

Nottingham City Council Autism Team Parents/Carers Newsletter

This is your half - termly newsletter about all things related to Autism
Thoughts, articles, activities, quotes and more!

Upcoming Events

Coffee Meetings

Wednesday 30th November 2022

10 – 11.30am Homemade Café at Forest Recreation Ground

Monday 12th December

1 – 2.30pm Location TBC

Workshops

AET Making Sense of Autism

Thursday 8th December

9.30am – 11am on Microsoft Teams

Scan the QR code to join or click the link



[Parents' Making Sense of Autism](#)

SIBS

For brothers and sisters of disabled children and adults.

www.sibs.org.uk

It is a UK charity supporting over half a million young siblings and over one and a half million adult siblings

As well as sections for siblings, there are ideas and strategies for parent/carers & professionals, and an opportunity to ask a sibling advisor any questions



We need you!

The Autism Team would like your feedback
We want to hold our coffee meetings in different areas of the city, in accessible and relaxed settings.



Do you know of anywhere suitable, ideally near a tram or bus route?

Email us at anita.bennett@nottinghamcity.gov.uk
with suggestions

Autism Friendly Christmas Tips

Christmas is different to other times of the year – it can be loud, intense, bright, unpredictable & busy.

LIGHTS

Get lights that have controls to adjust the brightness and the flashing function



TAKE A BREAK

Christmas day can be intense. ensure there are opportunities for breaks, quiet space & keep headphones handy



PRESENTS

Not everyone likes presents, not everyone likes opening presents in front of others, not everyone likes the surprise of a wrapped gift



VISITS

Unannounced visits are unpredictable... let the person know that someone is calling

UNPREDICTABILITY

Prepare a person for what's happening around the Christmas period, e.g. social stories, timetables, who will be visiting/what time is dinner

EATING

A person's idea of Christmas dinner may not be the same as the traditional meal...pizza or pasta is cool to eat too!

HAVING FUN

Create games that includes everyone...change the rules if you need to so that everyone can play

Gheel
Autism Services

Autism Education Trust

The Autistic Young Experts Panel

[The Autistic Young Experts Panel | Autism Education Trust](#)

Since 2016, the AET has been supported by a panel made up of 19 autistic young people from across England. They have different experiences of education and of being autistic. They bring experience of different types of education from home education, mainstream schools, special schools, and university.



QUOTE CORNER

"Autism is part of my child. It's not everything he is. My child is so much more than a diagnosis."
S.L. Cochran



See you in 2023!