



Free Online Autism Course for Lincolnshire Parents and Carers

Has your child been diagnosed as autistic?
Are you a parent or carer living in the County of Lincolnshire?
Would you like to explore more ideas about autism?
If so, our free online course could be for you!

About our programme:

- Delivered online in seven weekly sessions
- Each two-hour learning session will give you chance to discuss your experiences and reflections with others
- Small groups of no more than 10-12
- Includes the voices of autistic adults speaking about their lived experience
- Designed by Dr Clare Lawrence, parent of an autistic child and Associate Professor of Participatory Autism Research at Bishop Grosseteste University
- Funded by NHS Lincolnshire Partnership Foundation Trust's Virtual Autism Hub.
- Facilitated by members of the autistic community (as parents and/or as autistic people)

Session dates: 8th October, 15th October, 22nd October, 29th October, 5th November, 12th November and 19th November (5pm to 7pm)
There will be other courses in the coming months

Course content:

**WHAT IS AUTISM?
AUTISM AND COMMUNICATION.
UNDERSTANDING SENSORY EXPERIENCES.
ENERGY IN; WASTE OUT.
EDUCATION.
WHAT TO DO IF THINGS GO WRONG?
MASKING, IDENTITY AND MOVING ON.**

To be eligible for the course, you must have received a clinical diagnosis for your child (either NHS or private) and live in the area covered by NHS Lincolnshire Integrated Care Board. This does not include North Lincolnshire or North East Lincolnshire.

For more information and to enrol, please email:
autismshortcourse@bishopg.ac.uk