

# Bi-Borough Autism Outreach Team

## Newsletter



Bi-borough  
Inclusion Service

### December 2021

- Hello!
- Meet the Parents
- Treasure Box - Emotions
- Fun Facts
- Information and updates

To be added to our newsletter mailing list or to contact the team with a question/request for a forthcoming newsletter please contact us on:

Phone: 0207 854 5885

Email: [AEYIT@rbkc.gov.uk](mailto:AEYIT@rbkc.gov.uk)

Websites:

<https://fisd.westminster.gov.uk/kb5/westminster/fis/advice.page?id=Za1sEbi-5aw>

<https://www.rbkc.gov.uk/kb5/rbkc/fis/advice.page?id=U34R03YSCPc>

### Merry Christmas!

Dear Parents/ Carers,

What a busy term it's been. With most schools and nurseries welcoming children back, it's been wonderful to see so many smiling faces... in real life!

We have just finished our Parents Autism Awareness courses for this term and have had brilliant feedback from parents and carers:

*'Knowing we are not on our own has really helped us to accept [my son's] diagnosis and move forward to support him as best we can.'* (Parent PAAC under 5s)

*'Thank you very much for the course, it was extremely helpful.'* (Parent PAAC under 5s)

Please see the information section for more details about the upcoming PAACs in the Spring term.

We would like to say a great big thank you to our inaugural 'Meet the Parent' parent – Thanks Ritchie for taking the time to chat to us.

There is a wonderful toolkit in our 'Treasure Box' section. This aims to support young people with autism to explain what might be happening if they aren't feeling like themselves.

We would like to wish you all a very merry Christmas and a happy and safe new year! See you in 2022!

Warm regards

The Bi-Borough Autism Team

## Meet the Parents!

### Ritchie Kantera

Ritchie has a son who is 3yrs old and has a diagnosis of autism. She has just finished our PAAC for under 5s. A very warm welcome to you Ritchie!

#### **Tell us your favourite joke:**

Why is cleaning with kids a tough job for mums to do?  
Because it is like cleaning teeth with Oreos!

#### **Something that makes me smile about my child:**

When I am angry at him and put on my tough mum look, he looks at me and says, "Mum I love you, big hug" and he hugs me very tight while tapping my back with one hand.

**Top Tip:** Just like anyone else, children on the spectrum often respond well to positive reinforcement that means when you praise them for the behaviours they're doing well, it will make them (and you) feel good. Be specific so that they know exactly what you liked about their behaviour. Find ways to reward them either with extra playtime or small prize like a sticker. Also, as you would with anyone on the spectrum or not, love and cherish your child for who they are. As a parent, loving your child for who they are is key.



## Treasure Box - Emotions

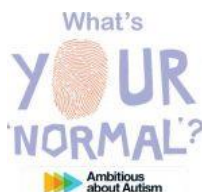
### Ambitious About Autism – Know Your Normal Toolkit

Youth Patrons were involved in collaborative research with University College London (UCL) Centre for Research in Autism and Education (CRAE) to produce a research report about the mental health struggles that many autistic young people face and the care that they have received.

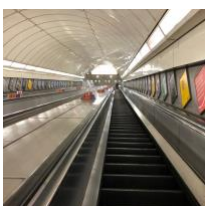
Alongside the report, the young people designed a tangible **Know Your Normal toolkit** to help young people outline what their 'normal' is so they can explain to those who support them when they aren't feeling themselves.

If you are an autistic person, or know an autistic person who wants to help people around them understand what their normal is, this tool can help.

The 'know your normal' tool allows you to describe what your normal looks like, things such as how much sleep you get, how much time you spend on your interests and hobbies and how this makes you feel, so that if this changes, it's easier to explain to people who may not understand your autism that something feels different.



## Fun Facts – The London Underground



The longest escalator at any Underground station is at Angel, Islington, on the Northern line (197 ft).



Each Tube train travels an average of 114,500 miles a year, or 4.6 times around the world.



The fastest line is the Metropolitan, where trains can reach speeds of more than 60 mph.

Do you have some facts that you would like to share? Send it in to us here with your name and age:

[AEYIT@rbkc.gov.uk](mailto:AEYIT@rbkc.gov.uk)

### ACCESS DIGI-BASE

The Octavia Foundation have recently launched a new SEND specific night from their youth space 'The Reed' every Tuesday evening. It aims to use creative technology to help support young people with mild to moderate learning disabilities improve on their communication, independence and increase self-esteem.

Sessions run every Tuesday from 16:30pm until 19:30pm, providing on top of a structured sessions that kicks off at 17:15, free exploration time on the digital resources and a hot meal.

Sessions are free and suitable for those aged 13-25 years.

Please find more information on the flyer attached, or contact:

The Reed Centre, W11 1NH

[digitalmedia@octavia.org.uk](mailto:digitalmedia@octavia.org.uk)

PH: 07940 715 672



**OCTAVIA**

## ACCESS DIGI-BASE

For young people with mild to moderate learning disabilities, Access Digi-Base is an exciting new inclusive creative media project exploring:

- Animation
- Film-Making
- Music Production
- Digital Arts
- Gaming

Sign up today and be part of the fun.

**Dates and Times**  
Ages - 13 - 25  
Dates: Every Tuesday Starting  
From: November 2nd  
Time: 16:30 - 19:30

**Contact Details**  
Location - The Reed Centre, W11 1NH  
Contact - e: [digitalmedia@octavia.org.uk](mailto:digitalmedia@octavia.org.uk)  
t: 07940 715 672 insta: @weareoctavia

### MANGA CLUB 'XPRESS

We would like to invite anyone aged between 11-20years to come to our 'Manga Club 'Xpress.

It's held at the Westbourne Park Family Centre. Young people can access a range of social activities such as role playing games (Dungeons and Dragons) and sharing ideas and tips on Manga characters and art.

Sessions run on Wednesdays from 4.30- 6pm.

For more information on Manga Club 'Xpress please contact: [AEYIT@rbkc.gov.uk](mailto:AEYIT@rbkc.gov.uk)

## Manga Club 'Xpress

**Manga/Anime/Dungeons and Dragons  
for 11 - 20 year olds**

at

**Westbourne Park Family Centre, W2 5DX**  
opposite Royal Oak tube station

A space to watch Anime, draw Manga characters  
[or whatever you like!]  
and learn about Dungeons and Dragons.

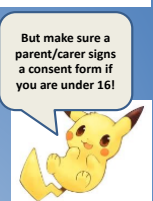
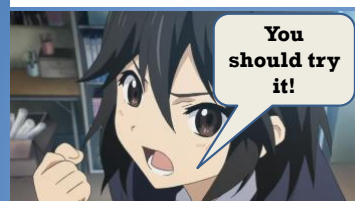
**Autism Friendly.**

**Wednesdays 4.30 - 6pm**  
**Starting on September 22<sup>nd</sup> 2021**

Register here or go to:

[westbourneparkfamilycentre.org.uk](http://westbourneparkfamilycentre.org.uk)

For more information contact: [AEYIT@rbkc.gov.uk](mailto:AEYIT@rbkc.gov.uk)



### THE SCIENCE MUSEUM

The Garden: An exciting interactive space, created especially for children aged 3–6 and their parents and carers. Inquisitive children can explore the main areas - construction, water, light and sound. While playing, they can find out about floating and sinking, shadows and reflections, and much more. At the same time, they'll develop the skills of observing, predicting, testing and drawing conclusions.

*\* Please note that there are currently no aprons available to borrow so please bring your own.*

<https://www.sciencemuseum.org.uk/see-and-do/garden>

Pattern Pod: Pattern Pod is an amazing multi-sensory area for children under 8 years old. In *Pattern Pod*, children can explore water ripples without getting their feet wet, create symmetrical images on touch screens, follow robot trails and much more. Fun, interactive exhibits encourage them to recognise and copy patterns—or create entirely new ones of their own.

<https://www.sciencemuseum.org.uk/see-and-do/pattern-pod>



### GAMBADO

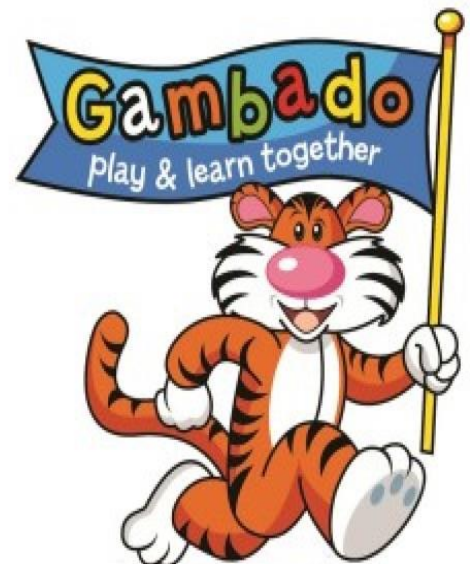
Gambado in Chelsea is offering an autism friendly indoor soft play session:

*Come and join us at our SEN indoor soft play evenings, exclusively for children and their families. We welcome young children with all types of disabilities and special educational needs (SEN and SEND) including autism. Check your local site for our monthly events.*

*We offer free entrance for every carer accompanying 1 child if disability ID is shown (DLA form for example). Visitors they will be asked to show their Disability Living Allowance letter, bank statement showing Disability Living Allowance, or a letter from a medical professional body confirming the diagnosis.*

*Siblings are welcome and will be charged a £5 admission.*

<https://www.gambado.com/sen-indoor-soft-play>



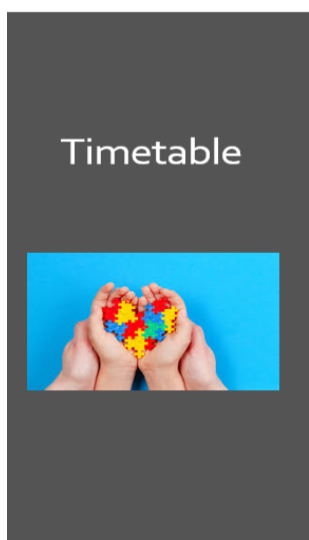


## Information and Updates

Our highly commended Parents Autism Awareness Courses (PAAC) will run again in the Spring Term over 7 weeks. We will be running the PAAC for children who are under 5 and also PAAC for Secondary school aged children.

Please find the timetables below. You can register your interest by emailing [AEYIT@rbkc.gov.uk](mailto:AEYIT@rbkc.gov.uk)

### PAAC for Under 5s: Starting 19<sup>th</sup> January for 7 weeks



| Session   | Theme  | Dates    |
|-----------|--|----------|
| Session 1 | What is Autism?  | 19.01.22 |
| Session 2 | How Autism affects... communication                              | 26.01.22 |
| Session 3 | How Autism affects...social communication and social interaction | 02.02.22 |
| Session 4 | How Autism affects... the senses                                 | 09.02.22 |
| Session 5 | How Autism affects... behaviour                                  | 23.02.22 |
| Session 6 | Supporting children in school                                    | 02.03.22 |
| Session 7 | Parents' Choice  | 09.03.22 |

### Secondary PAAC: Starting 19<sup>th</sup> January for 7 weeks



#### Secondary PAAC Session Dates

|                                       |          |
|---------------------------------------|----------|
| 1. Autism and Young People            | 19.01.22 |
| 2. Sensory Challenges                 | 26.01.22 |
| 3. Social Communication               | 02.02.22 |
| 4. Discussing diagnosis               | 09.02.22 |
| 5. Puberty                            | 23.02.22 |
| 6. School and Transition to adulthood | 02.03.22 |
| 7. Parents' Choice                    | 09.03.22 |

*Ziekelle Noakhes, Jenny Reeve Williams, Louise Chapman*

*To sign up, please email [AEYIT@rbkc.gov.uk](mailto:AEYIT@rbkc.gov.uk)*

