



# Autism And Aspergers Conference



Date: Wednesday 8th February

Venue: Pyramid Centre, Palmyra Square South,  
Warrington WA1 1BL

From 9.30—2.45, lunch included

## MORNING SESSION

**INTRODUCTION TO AUTISM AND ASPERGERS**  
**SENSORY ISSUES** Dr John Biddulph

**LUNCH**

## AFTERNOON SESSION

**MANAGING ANXIETY / CHALLENGING BEHAVIOUR** Steve Tyler

## WHO SHOULD ATTEND?

This event is FREE and aimed primarily at Parents, Carers and Professionals from the Warrington Area. Residents in other areas will be accepted, space permitting. Whilst the focus is on Autism / Aspergers, the content would be relevant to a wider range of children with additional needs.

## TO REGISTER

**Apply online at**

[warringtonparentsandcarers.org](http://warringtonparentsandcarers.org)

**Email**

[warrpac@googlemail.com](mailto:warrpac@googlemail.com) or  
[naswarrington@nas.org.uk](mailto:naswarrington@nas.org.uk)

**By phone**

WPAC: 07581 302172  
NAS: 0787943565  
(leave a message)

**By Facebook**

At Warrington Parents  
and Carers

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## THE SESSIONS

### INTRODUCTION TO AUTISM AND ASPERGERS

A brief overview/background on the autistic spectrum with some personal insight from John .

### SENSORY ISSUES

John will be offering an input on Sensory Differences looking at the need for us to have full knowledge and understanding of the sensory profile of children. Additionally he will look at some sensory integration strategies and if available, the solution! He will be looking at this from a number of perspectives, professional, parental and personal.

### MANAGING ANXIETY and CHALLENGING BEHAVIOUR

Steve will be covering understanding and managing anxiety in children, young people and adults with autism spectrum conditions.

Heightened levels of anxiety are often reported by people with ASC or may be observed by those who care for them. In some instances, anxiety may lead to patterns of behaviour which challenge others. This workshop focuses on the reasons why individuals with autism may become anxious and approaches that may help them. Consideration will be given to different models that may serve to explain the anxiety experienced as well as to strategies that support emotional regulation and enable coping.

## ABOUT US

Warrington Parents and Carers came into being as a result of the "Aiming High For Disabled Children" government initiative. Once this came to an end, they set up as an independent community group. We have been fortunate to receive funding from Warrington Borough Council and the government to continue the work of parent participation in conferences like this one, and our regular forum meetings.

NAS Warrington has evolved from "Across the Spectrum" - a group set up to promote autism awareness and to support families of those affected by the condition in Warrington. They meet informally every Wednesday (10—12 term time only) at the Waves in Sandy Lane, and also organise the trampolining sessions at Penketh High School every Thursday.

## THE SPEAKERS

### Dr John Biddulph

Dr. John Biddulph holds first degrees in music and art history, a master's degree researching creativity using ICT for children with special educational needs and a PhD from Trinity College researching autism and learning technologies.

John is thrilled to be a member of the Autism Education Trust Advisory Council and Steering Group. Currently, he is working on the production of a sensory differences toolkit designed for use by professionals and families for release in 2012.

John's professional expertise in autism has the added benefit of being focused through the prism of his own diagnosis of Asperger Syndrome.

### Steve Tyler

Steve is currently a Senior Lecturer at Manchester Metropolitan University, where he is programme leader for courses in autism spectrum conditions. In addition, he is a consultant in this field for the Together Trust. Previously, he was for eighteen years principal of Inscape House, a specialist service for children and young people with ASC. His career has also included periods as a Research Fellow at Keele University; a primary school teacher; and an educational psychologist. He is a member of the NAS Accreditation Programme's Standards Body and has been involved in the development of a number of different training programmes on autism and related issues.