

# VCS Alliance Support

VCS Organisation	Service description	Contact details
<b>Toby Henderson webinars</b>		
Toby Henderson	<p><b>Understanding the Avoidant Profile – Webinar</b>  <b>Tuesday 23<sup>rd</sup> May</b>  <b>9.30am-11.30am</b></p> <p>This session aims to identify key characteristics of a PDA profile and aims to help you understand your child more by considering strategies that will help to support them both at home and school.</p>	<p><b>To book click on link below</b>  <b>Understanding the Avoidant Profile – Webinar</b>  <b>23-05-2023 @ 09:30 - 23-05-2023 @ 11:30</b></p> <p><a href="#">Online Event</a>  <a href="#">Webinar</a></p>
Toby Henderson	<p><b>Social Stories Webinar</b>  <b>Wednesday 7<sup>th</sup> June</b>  <b>9.30am-11.30pm</b></p> <p>Aims to support you in understanding how to develop and use Social Stories to support your child.</p>	<p><b>To book click on link below</b>  <b>Social Stories Webinar</b>  <b>07-06-2023 @ 09:30 - 07-06-2023 @ 11:30</b></p> <p><a href="#">Online Event</a>  <a href="#">Webinar</a></p>
Toby Henderson	<p><b>Parents Emotional Wellbeing Webinar</b>  <b>Monday 12<sup>th</sup> June</b>  <b>12.00pm-1.30pm</b></p> <p>“Wellbeing begins from within you” – Let’s make time for you! This webinar will give you the opportunity to learn how to manage and improve your own emotional wellbeing. You will learn some new coping techniques and strategies that you can use when you are feeling overwhelmed as well as discovering ways to fit in some “self-care.” These tips can also be used with children and</p>	<p><b>To book click on link below</b>  <b>Parents Emotional Wellbeing Webinar</b>  <b>12-06-2023 @ 12:00 - 12-06-2023 @ 13:30</b></p> <p><a href="#">Online Event</a>  <a href="#">Webinar</a></p>

	young people, as well as other family members around you.	
<b>Toby Henderson</b>	<p><b>Autism and Mental Health Difficulties Webinar</b>  <b>Tuesday 13<sup>th</sup> June</b>  <b>9.30am-11.30am</b></p> <p>The mental health needs of people with autism are often overlooked. Problems such as anxiety, depression and obsessive behaviours can be common. It is difficult to find help and support for these issues. For our young people it may be very hard for them to communicate how they are feeling. We may see school avoidance, eating difficulties, self-harming behaviour, meltdowns, and troubled peer or sibling relationships amongst other problems.</p>	<p><b>To Book click on link below</b>  <b>Autism and Mental Health Difficulties Webinar</b>  <b>13-06-2023 @ 09:30 - 13-06-2023 @ 11:30</b></p> <p><a href="#">Online Event</a>  <a href="#">Webinar</a></p>
<b>Toby Henderson</b>	<p><b>Food Glorious Food Webinar</b>  Monday 26<sup>th</sup> June  9.30am-11.30am</p> <p>Eating, food and mealtimes can be a one of the most stressful everyday situations that both children and parents have to deal with. Many autistic children can have somewhat “different” ideas about what they consider acceptable food to eat and are ultimately in control of what they will or won’t eat.</p> <p>In this webinar we will be exploring some of the eating and food situations that challenge parents and children alike.</p>	<p><b>To Book click on link below</b>  <b>Food Glorious Food Webinar</b>  <b>26-06-2023 @ 09:30 - 26-06-2023 @ 11:30</b></p> <p><a href="#">Online Event</a>  <a href="#">Webinar</a></p>
<b>Toby Henderson</b>	<p><b>Autism and Transitions in Education Settings –</b>   <b>Thursday 29<sup>th</sup> June</b></p>	<p><b>To book click on link below</b>  <b>Autism and Transitions in Education Settings –</b>  <b>Webinar</b></p>

	<p><b>5.30pm-7.30pm</b>  Aimed at families who have a child or young person undergoing the diagnostic pathway or a diagnosis of autism. We often hear how difficult transitions in education can be for autistic students and their family members. In preparation for the next academic year, Lynda and Alice will be sharing helpful strategies that families can implement to support autistic students through these changes. During this session, you will also have a personal insight into this transitional period as we share the thoughts of autistic young people that we currently work with.</p>	<p>29-06-2023 @ 17:30 - 29-06-2023 @ 19:30  <a href="#">Online Event</a></p> <p><b>Webinar</b></p>
Toby Henderson	<p><b>Supporting the Autistic Sibling Relationship</b>  <b>Monday 3<sup>rd</sup> July</b>  <b>9.30am-11.30am</b>  This is a free webinar for families via Zoom and will be delivered by our Autism Service Manager, Lynda Richardson and Autism Family Support Specialist, Alice Urwin.</p>	<p><b>To book click on the link below</b>  <a href="#">Supporting the Autistic Sibling Relationship – Webinar</a>  03-07-2023 @ 09:30 - 03-07-2023 @ 11:30  <a href="#">Online Event</a></p> <p><b>Webinar</b></p>
Toby Henderson	<p><b>Toileting Issues Webinar</b>  <b>Wednesday 12<sup>th</sup> July</b>  <b>9.30am-11.30am</b>  Within the webinar we will explore the different stages of toilet training, alongside bowel, bladder and night time continence. Julie will explore the reasons why, and discuss strategies to manage your child’s reluctance to use the toilet.</p>	<p><b>To Book click on link below</b>  <a href="#">Toileting Issues Webinar</a>  12-07-2023 @ 09:30 - 12-07-2023 @ 11:30  <a href="#">Online Event</a></p> <p><b>Webinar</b></p>
Toby Henderson	<p><b>Sensory Issues Webinar</b>  <b>Tuesday 18<sup>th</sup> July</b></p>	<p><b>To book click on link below</b>  <a href="#">Sensory Issues Webinar</a></p>

	<p><b>9.30am-11.30am</b>  This a free webinar for families via Zoom and will be delivered by our Specialist Occupational Therapist Rachel McManus.</p>	<p>18-07-2023 @ 09:30 - 18-07-2023 @ 11:30  <a href="#">Online Event</a>   Webinar</p>
Toby Henderson	<p><b>Managing Meltdowns Webinar</b>  <b>Wednesday 20<sup>th</sup> September</b>  <b>9.30am-11.30am</b>  This is an opportunity for families to explore what contributes to children and young people with autism experiencing meltdowns and how we as parents can best support them in these challenging times. If you have a specific question you would like to be considered please feel free to submit this when you register for the event.</p>	<p>To book click on link below  <a href="#">Managing Meltdowns Webinar</a>  20-09-2023 @ 09:30 - 20-09-2023 @ 11:30  <a href="#">Online Event</a>   Webinar</p>
Toby Henderson	<p><b>An Introduction to Non Violent Resistance (NVR)</b>  <b>Monday 25<sup>th</sup> September</b>  <b>5.30pm-7.30pm</b>  Rather than using consequences, or trying to develop insight in the young person, the aim instead is to raise parental or carer presence. NVR does not try to change the child instead it hopes to change the relationship between parent and child. Within NVR the adults are central to this work. Carolyn is a qualified NVR practitioner and uses this approach to help parents deal</p>	<p>To book click on link below  <a href="#">An Introduction to Non Violent Resistance (NVR) Webinar</a>  25-09-2023 @ 17:30 - 25-09-2023 @ 19:30  <a href="#">Online Event</a>   Webinar</p>

	with their child's violent, aggressive and challenging behaviours.	
<b>Toby Henderson</b>	<p><b>Using Visual Aids across the ages – Webinar</b>  <b>Thursday 26<sup>th</sup> October</b>  <b>5.30pm-7.30pm</b></p> <p>Family Support Specialist who aim to give you a practical insight into the benefits of using visual aids across different age ranges and how we can use them with our children and young people to help them understand expectations and manage change more effectively in their day to day living.</p> <p>We know that visual support enables instructions and information to be processed at our children's own pace and can also help them to communicate their needs and make sense of the world around them, but it also allows them the autonomy to make their own choices and express their needs. Lynda &amp; Alice will show you how to make your own visual aids at home and follow up the webinar with resources you can use or adapt to best suit the needs of your own child.</p>	<p><b>To book click on link below</b>  <a href="#">Using Visual Aids across the ages – Webinar 26-10-2023 @ 17:30 - 26-10-2023 @ 19:30</a>  <a href="#">Online Event</a></p> <p><b>Webinar</b></p>
<b>Toby Henderson</b>	<p><b>Preparing for Christmas with your Autistic Child – Webinar</b>  <b>Monday 20<sup>th</sup> November</b>  <b>12.30pm-2.30pm</b></p> <p>We are pleased to announce we are repeating our Christmas webinar and invite families to our free Zoom webinar</p>	<p><b>To book click on link below</b>  <a href="#">Preparing for Christmas with your Autistic Child – Webinar 20-11-2023 @ 12:30 - 20-11-2023 @ 14:30</a>  <a href="#">Online Event</a></p> <p><b>Webinar</b></p>

# Social Inclusion Team

