

WAAS update

As we all adjust to the next phase of the pandemic with the gradual easing of the lockdown and the re-opening of schools/ Nurseries for some children, the Autism Advisory Service are evolving our support for schools/ settings and families accordingly. Below is our offer to cover the period from until 31 August 2020.

1. Advice and consultation for any parents/ carers or professionals supporting autistic children e.g. teachers, SENCOs, social workers, youth workers, please email autismadvisory@wandsworth.gov.uk to schedule a telephone consultation
2. New - Solution Circles led by members of the psychology team for parents and professionals to come together to find solutions to “stuck situations”. Offered as virtual face to face small group appointments. Please email autismadvisory@wandsworth.gov.uk to request an appointment.
3. We are offering our AET Making Sense of Autism (60 minute) Training delivered free for schools/ Early Years settings via Microsoft Teams. If you would like to discuss the possibility of receiving the online training for the staff in your setting period please email AutismTraining@wandsworth.gov.uk
4. Young people individual/ small group speech and language therapy for secondary aged pupils on the caseload delivered via teletherapy by a Speech and Language Therapist and Multi Therapy Assistants. Please email autismadvisory@wandsworth.gov.uk if you would like to discuss this further.
5. We are still accepting referrals for targeted support. This is being provided for children who display a higher level of need and who require a specific package of time limited support. For this period targeted support could consist of the following:
 - Attendance at virtual TAC meetings for referred children
 - Specialist assessments and therapeutic interventions delivered online where appropriate
 - Bespoke training for professionals working with a referred child
 - Advice and guidance around behaviour plans and bespoke interventions

Please also see our local offer webpage [WAAS webpage](#) for further details of our offer to parents including:

- Our monthly coffee mornings which restart online on Wednesday 27 May, the theme for the first session will be “Preparing children with ASD to return to school/ Nursery”
- Our 3-part online Parent/Carer training around managing challenging behaviour which begins next Wednesday 20 May.
- Two new online groups for young people with ASD, with six sessions starting in May:
 - [one for girls aged 11 to 18 and](#)
 - [one for boys aged 11 to 18.](#)
- Online sessions for small groups of young people with ASD in year 6, to help them prepare for joining year 7 at secondary school in September
- Access to some short videos with top tips and guidance for parents/ carers and these are now [on the Local Offer Youtube channel](#)
- Our resource bank with materials to support families while children are spending time away from school.

Solution Circles - What to Expect



What is a Solution Circle?



A Solution Circle is a tool to help a problem become 'unstuck'. It follows a set structure and people in the Solution Circle have set roles (see below). A Solution Circle involves one person describing a problem whilst others listen and help think of ways forward. When this works well, the person presenting the problem will have 2 or 3 ideas to move forward with.

Why use a Solution Circle?

Solution Circles are short (around 30 minutes) so are a quick, effective way to help think of solutions. It is a collaborative process so everyone is working together to overcome obstacles or barriers to achieving a shared goal.



How many people are involved?



Our Solution Circle aims to involve 3-5 people. This will include 2 members from the Wandsworth Autism Advisory Service, someone from school that knows the child well and parents/carers.

What do I have to do?

There are 4 roles in a Solution Circle:

1. The **problem presenter** – this person presents a problem or issue to the group
2. The **process facilitator** – this person keeps strict time and manages the group and keeps them on task
3. The **graphic recorder**– this person takes visual and symbolic notes of the process
4. The **creative thinkers** – this is a team of 'thinkers' who use their creative thinking skills to brainstorm ideas and solutions

You will be asked to take the role of **problem presenter** or **creative thinker**

Practitioners from the Wandsworth Autism Advisory Service will take the roles of **process facilitator** and **graphic recorder**

Step 1: Problem Presenting (6 minutes)



The **problem presenter** describes the problem

The **creative thinkers** listen carefully

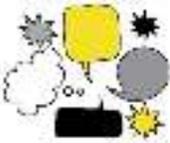
Step 2: Round of Questions (6 minutes)

The **creative thinkers** ask clarifying questions about the problem



The **problem presenter** listens without interrupting and then answers the questions at the end

Step 3: Creative Thinking (6 minutes)



The **creative thinkers** suggest creative solutions about what they have heard

The **problem presenter** listens to the suggestions – without interrupting

Step 4: Dialogue (6 minutes)

Both the **creative thinkers** and **problem presenter** have a dialogue about the solutions suggested.



Step 5: First Steps (6 minutes)



The group decide on steps which can be made in the next 3 days. At least one step must be taken in the next 24 hours

At the end of the session, each member of the group will share one word to describe their experience of the process

What happens afterwards?

After the session, we will send you a copy of the **graphic recorder's** notes. We will also send you an **Action Plan based** on what was discussed, so you can refer back to it when you need to.

Some group rules to remember...

- Be prepared to actively participate in your role
- Participation can be different on a video call compared to face to face
- Respect others by listening to what others have to say
- Keep things you hear within the group
- Be thoughtful about the information you choose to share with the group

Behaviours that Challenge

A 3-part Webinar series to support parents of young people with ASC to understand and manage meltdowns and shutdowns

Each webinar will describe techniques which can help unpick what might be behind some of your child's behaviours. Using a strengths-based approach, the webinars offer practical strategies you can use at home to help upskill your child to express and regulate their emotions in a positive way.

Part 1

Wednesday 20th May 2020

9.30am-10.00am

- Unpicking your child's routines in the home and community
- Exploring your child's strengths and preferences
- Following your child's lead



Part 2

Wednesday 27th May 2020

9.30am-10.00am

- Understanding functions of behaviour
- Exploring family values, house rules and expectations
- Identifying what skills to teach and how
- Rewards and reward systems

Part 3

Wednesday 3rd June 2020

9.30am-10.00am

- Giving instructions
- Emotional regulation
- Promoting safety and appropriate behaviour
- When things go wrong



The Webinars will be delivered using Microsoft Teams

To sign up for the sessions, simply use the Eventbrite link: <https://www.eventbrite.com/e/behaviours-that-challenge-a-3-part-webinar-series-tickets-105297006180>

You will then be sent a web-link to join the sessions

Can't make these times? All webinars will be available as a recording after Part 3, to request access to the recordings please Contact us at AutismAdvisory@wandsworth.gov.uk