

**I would like to attend Cygnet,
what do I do now?**

Either a professional working with you can enrol you onto a programme with your consent or you can enrol on a programme directly. Your child needs to be aged 5-18, have a diagnosis or working towards a diagnosis of an autistic spectrum condition and live in the North Lancashire area.

You will need to complete an enrolment form. Alternatively you can contact Cygnets North Lancs Services directly.

Please can I be contacted with more information about the Cygnet Programme:

Name

Address

Tel

Email

Return to Cygnets North Lancs
c/o Lune Park Children's Centre, Lancaster,
LA12LN

cygnetsnorthlancs@gmail.com

For more information please contact:

Cygnet North Lancashire Parenting
Support Service

c/o Lune Park Children's Centre
Lancaster
LA12LN

Telephone : 07873818153
(Term time only)
Email: cygnetsnorthlancs@gmail.com



www.barnardos.org.uk

Barnardos registered charity no. 216250 and
SC037605

Cygnet Programme information for parents and carers



A Parenting support programme
for parents and carers of
children and young people
aged 5-18 with an
autistic spectrum condition



What does Cygnet cover?

This is a core Cygnet Programme which is delivered over 6 two and half to three hour sessions which sequentially work towards behaviour management relevant and appropriate for this age group of children and young people.

- Introduction to the programme
- Autism and diagnosis
- Communication
- Sensory Issues
- Understanding behaviour
- Managing behaviour

Additional sessions available:

- Siblings
- Puberty and sexual wellbeing

Is Cygnet for me?

After a diagnosis parents and carers can have a lot of questions about autism and may feel isolated in managing their child's needs.

Children's needs also change over time and information and advice received when a child is younger may need to be updated to be relevant for the child/ young person today. If you have therefore attended Early Bird or Early Bird Plus (NAS courses) you may still wish to attend Cygnets.

Attending Cygnet gives parent and carers an opportunity to develop their understanding of autism and look at practical solutions to managing behaviour. It also gives you the chance to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Who are carers?

Carers can be anybody with direct involvement with your child eg. Grandparents, uncles, aunts, shared carers, support workers from school.

Where and when does the group run?

Cygnet is run regularly in Lancaster, Morecambe and Heysham. Day and evening sessions are offered dependent on numbers.

Childcare and employment

Childcare may be available dependent on location. Contact the Cygnet coordinator in advance if you may need childcare to help you attend.

Under the Employment Act 2002 (Parental leave), parents of disabled children are entitled to 18 weeks unpaid leave to care for and support their children. For further information please refer to the Working Families website www.workingfamilies.org.uk or phone 0800 013 0313

Do I have to attend all sessions?

If possible, yes. You will gain a lot more coming to the group if you come to all sessions. This is because each session builds on the one before. Please do not accept a place on a programme if you are only able to attend one or two.

What parents thought:

"Fantastic! Really enjoyable and helpful!"

"Our biggest problems are related to behaviour so understanding our son's behaviour properly is a very big step!"

"This has given me the tools to help with my child's communication."

"I can now identify my child's sensory issues and have an idea of practical strategies."

"The support of other group members is really valuable."

Practitioner comment:

"We recommend Cygnet to all families where a young person receives a diagnosis of ASC in this age bracket."

Consultant child psychiatrist, Bradford.