

Full Version Leeds SAS Timetable

 Specialist Autism Services	Monday	Tuesday	Wednesday	Thursday	Friday
In Building 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm	Thrive The workshop is focused on self-care, supporting members to 'thrive'! Through staff and peer support, learn how to develop autism specific coping strategies, develop and maintain friendships and relationships. Emotional and sensory regulation, anger management techniques and exploring members' chosen topics such as consent, safety online, strategies to use when things go wrong, and other ways to improve mental, physical and emotional wellbeing.	Skills for Life This workshop helps members to develop independence skills and confidence, to understand their strengths and needs, and learn how to create daily routines, budget, make appointments, engage with professionals, use the telephone, plan and shop, and learn practical skills like cooking, cleaning and washing and using household appliances. Members will also learn emotional coping strategies, understand boundaries and how to keep safe in the community and online.	Cookery Learn and develop cookery skills as well as planning, shopping and budgeting. Learn about balanced eating and nutrition. Learn about maintaining a kitchen environment e.g., cleaning/washing, and food hygiene practices. Increase confidence, independence skills and learn to work independently and as a team. Members will also learn how to keep safe in the kitchen.	Social Skills Learn and develop your social and communication skills in a relaxed setting through a range of activities and topics decided by the group. Practice those skills in the community with support. Topics include: Building and maintaining appropriate friendships & relationships Initiating & maintaining conversations Useful routines Greetings Turn taking Expressing opinions Respecting others' views	Creative Arts Using different techniques and materials, we work individually and together to discuss and plan new designs and creative craft and art projects. Members become more confident, provide peer support, develop friendships, share strategies, showcase their creations and learn to appreciate each other's talents and skills. In this relaxed, mindful, creative environment, art is very therapeutic and an effective way of reducing barriers to communication, lowering anxiety levels and

				Gestures and body language Staying safe in community & online Assertiveness Empathy Sensory differences & managing these Emotional regulation e.g., anger management	improving mental health and wellbeing.
In Building 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm	Art 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 knowledge together. Developing their social and communication skills, becoming confident in expressing opinions and providing peer support, developing friendships, sharing tips and	Sound & Visual Art This multimedia workshop offers the opportunity to create short films, animations, script writing, podcasts/sound recordings, acting, costume & set design, making props, comic strips, and more! Members work as a team and individually, support each other to learn new practical and social skills, e.g., compromise, learn to deal with disappointment, develop confidence in communicating with others	Health & Wellbeing This workshop aims for members to develop the skills to keep physically, emotionally, socially and mentally well. Members identify personal difficulties and barriers then research, share and practice techniques and strategies to be able to live a healthy, inclusive and fulfilled life. This includes techniques such as stretches, breathing, mindfulness and meditation that they can	Hobbies & Quizterests Members share and develop their interests and hobbies with others in the group, make and take part in quizzes individually or as a group on a range of topics chosen by the members. Members will learn to work together collaboratively in teams, develop confidence in sharing information about their interests, learn to	The Retreat This workshop is a relaxed space for members to explore and share their passions and interests in gaming, sci-fi, Marvel, Anime, art, quizzes, games and more! Offering a way of gradually developing their sensory and social tolerance in a group environment. Members can engage in their own way, at their own pace, through a variety of activities to suit their individual needs and interests.

	techniques, showcasing their creations and learning to appreciate each other's talents and skills. Art is an effective, therapeutic way of reducing barriers to communication, lowering anxiety levels and improving mental health and wellbeing.	appropriately, and express themselves through different mediums.	use at home or in the community to help manage their emotions.	listen to others, take turns, compromise, deal with disappointment, manage anger, and learn to build and maintain relationships with others through shared or new interests.	Taking part in small group activities, members gradually gain confidence, break down barriers, develop social and communication skills, and find interests in common with their peers, to start to build connections.
			Life in Action This hands-on workshop is designed to promote independence and active living. Members will gain practical skills such as using a washing machine, operating an oven, and navigating local activities and fitness opportunities. Through collaborative learning, participants will connect with one another, build confidence, and develop social skills while	Cultural Exploration The workshop invites members to embark on a journey through the rich tapestry of global cultures. This immersive experience fosters a deeper understanding of diverse traditions, languages, arts, and customs that shape our shared community. Through collaborative learning and engaging activities, participants will not only explore cultural	

			embracing a more independent and active lifestyle.	appreciation but also connect with one another, building social skills and strengthening interpersonal relationships along the way.	
In Building 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm	Café Skills Training Bradford site 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			Café Skills Training Bradford site 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	

	skills and autism specific coping strategies they can utilise in a workplace. Learn about cooking, food hygiene and health and safety. Then, once you have built up your confidence there is the opportunity to complete some work experience in our on-site café.			a workplace. Learn about cooking, food hygiene and health and safety. Then, once you have built up your confidence there is the opportunity to complete some work experience in our on-site café.	
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In Building 10.15am - 12pm Lunch: 12pm-1pm 1pm-3pm	Content Creation 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 audio editing. Develop skills such as research, planning, interviewing, problem solving, teamwork 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				Autism Bricks UK (Social enterprise) Bradford site Employment training workshop – participants are supported to gain valuable work experience and transferable work skills helping run this small Lego social enterprise – 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.
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	to be "ON AIR" or work more behind the scenes. The group hopes to expand and start their own podcast!				
Online 10:15am-12pm Lunch: 12pm-1pm 1pm - 3pm		Mixed Up Media Online and Bradford 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,		Autism Reach Online 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	

turn taking, compromising, dealing with disappointment and managing frustration. Members increase their confidence, develop assertiveness, learn to manage their emotions appropriately and to work as part of a team. The workshop also explore other media forms, software and equipment and deliberate how accessible and disability friendly they are and are in the process of starting their own podcast!

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 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.

**Online and in
community**
6pm -8pm

Social Skills Evening

Bradford site

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
 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	
Employment	Employment 1:00pm - 3:00pm This workshop is dedicated to equipping members with the essential skills needed to gain employment and succeed in the workplace. Participants will explore key areas such as job hunting, CV writing,			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	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

	interview preparation, and understanding reasonable adjustments. Social skills and effective communication are woven throughout the sessions, helping members connect with others, build confidence, and foster meaningful workplace relationships.			practicing workplace social skills, sensory aspects of work, gaining suitable experiences, looking at reasonable adjustments, maintaining wellbeing, and mental health.	strategies, practice relaxation techniques and develop anxiety and anger management strategies.
Employment	Pre-Employment Wellbeing Bradford Site 1:00 – 3:00pm Confidence building, develop your social and communication skills, mindfulness, goal setting, and teamwork. Explore emotions, sensory differences and coping		Pre-Employment Focussed Autism Reach- Online 12pm-3pm An online workshop which is specifically focused on developing social skills, building your confidence in a variety of ways to support you to feel more ready to move towards work. Explore the entire		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

	strategies, practice relaxation techniques and develop anxiety and anger management strategies.		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 Participants receive one-on-one support tailored to their specific social skills development needs, ensuring they become work ready. The time of the 1-1 support would be agreed with the manager and the member.		
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Employment	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. 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.				
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