

EarlyBird+ Information Sheet

A course supporting autistic children aged 4 – 9 years

What is EarlyBird+?

The EarlyBird Plus programme aims to equip parents and carers to develop a greater understanding of their child's needs, following a diagnosis.

What is covered?

The EarlyBird+ programme empowers parents to understand more about autism and the needs of the autistic children they support. Topics Include: communication and interaction; using structure to support the autistic child in a range of settings and situations; developing social skills; understanding and supporting the child's behaviour and problem solving.

How long is it?

It is a 10 week course which includes 8 mandatory group sessions and 2 optional 1-1 sessions with a course practitioner

Where is it?

The course will be run in various locations across Southampton. We will discuss the best location for you when booking.

How often does it run?

The course runs in 3 locations across the city each term.

How many people will be on the course?

There will be a maximum of 8 families on the course.

Does my child need to be under CAMHS or have a diagnosis to attend the course?

A diagnosis is not needed to take part in the course, we want to help parents who need support helping their autistic child so if you are on the waiting list you can also apply to do the course.

Do I have to live in Southampton to attend the course?

Yes, this course is for families who live within the Southampton City Council area. You may be able to attend this course if you live outside of the Southampton City Council area if your child attends a Southampton City school or is under Southampton CAMHS.

Do I have to attend all the sessions?

Yes, it is really important that you attend all 8 group sessions. The 2 1-1 sessions are optional and will be discussed with you.

What do I have to do on the course?

The course is interactive and you will need to share your thoughts and experiences. There will be some large and small group discussions and worksheets. If you need help completing things, please let us know and we can help.

How much is it?

There is no charge for the course, we receive funding to make sure it is free to everyone.

What do I need to bring?

We will supply everything you will need.

What do I need to do to sign up?

Please complete the booking form <https://forms.gle/3mHnd5Mdyr58tpAm8>

Please also complete the Re:Minds membership form -

<https://forms.gle/qDy4z5gSWV7cAFz5>

Once we have this, we will get in touch to let you know if you have a place on the course. If all the places are filled, we will add you to the waiting list for the next course.

What if I change my mind and no longer want to do the course?

That is absolutely fine, but please let us know as soon as possible so we can give your place to someone else.

What are the course dates?

Currently, the course will run between 10am – 12:30pm on:

Wednesday – Merryoak Community Centre, East

Wednesday – Unity 12, Central

Tuesday – All Saints Church Hall, West

The next courses start the week commencing 16th September.

However, these are subject to change.

If you have any questions, please do not hesitate to email courses@reminds.org.uk