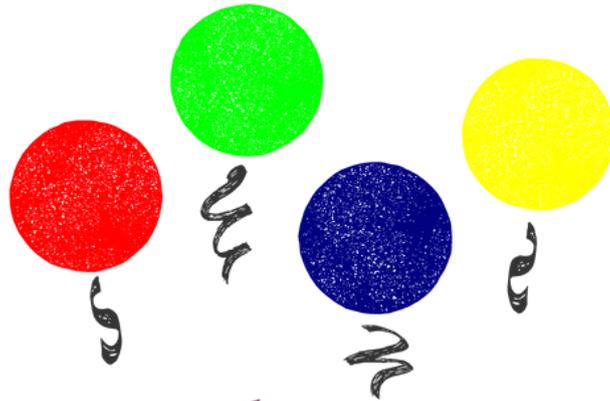


2020 JANUARY - JUNE TRAINING DIARY



*sensation***ALL**

SC043156

SensationALL provide therapy based services and activities for children and adults with any support need or disability.

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training dates

Our experienced staff use their in-depth knowledge to deliver informative, interactive, fun sessions. We also offer bespoke training which can be arranged on site and on request.

Making Sense Workshop

Wednesday 5th February 6.30-8.30pm

Outlines common MSN sensory related issues, sensory processing disorders & common impairments. This is a fun workshop where participants can participate in different sensory 'experiences' and learn about daily practical support strategies.

Consideration and use of suitable sensory spaces will also be discussed and practised.

Growing Up & Puberty

Friday 7th February 10am-12pm

Descriptor from previous outline on social or training outline - run in conjunction with NHS Nurse Practitioner Karen Jackson.

Learning to CHILL-oot!

Monday 30th March 6.30-8.30pm

Many young people today have a lifestyle full of stimulation, lack of boundaries and quiet times which can result in many of them struggling to keep themselves regulated and in control of their emotions. This workshop will focus on the importance of encouraging young people to learn about identifying and coping with their key emotions, signs of stress and different methods to self regulate. We discuss different forms of self-regulation including sensory based and relaxation strategies.

Autism Masterclass

Monday 11th May 6.30-8.30pm

Autism is widely recognized in society with approx 1 in 100 people experiencing the condition. Benefit from our trainers decades of experience in this field and find out how unique and intriguing autism can be, as there is always something new to learn.

Training includes personal accounts, discussion of associated issues and practical strategies that can help to promote a spectrum wide, positive focus on autism.

Oh Behave!

Monday 22nd June 6.30-8.30pm

Dealing with children and young people with additional support needs, often requires a more 'out of the box' way of thinking.

This workshop covers basic behaviour analysis, using SensationALL's uniquely devised ICEAS concept and introduces the importance of developing PROactive & REactive strategies for promoting positive behaviour in your child's everyday experiences.

Booking is essential for all courses

Prices - £15 for parents/carers and £30 for professionals



training dates

At SensationALL we strive to share knowledge and expertise through training delivered by us as well as external specialists and professionals. Please get in touch if there is a topic you would like that isn't listed below...

Attachment Workshop

March - exact date & time TBC

This workshop provides an understanding of attachment, the impact on brain development and different presentations.

Attendees will learn about attachment and loss and also appropriate interventions to assist children and young people to recover.

Mindful Moments

Sunday 19th April 10am-12pm

This workshop is a practical session for all the family and will be a great follow up to the Learning to CHILL-out! training workshop on 31st March. There will be opportunities to learn self regulation techniques including; mindfulness, sensory based and relaxation techniques, yoga, visualisation

Dyslexia Awareness Programme

All sessions are 10am to 12pm at the Old Schoolhouse

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|---------------------|--|--|
| Sat 11th Jan | Session 1 - What is Dyslexia | Definition, characteristics and what to look for. |
| Sat 8th Feb | Session 2 - Making it Multi-Sensory | Different learning styles and multi-sensory teaching. |
| Sat 14th Mar | Session 3 - Cracking the Code, Part 1 | Reading avoidance and how to support it at home. |
| Sat 25th Apr | Session 4 - Cracking the Code, Part 2 | Practical tips & activities to support spelling at home. |
| Sat 23rd May | Session 5 - Homework, what homework? | Homework & study skills plus, how to work with school |
| Sat 20th Jun | Session 6 - Boosting self-esteem | Dyslexia's impact on self-esteem. Tips to develop social skills. |

Intensive Interaction Workshop

May - exact date & time TBC

Interaction is an approach that focuses on the use of non-verbal communication, body language and voice to promote learning, turn taking, communication and relationship building. This workshop highlights the fundamentals of communication, particularly for those who are early in their communication skills.

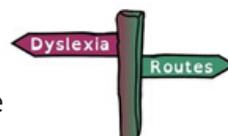
Sleep Workshop

Friday 12th June 10am-12pm

Come and learn about reasons for common sleep issues and strategies to help- run in conjunction with NHS Nurse Practitioner Karen Jackson.

Makaton Training starting Autumn 2020

Introduction to Makaton for beginners, teaching basic signs.



Booking is essential for all courses
Prices - £15 for parents/carers and £30 for professionals



advice & support



SensationALL has always placed an importance on sharing knowledge and advice in order to empower others.

With that focus, we have developed a new concept called **comPASS**, to enable small groups of parents/carers or professionals to access proactive solutions that will help them find their way through everyday Multiple Support Needs challenges.

Programme content:

- Profile Passport Workshop
- Practical Strategy Plans
- Managing Control & Change
- Integrating Sensory Spaces & Diets
- Creating Multi-sensory Activities & Stories

Tea & Tips Consultations



If you are looking for guidance on any challenges you're having at home then our experienced Occupational Therapists are available for 1:1 advice sessions for parents and carers.

The hour long, informal session (over a cuppa!) gives you chance to discuss your situation, get advice and devise practical strategies based on your priorities. Our staff have years of specialised experience and are excellent listeners!

Sessions are £10 an hour.

Sensory profiling can also be arranged on request at a different rate.



Initial Steps is a support programme aimed at empowering parents with children **recently diagnosed** with **Autism** with information, practical advice and key coping strategies.

It gives parents the opportunity to share their experiences, learn from other families and people on the spectrum.

Contact us for more information regarding booking any of the above services.
Prices will be quoted on enquiry (if not stated).



bespoke training & consultations

SensationALL can develop training according to your team's needs. This can be arranged in your workplace or at our venue in Westhill. We can arrange workshops and in-service days according to different budgets and training needs.

At SensationALL we believe that learning should always be fun and try to involve discussions, interaction and experiential tasks when possible.

Commonly requested topics include:

**Multiple Support Needs & Autism awareness
Behaviour Analysis & Management**

**Emotional Regulation & CHILL-out!
Integrating Sensory Spaces & Strategies**

CONSULTATION

Our experienced Occupational Therapists and Practitioners can arrange for visits on-site at your school or organisation to assess children's needs or assist in the development of a management plan. Sensory and behaviour profiling can be an integral part of this consultation visit, with suggestions of practical strategies.

LEARNING PATHWAY PLUS PACKAGES

SensationALL is utilising its experienced Occupational Therapy staff to develop support programmes and packages to contribute to children's individual educational and life learning needs.

Our centre provides a safe, supportive environment where we can deliver therapy-based programmes to meet the needs of school aged children with support needs, particularly those with attention, behavioural, sensory, motor coordination and learning issues.

The aim of sessions commonly promote the following;

- Increase sensory experiences, tolerance and increase awareness of own preferences
- Promotion of emotional education and self regulation strategies
- Integration of sensory-motor skills, including, balance and hand/eye coordination
- Generalise and widen focus and attention skills, including joint attention
- Promote functional communication including reciprocal interaction and social skills
- Improve self confidence, sense of achievement and empowerment
- Improve functional performance in daily activities

SensationALL are a registered Provider for Aberdeenshire Council LPP framework.

For more information and to discuss details, please contact us