

Supporting Students and Young People – Autism and Mental Health

A FREE conference for parents & carers – Monday 23rd January 2017

at Priestnall School, Priestnall Road, Heaton Mersey, Stockport. SK4 3HP

09:45 Arrival, registration & coffee

10:15 Welcome to Priestnall School & outline of the day – Gareth D Morewood

10:30 Keynote Address – **Gemma Fieldsend**, Charlie Waller Memorial Trust

‘Promoting Emotional Wellbeing’

11:15 Workshop Choice 1 (sign up on the day)

1A	1B	1C	1D	1E
Coping with self-harm; supporting your child	10 Tips for a Calmer School Life	Understanding the ECHP process – a parental perspective	TBC	Building self-esteem through positive psychology
Gemma Fieldsend	Debby Elley	Jamie Patton	Dr Pooky Knightsmith	Rachael King
In this session Gemma will consider what makes a young person vulnerable to self-harm and how to support your child	In this session Debby will support parents/carers in understanding what has worked for her and her family, sharing strategies that work for her children	In this session Jamie will discuss the practical experiences of transferring from a Statement to an EHCP from a parental perspective – including a college update	TBC	In this session Rachael will look at how the use of positive psychology can support self-esteem

12:00 Lunch (light buffet provided) & informal discussions

12:30 Workshop Choice 2 (sign up on the day)

2A	2B	2C	2D	2E
Coping with self-harm; supporting your child	Puberty and autism – an overview	The importance of language & communication	Bullying and Autism	Understanding Emotional Regulation
Gemma Fieldsend	Lynn McCann	Devon Drews & Ellen Fleetwood	Dr Judith Hebron	Gareth D Morewood
In this session Gemma will consider what makes a young person vulnerable to self-harm and how to support your child	In this session Lynn will summarise key messages consider regarding sex, relationships & puberty and autism	In this session Devon and Ellen will explore key concepts of language and communication and provide strategies and ideas for use at school and in the home to promote positive communication	In this session Judith will talk about bullying of young people with autism, what can make students vulnerable to it; risks and consequences, and what we can do to address it	In this session Gareth will talk about emotional regulation and being pro-active in supporting young people, as opposed to being reactive afterwards

13:15 **John Williams** – comedian and author of ‘My Son’s Not Rainman’

14:15 Close

N.B. Some sessions may be subject to change as all speakers are offering sessions voluntarily, any changes will be notified as soon as possible, do check back for updates and amendments regularly.

Speaker Biographies

Gemma Fieldsend

Gemma is a Mental Health and Wellbeing Advisor at the University of Huddersfield with 20 years' experience in the field. Prior to working in education she worked in the NHS within specialist eating disorder services as a Clinical Team Manager. She is a trainer for beat, the National Eating Disorder Charity as well as for the Charlie Waller Memorial Trust (www.cwmt.org.uk).

Gareth D Morewood

Gareth is Director of Curriculum Support (SENCo) & Specialist Leader of Education at Priestnall School, Stockport and Honorary Research Fellow in Education at the University of Manchester. He has authored a number of articles, books, academic papers and publications which can be found on his website www.gdmorewood.com. His main areas of research are autism, and whole-school approaches to SEND.

Debby Elley

Originally from Birmingham, Debby Elley is the co-editor of AuKids magazine, a positive parenting magazine for families of children on the autism spectrum. She is also mum to 12 year-old autistic twins Bobby and Alec. Bobby attends Priestnall School and Alec, who also has an acquired brain injury, attends nearby Heaton School. To subscribe to AuKids for £15 or find out more, go to www.aukids.co.uk or follow AuKids on Facebook or Twitter.

Dr Judith Hebron

Judith is a senior lecturer in Psychology at Leeds Trinity University, specialising in the psychology of education. After teaching in the secondary maintained sector for over a decade, Judith returned to university in 2008 to learn more about special educational needs and disabilities and completed her MEd and PhD at the University of Manchester. She has both collaborated on and led research projects focusing on young people with autism, including a review of educational interventions, bullying and social relationships, mental health, resource provision schools, and primary to secondary school transition. In addition, Judith's research interests include girls and autism; child and adolescent wellbeing; educational inclusion; and developmental psychology.

Rachael King

Rachael King is a Trainee Educational and Child Psychologist (to be fully qualified early 2017). She has completed a BSc (Hons) in Psychology and MSc Applied Psychology and is a qualified Early Years Teacher. Her experiences with children, young people and families is broad including Surestart Family Worker, Literacy specialist, Speech and Language Therapy assistant, teacher and voluntary positions working therapeutically with terminally ill children, young people from deprived inner city backgrounds and mental health charities. Rachael has also carried out research and lectured at the University of Manchester and Salford University. Some areas of interest are positive psychology, projective techniques, resiliency, narrative techniques, attribution theory, Personal Construct Theory, nurturing principles, therapeutic play and the impact of emotions on learning.

Devon Drews

Devon is a Speech and Language Therapist at Priestnall School. After completing a BSc (Hons) Psychology and Speech Pathology at Manchester Metropolitan University Devon completed a school-based placement at Priestnall, which resulted in the ethnographic paper *Analysing the everyday interactions of autistic students* (Morewood & Drews, 2013). Since September 2013 Devon has been employed at Priestnall School developing language and communication provision as part of the whole-school approach.

Ellen Fleetwood

Ellen completed a BSc (Hons) Clinical Language Sciences: Speech and Language Therapy at Leeds Beckett University in July 2015 and joined Priestnall School as a Speech and Language Therapist in September that year. Supporting the on-going work already undertaken, Ellen is developing provision as part of her role both at Priestnall and in our feeder primary schools.

Jamie Patton

Jamie is a parent governor at Priestnall School. His eldest child, who has special needs, was a student at the school until his successful transition into college in September 2015 under the newly created ECHP. A partner and director in his own busy city centre law firm, Jamie has worked closely with Gareth Morewood over the last 6 years, advised and supported parents of children with special needs and even been persuaded by Gareth to give the occasional talk on the subject of inclusion and transition.

Dr Pooky Knightsmith (<http://www.inourhands.com/contact/>)

Pooky directs the children, young people and schools programme at the [Charlie Waller Memorial Trust](#), a charity that provides [fully-funded mental health training to schools](#). Pooky is a passionate ambassador for mental health who loves to research, write, speak, teach and share all manner of ideas about mental health, wellbeing and PSHE. Her enthusiasm is backed up both by a PhD in child and adolescent mental health and her own lived experience of anorexia, self-harm, anxiety and depression.

Lynn McCann (<http://www.reachoutasc.com/>)

Lynn is an independent autism specialist teacher, trainer and writer working mainly in Lancashire. She works with mainstream primary and secondary schools to support children with autism and develops resources and programmes that teachers can use in the classroom. Her books "How to support children with ASC in primary schools" and "How to support students with ASC in secondary school" are published by LDA in January and May 2017. Lynn's recent research projects have included transition and autism; autism, puberty and sex and relationships; girls and autism and this year is researching mental health and autism.

John Williams (www.mysonsnotrainman.com)

John is a comedian. He used to always talk about family life on stage, but there was one crucial bit of the story that was always missed out, and that was the bit about his son having autism and cerebral palsy. "It isn't a story about autism - it's a story about a young boy who happens to have autism, there's a difference."

John's show first premiered at the Edinburgh Festival in 2013. Since then it has been performed at theatres, comedy clubs, Headteacher conferences, autism events, teacher training days and fundraisers across the UK and Ireland. An excerpt was recorded for *Radio 4 'Four Thought'* and was selected by the BBC as one of their Magic Moments of Radio 2015 as well as featuring on Radio 4's Pick of the Year.

The book telling our story '*My Son's Not Rainman*' was published by Michael O'Mara Books on 1 September 2016.

This event is generously supported by



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