

Integrated Autism Service



Gwasanaeth Cyfun Awtistiaeth

Cardiff and Vale Integrated Autism Service Groups and Workshops

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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Cardiff and Vale Integrated Autism Service

The Cardiff and Vale Integrated Autism Service is a multi-agency specialist autism service within Cardiff and the Vale University Health Board.

As part of our support service we offer a range of workshops and groups to autistic adults who live in Cardiff and the Vale of Glamorgan. The service also offers workshops to parents and/or carers of autistic adults. This booklet contains details of the groups and workshops that we offer.

Contents:

Groups for autistic adults:

- 1.1 Post-diagnostic group
- 1.2 Social communication group
- 1.3 Emotional regulation group
- 1.4 Autism and sleep group

Groups for parents/carers of autistic adults:

- 1.5 Understanding Behaviour group

Workshops for autistic adults:

- 2.1 Energy Accounting
- 2.2. Executive Functioning

Workshops for autistic adults AND/OR parents/carers:

- 2.3 Understanding autism and the senses
- 2.4 Living a balanced life.

Workshops for parents/carers of autistic adults:

- 2.5 Introduction to autism workshop



If you would like to receive further information on our groups/workshops please complete our Expression of Interest form and a member of the team will contact you.

- You can complete the Expression of Interest form using the above QR Code.
- This form can also be accessed via this link - <https://forms.office.com/e/HzdvK30p36>
- Alternatively, you can email CAV.IAS@wales.nhs.uk or call us on 07970 647820



Groups

We offer a range of groups for autistic adults in Cardiff and the Vale of Glamorgan.

We also offer some groups for parents and carers of autistic adults who reside in Cardiff and the Vale of Glamorgan.

Some groups meet in-person and some groups meet online. Our online groups use Microsoft Teams. Our in-person groups usually take place in our offices in Avon House, Penarth.

To access our groups you will need to have an open referral with the Integrated Autism Service. We hold waiting lists for our groups.

Groups for autistic adults :

- 1.1 Post-diagnostic group
- 1.2 Social communication group
- 1.3 Emotional regulation group
- 1.4 Autism and sleep group

Groups for parents/carers of autistic adults:

- 1.5 Understanding behaviour group

Referral process for groups:

Complete our expression of interest form - QR code or link below

We will contact you to open a referral and add your details to our Group Waiting List.

You will then be contacted with an invite when a space becomes available



<https://forms.office.com/e/HzdvK30p36>



1.1 Post-diagnostic Group

Open to autistic adults in Cardiff and the Vale:

The Post Diagnostic Group has been developed to increase autistic adults' understanding of autism. The group gives you an opportunity to meet other autistic adults and to share your own knowledge and experience of autism.

Duration of group: 6 weekly sessions, each session 2 hours

Delivery method: Online or In-person (depending on preference)

Group capacity:

Virtual - 10 plus facilitators

Face to face - 8 plus facilitators

Referral process:

We hold a waiting list for this group.

If you would like to be added to the waiting list please complete the expression of interest form using the QR Code or below link.

FORMS link -

<https://forms.office.com/e/HzdvK30p36>



Alternatively, you can email CAV.IAS@wales.nhs.uk or call 07970 647 820.

Session content:

- Session 1 – Introductory Session
- Session 2 – What is autism
- Session 3 – Cognitive theories
- Session 4 – Sensory differences & co-occurring conditions
- Session 5 – Disclosure
- Session 6 – Review



1.2 Social Communication Group

Open to autistic adults in Cardiff and the Vale:

The aim of this group is to explore a range of topics related to social communication. There will be opportunities for discussion and to learn from one another. We will explore strategies, tools and tips to help you navigate social situations, with the aim of increasing confidence in your own communication.

Duration of group: 5 weekly sessions, each session 2 hours

Delivery method: In-person sessions held at our base at Avon House, Penarth

Group capacity: 8 plus facilitators

Referral process:

We hold a waiting list for this group.

If you would like to be added to the waiting list please complete the expression of interest form using the QR Code or below link.

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Alternatively, you can email CAV.IAS@wales.nhs.uk or call 07970 647 820.

Session content:

- Session 1 - Introduction to social communication
- Session 2 - Social chat and active listening
- Session 3 - Group interactions
- Session 4 - Social boundaries
- Session 5 - Social opportunities/expanding your social circle



1.3 Emotional Regulation Group

Open to autistic adults in Cardiff and the Vale:

This group will provide a space to consider how we recognise, regulate and manage emotions. We will reflect on how our senses and our thinking styles can impact on our emotional regulation. We will also consider practical tools and strategies to support with regulating our emotions.

Duration of group: 5 weekly sessions, each session 1.5 hours

Delivery method: In-person sessions held at our base at Avon House, Penarth

Group capacity : 8 plus 2 facilitators

Referral process:

We hold a waiting list for this group.

If you would like to be added to the waiting list please complete the expression of interest form using the QR Code or below link.

FORMS link -

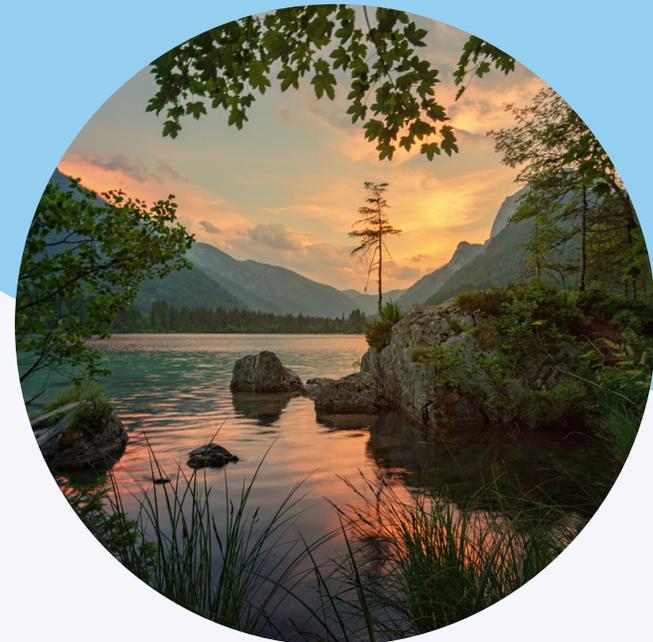
<https://forms.office.com/e/Hzdvk30p36>



Alternatively, you can email CAV.IAS@wales.nhs.uk or call 07970 647 820.

Session content:

- Session 1 - Welcome and emotional Literacy
- Session 2 - Recognising emotions
- Session 3 - Acceptance and sensory regulation
- Session 4 - Thinking strategies
- Session 5- How to ask for help and connect with others



1.4 Autism and Sleep Group

Open to autistic adults in Cardiff and the Vale:

The aim of this group is to explore some of the factors that can impact on our sleep. The workshop provides a space to review and consider tips for promoting sleep, and provides an opportunity to meet and share experience and strategies with other autistic adults.

Duration of group: 2 weekly sessions, each session 1.5 hours

Delivery method: Online sessions via Microsoft TEAMS

Group capacity: 8 plus 2 facilitators

Referral process:

We hold a waiting list for this group.

If you would like to be added to the waiting list please complete the expression of interest form using the QR Code or below link.

FORMS link -

<https://forms.office.com/e/HzdvK30p36>



Alternatively, you can email CAV.IAS@wales.nhs.uk or call 07970 647 820.

Session content:

- Consider the function of sleep
- Discuss sleep difficulties and prevalence for autistic adults
- Identify factors that can affect sleep
- Review and explore sleep hygiene tips
- Consider strategies and practical tools to support sleep
- Plan for change



1.5 Understanding Behaviour Group

Open to parents/carers of autistic adults in Cardiff and the Vale:

The aim of this group is to provide parents and carers with an opportunity to gain an understanding of behaviours that challenge and to consider how to respond. The group provides an opportunity to share experiences with other parents and carers.

Duration of group: 4 weekly sessions, each session 2 hours. We ask that group members attend all sessions.

Delivery method: Online sessions via Microsoft Teams.

Group capacity : 8 plus 2 facilitators.

Referral process:

We hold a waiting list for this group.

If you would like to be added to the waiting list please complete the expression of interest form using the QR Code or below link.

FORMS link -

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Session content:

- To gain an understanding of what is meant by 'behaviours that challenge'
- To explore why these behaviours may occur
- To consider ways to respond to these behaviours
- To understand how differences associated with autism may contribute to behaviours
- To acknowledge the difficulties that come with managing behaviours that challenge



Workshops

We also offer a range of stand-alone workshops for autistic adults, and for parents or carers of autistic adults, who live in Cardiff and the Vale of Glamorgan.

Our workshops are usually offered virtually using Microsoft TEAMS. Face-to-face workshops would usually take place in our base in Avon House, Penarth.

To access our workshops, you do **not** need to have an open referral to the IAS.

Workshops for autistic adults:

- 2.1 Energy accounting
- 2.2 Executive Functioning

Workshops for autistic adults and/or parents /carers of autistic adults :

- 2.3 Understanding autism and the senses
- 2.4 Living a balanced life

Workshops for parents/carers of autistic adults:

- 2.3 Introduction to autism workshop

Referral Process for workshops:



<https://forms.office.com/e/HzdvK30p36>



2.1 Energy Accounting

Open to autistic adults in Cardiff and the Vale

Energy Accounting can be used to help support our well-being. Energy accounting systems work by replacing the energy that has been used throughout the day to restore balance and avoid fatigue or burnout. We will learn how to identify activities that consume and replenish our energy. We will also consider tools and strategies that could increase balance across our daily/weekly activities.

Duration of workshop: 2 hours

Delivery method: Online session via Microsoft TEAMS

Group capacity: 25 plus facilitators

Referral process:

We hold a waiting list for this group.

If you would like to be added to the waiting list please complete the expression of interest form using the QR Code or below link.

FORMS link -

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Alternatively, you can email CAV.IAS@wales.nhs.uk or call 07970 647 820.

Session aims:

- Introduce the concept of Energy Accounting
- Reflect on tools that can be used to measure the impact of activities on our energy consumption
- Consider strategies or approaches that could help restore balance and promote our well-being



2.2 Executive Functioning

Open to autistic adults in Cardiff and the Vale

This workshop is an introduction into what executive functioning means and how it impacts on individuals. Executive functioning refers to a set of skills that help us to manage time, plan and organise our days and can have an impact on every part of life. This workshop will present information regarding executive functioning difficulties and introduce some resources that could help.

Duration of group; 1.5 hour workshop

Delivery method: Online session via TEAMS

Group capacity : 25 plus facilitators

Referral process

To access our workshops you do **not** need to have an open referral to the IAS.

Please complete the form using the below QR Code and a member of the team will get back to you to provide booking details and dates for our workshops.

FORMS link -

<https://forms.office.com/e/HzdvK30p36>



Session aims :

- Consider what executive functioning means and identify the executive functioning skills that we need in day to day life
- Discuss common challenges individuals may face when executive functioning skills are impaired
- Share resources, tips and tools to understand and develop executive functioning skills.
- Encourage self-awareness regarding our own executive functioning strengths and areas for improvement.



2.3 Understanding autism and the senses

Open to autistic adults in Cardiff and the Vale

AND

Open to parents/carers of autistic adults in Cardiff and the Vale:

The aim of the workshop is to provide a greater understanding of what our senses are and how the sensory system works. It will help the attendee to understand why the senses are so important in autism and how they can be the key to feeling balanced, comfortable and productive. It is important to understand an individual's sensory profile and how this differs from person to person. This workshop aims to give an introduction to the senses to gain the knowledge needed to help support the needs of your significant person or yourself.

Duration of group: 1.5 hour workshop

Delivery method: Online session via Microsoft TEAMS

Group capacity: 25 plus 2 facilitators

Referral process

To access our workshops you do **not** need to have an open referral to the IAS.

Please complete the form using the below QR Code and a member of the team will get back to you to provide booking details and dates for our workshops.

FORMS link -

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Session aims:

- To understand why it is important to support the sensory needs of an autistic person
- Learn what we mean by 'sensory processing' and what are our senses
- Learn about unique sensory profiles and how this affects behaviour
- Develop an understanding of our 'sensory self' and learn how to self-regulate



2.4 Living a balanced life

Open to autistic adults in Cardiff and the Vale

AND

Open to parents/carers of autistic adults in Cardiff and the Vale:

Taking time to think about what we do and what makes us feel fulfilled. How can we do the things that make us feel good while also getting the things we need to done?

Join our Occupational Therapists to talk about what we can do to gain balance in our everyday lives so we can be productive, while making time for the things we enjoy.

Duration of group : 2 hour workshop

Delivery method: Virtual via TEAMS

Group capacity : 25 plus 2 facilitators

Referral process

To access our workshops you do **not** need to have an open referral to the IAS.

Please complete the form using the below QR Code and a member of the team will get back to you to provide booking details and dates for our workshops.

FORMS link -

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Session aims :

- Introduce the idea of creating a balanced lifestyle
- Explore what we mean by purposeful activities
- Consider strategies that help us achieve the things we need to do while also doing the things we enjoy



2.5 Introduction to Autism

Open to parents/carers of autistic adults in Cardiff and the Vale:

The aim of this workshop is to provide parents and carers of autistic adults with an overview of autism and to provide a space in which people can ask questions.

Duration of workshop: 3 hours

Delivery method: Online sessions via Microsoft TEAMS

Group capacity: 25 plus 2 facilitators

Referral process

To access our workshops you do **not** need to have an open referral to the IAS.

Please complete the form using the below QR Code and a member of the team will get back to you to provide booking details and dates for our workshops.

FORMS link -

<https://forms.office.com/e/HzdvK30p36>



Session aims:

- To consider autism and language
- To understand autistic differences
- To learn about the cognitive theories of autism
- To learn what commonly occurs with autism



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