

Information will also be available on a range of services, support groups and leisure opportunities for children and young people with additional needs and their families.

Representatives from AskUs will be available to provide signposting and guidance on the day.

And finally...

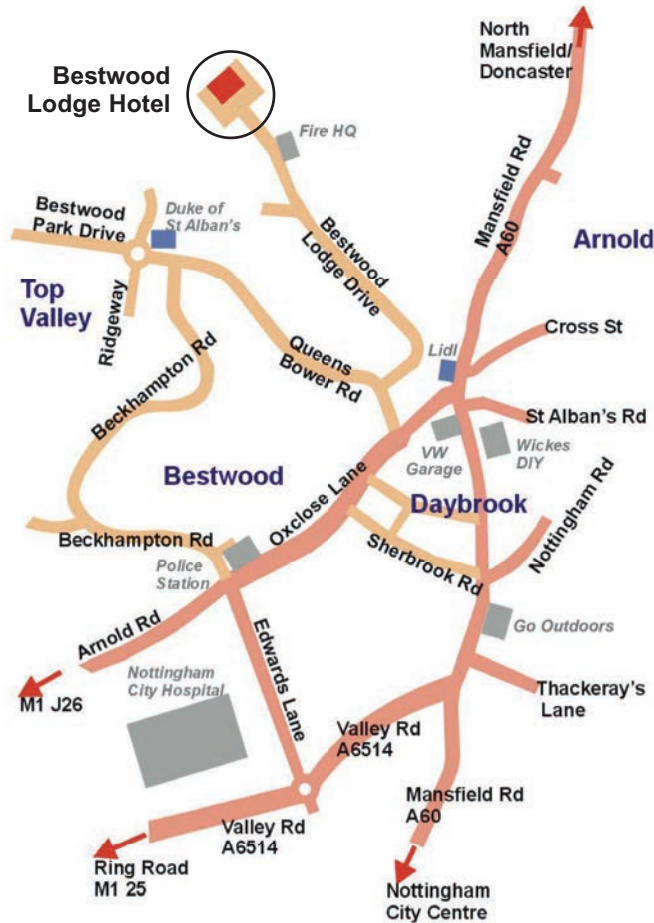
At the end of the day there will be an opportunity to gather information, speak to workshop providers and ask any outstanding questions you may have.

Childcare Costs

You may claim additional childcare costs incurred as a result of attending the conference. A receipt from a registered provider will be required for audit purposes. **(Maximum of £40.00 per family).** Please indicate if you wish to claim.

YES / NO

Location map



Bestwood Lodge Hotel
Bestwood Country Park
Arnold, Nottingham NG5 8NE

For parents / carers who are resident in Nottinghamshire or whose child attends a Nottinghamshire school

A free conference for parents and carers of children and young people up to the age of 19 with additional needs



Wednesday 13 May 2020
9am – 3pm
at Bestwood Lodge Hotel NG5 8NE

Keynote Speaker: Rosie Jones



With her infectious laugh and high energy, Rosie Jones has quickly become a must-see act on the UK comedy circuit. She has performed at the Edinburgh Fringe Festival, incorporating her Cerebral Palsy into her comedic style. The ex-television

researcher was awarded second place in the Leicester Mercury's New Comedian of The Year Award 2018 and has gone on to star on 8 Out Of 10 Cats, The Last Leg, Comedy Central's Live from the Comedy Store, Roast Battle, Mock the Week and Live at the Apollo, as well as Dave's Hypothetical. Rosie completed a sell-out run at the Edinburgh Festival Fringe with her debut show 'Fifteen Minutes', receiving critical acclaim.

Programme for the day

- 8.45 Registration
- 9:30 Welcome and Introduction
- 9:35 Keynote Speaker: Rosie Jones
- 10:20 Coffee in the Garden Room
- 10.40 Workshop 1
- 12:10 Lunch
- 1:10 Workshop 2
- 2:40 Providers & Professionals available for questions
- 3:00 Close

For further information please contact:
Jane Chamberlain or Cath Page
on (0115) 854 6464.

Workshop Details:

Problem Solving and Self Organisation; Practical Strategies

An introduction to executive functioning skills - thinking and problem-solving skills needed for independence and self-organisation. The workshop will provide practical tips to support children in learning these skills at home.
Workshop Provider: Nottinghamshire Educational Psychology Service

Mindfulness: A Practical Guide

Finding time for yourself in a busy world.
Workshop Providers: Julie Rastall and Claire Bosanquet, Parents

First Aid for Your Child's Emotional Health

Creating a home environment to encourage resilience and emotional wellbeing in children and young people with additional needs.
Workshop Provider: Claire Horn, Cognition and Learning Team

Lego Therapy

An evidence-based approach to teaching social skills and problem-solving skills to children with autism and other social communication difficulties. Learn how to use Lego-Based therapy at home with your child.
Workshop Provider: Nottinghamshire Educational Psychology Service

Welfare Benefits

A workshop to explore benefits available for young people with additional needs and their carers. How to claim and what support is available to help.
Workshop Provider: Paul Stafford, Senior Benefits Advisor, NCC

Booking Form

Name

Address

Postcode

Telephone

Email (Please print clearly)

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This will only be used to send you details regarding the conference – confirmation of attendance etc.

Workshop Choice

You will be able to attend **two** workshops. Please number **in order of preference** from 1 (first choice) down to 5.

Problem Solving & Self Organisation

Mindfulness: A Practical Guide

First Aid for Your Child's Emotional Health

Lego Therapy

Welfare Benefits

We will try to match your 1st & 2nd choice but please give us other options too.

Please state any special requirements you may have (e.g. dietary, BSL interpreter etc.)

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Please return this form to:

Jane Chamberlain, SFSS,
Home Brewery Building, Sir John Robinson Way,
Arnold, Nottingham NG5 6DA
Telephone: 0115 854 6464

**To avoid disappointment please book early.
Closing date 03 April 2020**