Welcome to the latest update from the Children and Young People’s Autism Service in South Staffordshire.

We remain committed to continuing to provide as full a service as possible during Covid-19 and would ask that you continue to follow national guidance in relation to staying alert and practicing social distancing. You can find out more at www.nhs.uk/coronavirus.

Assessments
Appointments with families to commence assessments and receive further interventions are continuing. This includes additional appointments being provided by Caudwell Children and Psicon prioritising families who have been waiting the longest or who have the greatest clinical need. Families who are due to be seen next are being contacted with an appointment date.

A number of appointments have been offered to families/ carers which were not attended. We are keen that every appointment is filled, so if you are unable to attend please let us know as soon as you are able so we can offer the appointment to another patient.

Any family currently awaiting an assessment appointment for new assessments only and are happy to receive a late notification are asked to email the team at cypautismservice@mpft.nhs.uk with their details so that we can get in touch should an appointment become available at short notice.

Recruitment
We’re pleased to announce a further two new members of the team.

Katie Vandewalle (pictured right) has joined us as a Clinical Psychologist. She has a passion in working with young people and their families having worked in CAMHS, Autism, and Looked After Children’s services. During her doctorate training she developed skills in cognitive, behavioural and relational based therapies which she will draw on in her practice within the team.

Jack Jackson (pictured left) joins the team as an Assistant Psychologist. After graduating in 2017 with a degree in Psychology he volunteered in a primary school. Since then he has been working in a CAMHS hospital with 11-18-year-olds, including working with young people on the autistic spectrum.

Parents/ carers of children in receipt of an autism diagnosis who wish to form part of future recruitment panels are asked to please contact the service on 0300 303 0691 (Monday-Friday, 9am-5pm) or email cypautismservice@mpft.nhs.uk.
Workshops

The **Introduction to Autism workshop** took place on Monday 21 September – thank you to everyone who attended; the feedback we received was really positive.

Unfortunately a few parents did not attend this fully booked session. We would ask that anyone who has booked a place and is unable to attend to please contact the service to let us know so we can offer your place to a family on the waiting list.

The first part of the **Sleep workshop** went ahead on Tuesday 22 September with good attendance. We received wonderful feedback from families, including the following from one family:

> “It's made me and my husband understand a lot more reasons why our children struggle to settle and stay asleep. We have realised some things we do right and what we can improve.”

We are planning a further two-session Sleep workshop in the near future so please keep an eye on this update, the service web page and social media for more information. Any families wishing to attend this workshop are asked to email cypautismservice@mpft.nhs.uk and we will be happy to contact you once dates have been finalised to reserve a place.

The **Managing Behaviours that Challenge workshop** and the next Introduction to Autism workshop are now both full, but families are welcome to contact us to add their details to the waiting list should any cancelled places become available.

There are a few places remaining for the two-part **Sensory workshop** being held on 3rd and 10th December; please email the office to reserve your places.

Any families that have attended recent workshops we would appreciate your feedback by completing this short survey – [http://surveys.mpft.nhs.uk/Survey486/Create?channel=15181](http://surveys.mpft.nhs.uk/Survey486/Create?channel=15181)

The sessions will be hosted by the team using Microsoft Teams. Once you have called the team to book your place, you will receive a web link to access the appropriate session (NB: You do not need to have Microsoft Teams installed on your computer to join this meeting. Click ‘watch on the web instead’ to view via your web browser).

**Health Education England online programme**

Health Education England (HEE) is developing an online programme that offers parents of children aged over 11 with autism the opportunity to:

- Share experiences of raising a child with autism
- Understand how to use experiences to benefit others
Children and Young People’s Autism Service (South Staffordshire) update
28 September 2020

- Build resilience with regard to supporting others
- Develop understanding of relevant legislation, rights and support networks
- Develop understanding of peer support and the associated benefits

Dates and times of sessions will be confirmed, as these will be reliant on parents’ availability. For further information and to book a place, please email melissatharm@foxtrainingsolutions.co.uk or debbieparry@foxtrainingsolutions.co.uk or call 07968 141919 or 07508 345685.

Other resources
A range of resources are available to support children and families via the service web page at www.mpft.nhs.uk/services/children-and-young-people-autism-service.

A duty professional is available on 0300 303 0691 Monday-Friday, 9am-5pm to offer help and support to families.

Contacting the service
- Telephone: 0300 303 0691 (9am-5pm, Monday to Friday; excluding Bank Holidays)
- Email: cypautismservice@mpft.nhs.uk

More information about the service can be found via MPFT’s website at www.mpft.nhs.uk/services/children-and-young-people-autism-service, which features:

- Referral information (NB: Referrals into the service can only be made by a professional who has met with the child and family)
- Frequently asked questions
- Information should urgent help be required
- Contact details for a number of other useful services and organisations
- Workshop information
- Previous service updates
- Voice for Change session feedback
- Resources
- Videos

If you need urgent help between the hours of 9am-5pm from Monday to Friday, you can contact the Single Point of Access directly on 0300 303 0691, or call First Response (social care and health) on 0800 1313 126.

If you need urgent help out of hours (evenings, weekends or bank holidays) please contact:

- NHS 111, who have access to on-call mental health professionals; or the

Together we are making life better for our communities
First Response Emergency Duty Team on 0345 604 2886
In the event of a medical emergency please go straight to A&E.

The Trust’s 24/7 urgent NHS mental health service provides telephone support, advice and triage for all ages. The Freephone number to call for people living in South Staffordshire is 0808 196 3002 (NB: this telephone line cannot provide advice on Coronavirus symptoms).

Should a parent/carer have a specific question relating to the care of their child, we ask that they email cypautismservice@mpft.nhs.uk.

The Trust’s Customer Services Team is also available for advice and support and provides information on NHS and social care services. They can be contacted by:

- Email: palsandexperience@mpft.nhs.uk
- Telephone: 01785 783026
- A website form is also available by clicking here