


Full Version Bradford SAS Timetable

 Specialist Autism Services	Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">In Building 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm</p>	<p style="text-align: center;">Art and Crafts</p> <p>Using different techniques and materials, we work together to develop & design creative art and craft projects.</p> <p>Learning and sharing new techniques – we get creative whilst developing social and communication skills, forming friendships, building confidence to express opinions, respecting others viewpoint, sharing ideas, working together or individually, immersing ourselves within the creative process thereby reducing barriers to communication, lowering anxiety levels and improving health and wellbeing.</p>	<p style="text-align: center;">Social Skills</p> <p>Learn and develop social and communication skills in a relaxed setting through a range of fun activities and topics which members get to choose. Practice those skills in the community with support.</p> <p>Topics include:</p> <ul style="list-style-type: none"> How to make and maintain friendships & relationships Initiating & maintaining conversations Useful routines Greetings Turn taking Expressing opinions Respecting others' views. Learn about facial expressions and body language Staying safe in community & online Assertiveness Empathy Sensory differences and coping strategies, and 	<p style="text-align: center;">Creative Arts</p> <p>Members work as part of a group and individually, learning to use new creative techniques and materials. Studying different art forms through varying media, members share and develop their knowledge together.</p> <p>Developing their social and communication skills, becoming confident in expressing opinions and providing peer support, developing friendships, sharing tips and techniques, showcasing their creations and learning to appreciate each other's talents and skills.</p> <p>Art is an effective, therapeutic way of reducing barriers to communication, lowering anxiety levels and improving mental health and wellbeing.</p>	<p style="text-align: center;">Create and Chat</p> <p>A relaxed creative session. As with all our workshops we are member led – topics are chosen by the group and include drawing, painting, dancing, and lots of other creative activities</p> <p>We listen to our favourite songs and talk about why we like that genre of music and how it effects our emotions and regulates our mood. Dance sessions are an important way to release our energy, reduce anxiety and come together to express ourselves in our own unique way whilst improving mood. We also develop and practise our social and communication skills, make friends and increase confidence.</p>	<p style="text-align: center;">Wellbeing & Quiz</p> <p>Develop and improve your social, emotional, mental and physical wellbeing to enable you to live a healthier and fulfilled life that works for you!</p> <p>We explore members chosen topics based on improving wellbeing. Members identify personal difficulties and barriers, develop coping strategies, share and practice techniques with their peers develop quizzes relating to identified health and wellbeing topics that the group take part in.</p>

		emotional regulation e.g., anger management			
<p>In Building 10:15am – 12pm Lunch: 12pm-1pm m 1pm – 3p</p>	<p>Money & Business Members learn all about money and budgeting and how to apply this learning to their personal finances. Topics include, cost of living, understanding how to save money, understanding discounts, shopping online, bank accounts, understanding statements, credit cards, paying bills, and so much more. The workshop is member led, working through a range of topics, chosen by the group, that relate practically to their daily lives. Members take an active role in our social enterprises, increasing their understanding and skills relating to setting up and running a business. Throughout the workshop activities members develop social and communication skills, employability skills, form friendships and increase confidence.</p>	<p>Textiles Using a range of materials, we will create and design textile projects allowing us to express ourselves, learn new skills and work creatively individually and as a team. Developing and sharing new techniques – peer to peer skill sharing and learning. Developing social and communication skills, forming friendships, building confidence to express opinions, respecting others ideas, sharing knowledge whilst immersing ourselves within the creative process thereby reducing barriers to communication, lowering anxiety levels and improving health and wellbeing.</p>	<p>Hobbies & interests Explore and develop new and existing hobbies and interests. Members learn to work together collaboratively, develop confidence in sharing information and knowledge about their interests, share skills with each other, offer peer support, learn to listen to others and appreciate other viewpoints, take turns, compromise, deal with disappointment, manage emotions, and learn to build relationships with others through shared or new interests.</p>	<p>Independent Living Identify, learn, develop and practice independence skills. Members learn to recognise their strengths and learn new skills to overcome their difficulties, so they can become more independent and confident in all areas of their lives. Create manageable routines, budget for bills, make appointments, engage with professionals, use the telephone, plan and shop. Learn practical skills like cooking, cleaning, washing and using household appliances. Members will also learn emotional and sensory coping strategies, understand boundaries, how to make friends and maintain friendships, keep safe in the community and online and much more!</p>	<p>Lego Workshop Working with Lego, creating imaginative designs and exploring the creative process. Sharing ideas, peer to peer skill sharing and learning, project planning, working together designing team projects or an individual piece. Working in partnership with the Lego enterprise, the group can feed-in on special projects, and support the growth and development of our social enterprise Autism Bricks. Lego is known for its therapeutic benefits as a way of lowering anxiety levels and improving health and wellbeing. Through the Lego workshop we develop our social and communication skills, learn to plan and get organised, form friendships and increase their confidence in a relaxed supportive environment.</p>

<p>In Building 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm</p>	<p>Cozy corner The Café skills training workshop supports members to develop the skills and confidence needed to work in a variety of employment settings café/catering/retail/hospitality setting – including stock management, food prep, food safety, customer service and a range of social and communication skills and autism specific coping strategies they can utilise in a workplace.</p>	<p>Cozy corner The Café skills training workshop supports members to develop the skills and confidence needed to work in a variety of employment settings café/catering/retail/hospitality setting – including stock management, food prep, food safety, customer service and a range of social and communication skills and autism specific coping strategies they can utilise in a workplace.</p>	<p>Cozy corner The Café skills training workshop supports members to develop the skills and confidence needed to work in a variety of employment settings café/catering/retail/hospitality setting – including stock management, food prep, food safety, customer service and a range of social and communication skills and autism specific coping strategies they can utilise in a workplace.</p>	<p>Cozy corner The Café skills training workshop supports members to develop the skills and confidence needed to work in a variety of employment settings café/catering/retail/hospitality setting – including stock management, food prep, food safety, customer service and a range of social and communication skills and autism specific coping strategies they can utilise in a workplace.</p>	<p>Cozy corner The Café skills training workshop supports members to develop the skills and confidence needed to work in a variety of employment settings café/catering/retail/hospitality setting – including stock management, food prep, food safety, customer service and a range of social and communication skills and autism specific coping strategies they can utilise in a workplace.</p>
<p>In Building 10.15am - 12pm Lunch: 12pm-1pm 1pm-3pm</p>	<p>BCB Radio The aim of the is workshop is to work together to Produce a half hour monthly Radio Show. Members plan, record and edit the monthly show to go out on the BCB local Radio station. Learn and develop new technical skills like broadcasting and</p>	<p>Mindfulness & Meditation Members learn how to improve, manage and maintain their mental health and wellbeing. They research and explore different techniques such as breathing exercises,</p>			<p>Autism Bricks UK (Social enterprise) Employment training workshop – participants are supported to gain valuable work experience and transferable work skills helping run this small Lego social enterprise –</p>

	<p>audio editing. Develop skills such as research, planning, interviewing, problem solving, team work and social interaction. The workshop will be split between time at the Bradford site and at BCB Radio. The show is driven by the members themselves, they choose the topics that we talk about and the music they play. Members can choose to be "ON AIR" or work more behind the scenes.</p>	<p>meditation, and mindful drawing. Members discover how healthy eating and exercise can improve how they feel. They explore emotions, sensory differences and coping strategies, practice relaxation techniques and develop anxiety and anger management strategies.</p>			<p>including sorting and washing bricks, model design, providing products for events, online selling, social media content, photography etc., and are supported to develop social and communication skills and autism specific coping strategies they can utilise in a workplace.</p>
<p>Online 10:15am-12pm Lunch: 12pm-1pm 1pm - 3pm</p>		<p>Gaming & Teamwork Through the medium of gaming, members learn to discuss and debate, gain new skills, share tips, and make friends with likeminded gaming enthusiasts. Members develop their social and communication skills such as respecting others' opinions and points of view, listening, turn taking, compromising, dealing with disappointment and managing frustration. Members increase their confidence, develop assertiveness, learn to</p>	<p>Autism Reach An online service developed for people living in remote areas with no access to autism specific services or for those individuals who are socially isolated but are not ready for or able to engage with face-to-face support. Members have the opportunity to increase their confidence and self-esteem, develop social and communication skills and practice those skills with their peers whilst taking part in fun activities where</p>		

		<p>manage their emotions appropriately and to work as part of a team.</p>	<p>they are in control. When ready the group can then come together to explore new experiences with staff and peer support. Autism Reach aims to improve mental health and wellbeing and social inclusion.</p>		
<p>Online and in community 6pm -8pm</p>				<p>Social Skills Evening A friendly and relaxed evening learning and developing social and communication skills whilst taking part in fun activities in-house. These skills are then practiced when accessing the community with support from staff. The topics and community venues are chosen by the members. Examples of in-house topics have included: Making and maintaining friendships, Appropriate boundaries Good friendships Healthy relationships Daily routines</p>	

				<p>Safety in the community Online safety Scams and cheats Healthy & economic eating Anger management Emotional regulation Improving self-confidence/self esteem Positive mental health and wellbeing</p>	
<p>Employment</p>	<p>Employment Focussed Bradford Site 10:30am – 12:30pm Develop work-based skills and build your confidence in a variety of ways to support you to feel more ready to move towards work. Explore the entire process of getting into work including creating CVs, job searching, mock interviews practicing workplace social skills, sensory aspects of work, gaining suitable experiences, looking at reasonable adjustments, maintaining wellbeing, and mental health.</p>	<p>Employment Focussed Leeds Site 1:00pm – 3:00pm . Develop work-based skills and build your confidence in a variety of ways to support you to feel more ready to move towards work. Explore the entire process of getting into work including creating CVs, job searching, mock interviews practicing workplace social skills, sensory aspects of work, gaining suitable experiences, looking at reasonable adjustments, maintaining wellbeing, and mental health.</p>		<p>Employment Online 1:00pm – 3:00pm Develop work-based skills and build your confidence in a variety of ways to support you to feel more ready to move towards work. Explore the entire process of getting into work including creating CVs, job searching, mock interviews practicing workplace social skills, sensory aspects of work, gaining suitable experiences, looking at reasonable adjustments, maintaining wellbeing, and mental health.</p>	<p>Pre-Employment Wellbeing Bradford Site 10:30am – 12:15pm Confidence building, develop your social and communication skills, mindfulness, goal setting, and teamwork. Explore emotions, sensory differences and coping strategies, practice relaxation techniques and develop anxiety and anger management strategies.</p>

Employment	<p>Pre-Employment Wellbeing Bradford Site 1:30 – 3:00pm Confidence building, develop your social and communication skills, mindfulness, goal setting, and teamwork. Explore emotions, sensory differences and coping strategies, practice relaxation techniques and develop anxiety and anger management strategies.</p>		<p>Pre - Employment Online 1:00pm – 3:00pm Confidence building, developing social and communication skills, mindfulness, goal setting, and teamwork. Explore emotions, sensory differences and coping strategies, practice relaxation techniques and develop anxiety and anger management strategies.</p>		<p>Inspiring Employment Bradford Site 1:00pm – 3:00pm Topics – Exploring employment, social skills, mock interviews, job applications, access to work, CV's, self-employment, volunteering, confidence building, health and wellbeing</p>
Employment	<p>Employment Calderdale Site 10:30am – 2:30pm Develop work-based skills and build your confidence in a variety of ways to support you to feel more ready to move towards work.</p>				

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