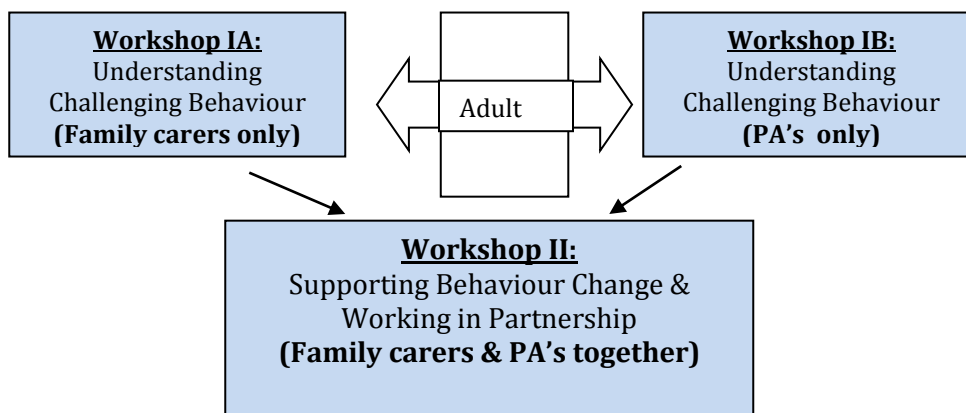


Free Challenging Behaviour Workshops

- Does the person you care for have a **severe learning disability** (either no speech or limited communication and requiring support with daily living skills such as dressing and eating) or a moderate learning disability with an additional diagnosis of autism?
- Do you experience **challenging behaviour** (eg. Hitting? Kicking? Hair pulling? Breaking furniture? Destroying objects? Head-banging? Hand-biting? Eating inedible objects? Smearing faeces? Sitting down and refusing to move?)

If the answer is 'yes', this is the training you have been waiting for! You are invited to attend to 2 workshops:



We ask that you attend BOTH Workshop I (Understanding Challenging Behaviour) & Workshop II (Supporting Behaviour Change & Working in Partnership).

Dates: 10th of November 2017
17th of November 2017
8th of December 2017

Time: 10:00 to 14:00
Time: 10:00 to 14:00
Time: 10:00 to 14:30

Venue: Brighthelm, North Rd, Brighton BN1 1YD

Cost: Free

The workshops will:	The workshops will not:
<ul style="list-style-type: none"> ✓ Provide high quality practical information offered by a Positive Behaviour Support trainer and a family carer co- trainer ✓ Give you the opportunity to meet and share your experiences with other family carers ✓ Tell you about the reasons for challenging behaviour and give you the knowledge to identify ways to reduce your child's challenging behaviour ✓ Tell you which professionals can help and what assessments you are entitled to 	<ul style="list-style-type: none"> ✗ Answer all your questions during the workshop (but we can offer telephone and e-mail support after the workshop through our helpline). ✗ Teach you how to physically restrain (hold) or breakaway from your relative ✗ Assess your relative ✗ Discuss medication

➤ The workshops are for all family carers (Mum, Dad, grandparents, siblings over 16 etc.)



Funded by



Invitation to FREE Challenging Behaviour Workshops

Dear family carer,

Are you in receipt of Direct Payments (social care funded not health funded) to employ Personal Assistants for your adult relative? Are there times when you feel frustrated or unsure of how to deal with your son or daughters' behaviour?

Autism Sussex is working with the Challenging Behaviour Foundation to give you the opportunity to attend **free*** workshops for family carers and their relative's personal assistants on understanding and supporting individuals whose behaviour is described as challenging

The Challenging Behaviour Foundation is a national charity which was founded twenty years ago by a family carer, Vivien Cooper:

"When our son Daniel was diagnosed, the only information we were given was a single sheet of paper. This wasn't much help when Daniel was pulling the curtains down, ripping his mattress open and eating the stuffing, or banging his head. With specialist help, children like Daniel can learn ways to communicate that mean they don't need to resort to challenging behaviour. Frustrated that this specialist understanding had not reached us sooner when we needed it, I set up the Challenging Behaviour Foundation in order to provide information, support and training to other families caring for individuals with severe learning disabilities"

The workshops we are offering are specifically designed for family carers and support staff (personal assistants) and provide practical information on how to support behaviour change.

"What's had the greatest impact is working as a team. We all know that we are all doing the same thing and consistency has had a huge impact." (Parent of a son with severe learning disabilities).

The workshops, will be held at in **November & December**. The Workshops will be provided **free of charge***. A positive behaviour support trainer and a family co-trainer will deliver the sessions together. The family carer co-trainer has a relative with severe learning disabilities and behaviour described as challenging.

Over 96% of family carers attending CBF training said they would recommend the training to other family carers. We have enclosed further information about our training and hope that you will take the opportunity to join us at the training workshops.

If you would like to take part in the workshops please contact Meraud Davis at Autism Sussex
Contact details: meraud.davis@aspens.org.uk

*Funded by Skills for Care