types of school exclusions, what happens if your child is excluded and what support is available to you.	<a href="https://www.eventbrite.co.uk/e/162457385413">https://www.eventbrite.co.uk/e/162457385413</a>

Facilitated by the MK SEND Information Advice and Support Service for families living in Milton Keynes.

Places must be pre-booked via Eventbrite. You do not need to have downloaded Microsoft Teams to be able to join. We recommend joining the session via laptop, iPad, or desktop.

If you have further questions, please email on [mksendias@milton-keynes.gov.uk](mailto:mksendias@milton-keynes.gov.uk)

For more information visit

Website: [www.milton-keynes.gov.uk/mksendias](http://www.milton-keynes.gov.uk/mksendias)

Facebook: <https://www.facebook.com/MKSENDIAS>

**Note: New dates will be announced at the start of each half-term. Please see our Facebook page and website (news section) for updates.**



## Milton Keynes SEND Information Day 2022

***Save the Date!***

**Thursday 3<sup>rd</sup> – Friday 4<sup>th</sup> February 2022**

This year's event will be combination of online and face to face workshops. It will be over 2 days and as usual jam packed with lots of useful workshops and information.

Our theme this year is **"Wellbeing"**

Website: <https://www.mkseinfoday.co.uk/>

Twitter: [@MKSENDInfoDay](https://twitter.com/MKSENDInfoDay)

More details to follow soon via our website, Facebook, and schools.



W: [www.milton-keynes.gov.uk/mksendias](http://www.milton-keynes.gov.uk/mksendias)

T: 01908 254518

F: [www.facebook.com/MKSENDIAS](https://www.facebook.com/MKSENDIAS)



W: [www.pacamk.org](http://www.pacamk.org)

T: 07852 526057

F: [www.facebook.com/parentsandcarersalliancemk](https://www.facebook.com/parentsandcarersalliancemk)

**#MKSENDInfoDay**

More training Opportunities :



PACA membership is free and open to parent/carers of children and young people with disabilities or additional needs aged 0 – 25 years, and who live in Milton Keynes

**Make sure you check out the PACA website, there are lots of events and workshops which can support you and your family**

<https://www.pacamk.org/calendar/>

All details can be found on

<http://pacamk.eventbrite.com>

**CarersMK**

Carers MK support carers in Milton Keynes. Register with Carers MK for support,

please visit: [carersmiltonkeynes.org/contact-us/register-with-us](http://carersmiltonkeynes.org/contact-us/register-with-us)