



Parents, Carers & Families Workshops 2016-2017

Workshops

Exploring Social Communication Difficulties

OMG! ADHD

A Picture Says a Thousand Words – Visual Supports

Sleep Easy

An Introduction to Makaton

Surviving the Supermarket

Siblings and Friendship

Booking Information

The MIDAS Team

Exploring Social Communication Difficulties



Tuesday 29 November 2016
MIDAS Centre at Meadowfield School,
Swanstree Avenue, Sittingbourne, Kent, ME10 4NL

or

Thursday 1 December 2016
Thistle Hill Academy, Aspen Drive, Minster-on-Sea, Kent,
ME12 3TP

09:30-11:45

A workshop about social communication difficulties for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

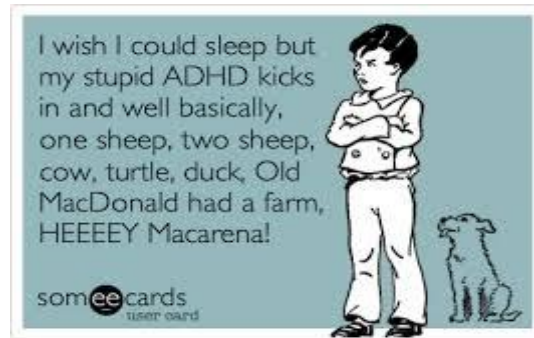
In this workshop we will:

- Discuss what social communication difficulties are and their impact on children and their families
- Consider strategies and interventions to support learning and interaction
- Explore positive approaches to developing social communication skills

Presented by Katie Skinner, Pupil Wellbeing Manager, Meadowfield

This workshop is free to attend
Refreshments are provided

OMG! ADHD



Thursday 12 January 2017

**MIDAS Centre at Meadowfield School,
Swanstree Avenue, Sittingbourne, Kent, ME10 4NL**

or

Thursday 19 January 2017

**Thistle Hill Academy, Aspen Drive, Minster-on-Sea, Kent,
ME12 3TP**

09:30-11:45

A workshop about Attention Deficit and Hyperactivity for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

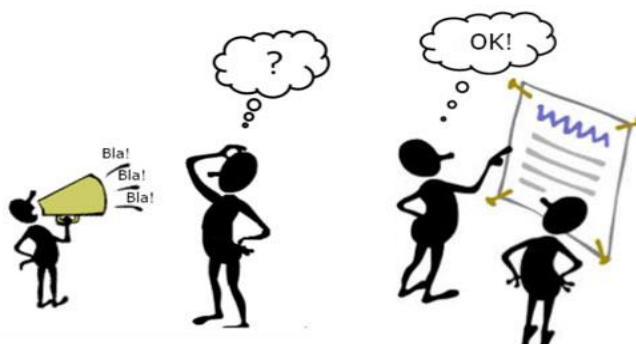
In this workshop we will:

- Explore the causes and effects of Attention Deficit and Hyperactivity Disorder (ADHD) and address some of the many misconceptions and myths surrounding this contentious label
- Consider strategies and interventions to support learning
- Explore positive approaches to behaviour management including sanctions and rewards
- Consider what “good practice” looks like for children with ADHD in the home and in the community

Presented by Katie Skinner, Pupil Wellbeing Manager, Meadowfield

This workshop is free to attend
Refreshments are provided

A Picture Says A Thousand Words – Visual Supports



Thursday 9 February 2017
MIDAS Centre at Meadowfield School,
Swanstree Avenue, Sittingbourne, Kent, ME10 4NL

or

Thursday 23 February 2017
Thistle Hill Academy, Aspen Drive, Minster-on-Sea, Kent,
ME12 3TP

09:30-11:45

Many children and young people with additional needs are poor auditory learners. Visual supports and strategies play an important role in helping these young people to learn but sometimes it is difficult to know where to start and what to use.

In this practical workshop we will:

- Discuss the importance of using visual resources
- Look at the variety available
- Consider how to use them effectively

Presented by Katie Skinner, Pupil Wellbeing Manager, Meadowfield

This workshop is free to attend
Refreshments are provided

Sleep Easy



Thursday 16 March 2017
MIDAS Centre at Meadowfield School,
Swanstree Avenue, Sittingbourne, Kent, ME10 4NL

or

Thursday 23 March 2017
Thistle Hill Academy, Aspen Drive, Minster-on-Sea, Kent,
ME12 3TP

09:30-11:45

Sleep problems can be a persistent and severe problem for children and young people with learning disabilities. Improved sleep can lead to reduced stress within the family and improved educational outcomes for the young person.

In this workshop we will:

- Introduce participants to a range of sleep problems in children and young people with additional support needs
- Identify possible causes of sleep difficulties
- Consider behavioural interventions to improve them
- Provide an opportunity to share ideas with parents and carers facing similar challenges

Presented by Clare Bridgewater, Outreach & Inclusion Manager, Meadowfield and Sleep Scotland Sleep Counsellor

This workshop is free to attend
Refreshments are provided

An Introduction to Makaton



Wednesday 26 April 2017

**MIDAS Centre at Meadowfield School,
Swanstree Avenue, Sittingbourne, Kent, ME10 4NL**

or

Thursday 27 April 2017

**Thistle Hill Academy, Aspen Drive, Minster-on-Sea, Kent,
ME12 3TP**

09:30-11:45

Many children with additional needs benefit from signing used alongside speech. For those who experience the frustration of not being able to communicate effectively, Makaton can really help.

This workshop provides a practical introduction to the Makaton Language Programme.

In this workshop we will:

- Learn a small core vocabulary of everyday signs that are relevant for children and young people with additional needs.
- Consider hints and tips for effective signing in school and at home.

Presented by Clare Bridgewater, Outreach & Inclusion Manager, Meadowfield and Makaton Regional Tutor

This workshop is free to attend
Refreshments are provided

Surviving the Supermarket



Monday 15 May 2017

**MIDAS Centre at Meadowfield School,
Swanstree Avenue, Sittingbourne, Kent, ME10 4NL**

or

Thursday 25 May 2017

**Thistle Hill Academy, Aspen Drive, Minster-on-Sea, Kent,
ME12 3TP**

09:30-11:45

Children and young people with additional needs can find certain events tricky and distressing. Going shopping, preparing for school, going to bed and going on holiday are often times of anxiety and stress for the whole family.

In this workshop we will:

- Provide an opportunity to share concerns and successes with other parents and carers
- Consider practical strategies that may be helpful

Presented by Katie Skinner, Pupil Wellbeing Manager, Meadowfield

This workshop is free to attend
Refreshments are provided

Siblings and Friendship



Thursday 15 June 2017

**MIDAS Centre at Meadowfield School,
Swanstree Avenue, Sittingbourne, Kent, ME10 4NL**

or

Thursday 22 June 2017

**Thistle Hill Academy, Aspen Drive, Minster-on-Sea, Kent,
ME12 3TP**

09:30-11:45

Having a child with an additional need can cause strain and difficulties for some families. Often parents worry about the impact of their child's need on their siblings and other family members.

As well as providing an opportunity to discuss worries and difficulties with other parents and carers and to share ideas and tips about maintaining successful family life, in this session we will:

- Consider strategies to foster positive family relationships
- Discuss the support available to siblings and families in the local community
- Look at the impact of social communication difficulties on family life and strategies that can support this

Presented by Katie Skinner, Pupil Wellbeing Manager, Meadowfield

This workshop is free to attend
Refreshments are provided

Booking Information

For further information, to make a booking or to be added to our mailing list please contact Liz Lewis, MIDAS Administrative Assistant on 01795 477788 (option 5) or via MIDAS@meadowfield.kent.sch.uk

All bookings need to be made via the MIDAS centre – please do not contact Thistle Hill for bookings

All our workshops are free to attend but we still need to know in advance if you would like a place. If you have a place but are then unable to attend could you please notify the MIDAS centre at your earliest convenience.

The MIDAS Team

Liz Lewis, Administrative Assistant
Jodie Williams, Administrative Officer
Katie Skinner, Pupil Wellbeing Manager
Clare Bridgewater, Outreach & Inclusion Manager



Meadowfield School, Swanstree Avenue, Sittingbourne, Kent, ME10 4NL