


Full Version Bradford SAS Timetable

 Specialist Autism Services	Monday	Tuesday	Wednesday	Thursday	Friday
<p>In Building 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm</p>	<p>Art and Crafts Using different techniques and materials, we work together to develop and design creative art and craft projects. 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>Social Skills Learn and develop social and communication skills in a relaxed setting through a range of fun activities and topics which members get to choose. We regularly plan opportunities to go into the community and practice these skills in a fun and organic way. Topics may include: how to make and maintain friendships & relationships, initiating and maintaining conversations, expressing opinions, respecting others' views, learn about facial expressions and body language, staying safe in community, sensory differences and coping strategies, emotional regulation and more!</p>	<p>Creative Arts 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. 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>Create and Chat 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. 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. This supports us to practise our social and communication skills, make friends and increase confidence.</p>	<p>Community Access This workshop supports individuals to build their confidence when out in the community and provides opportunities to learn and develop essential skills such as planning, budgeting, time management and independence. The leisure aspect enables members to access and participate in new activities and explore current or new interests, all whilst learning how to stay safe whilst in the community. Each project provides the opportunity to learn about different communities around us, whether they be online, of certain cultures, ages or other groups.</p>

In Building
10:15am – 12pm
Lunch: 12pm-1pm
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1pm – 3p

Our Views

10:15am – 1:00pm

An opportunity to express yourself in a safe and supportive environment. This discussion and debate-based session allows members to share their views on a variety of different topics from news stories, food and drink, movies and TV to values and morals. Members develop their social and communication skills and learn the importance of respecting others' opinions and points of view, how to appropriately navigate disagreements and learn to manage their emotions. As well as building skills such as speaking out within a group, confidence, teamwork, listening and responding.

Crafts for Wellbeing

Art is an effective, therapeutic way of reducing barriers to communication, lowering anxiety levels and improving mental health and wellbeing. Using a range of materials, we will create and design projects that allow 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 other ideas, sharing knowledge whilst immersing ourselves within the creative process thereby reducing barriers to communication, lowering anxiety levels and improving health and wellbeing.

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.

Café Skills Training

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. 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.

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.

In Building
10:15am – 12pm
Lunch: 12pm-1pm
1pm – 3pm

Wellbeing

Bradford Site

1pm – 3pm
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.

Mixed Up Media

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 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!

Performing Arts

Our performing arts workshop provides a safe and supportive space for individuals to explore self-expression through the mediums of music, acting and creative writing. We produce original shows as well as reenacting the classics, with every detail being decided by members of the group. If you don't want to be centre stage there are lots of lots of other opportunities to explore your creative side such as script writing, directing, costume design or set design. This workshop is a great way to build confidence, enhance communication and social skills, learn problem solving skills and much more!

<p>Evening workshops 5pm-7:50pm</p>				<p>Social Skills Evening 5pm-7:50pm</p> <p>An opportunity for individuals who cannot access day time workshops, or those who want the opportunity to experience regular community opportunities.</p> <p>This is 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 during regular planning sessions.</p>	
<p>Employment</p>					<p>Inspiring Employment <i>Grant funded</i> Bradford Site 1:30pm – 3:30pm A mixture of our Employment and Wellbeing groups. Develop work-based skills,</p>

					<p>communication skills, mindfulness and more through topics like: Exploring employment, social skills, mock interviews, job applications, access to work, CV's, self-employment, volunteering, confidence building, health and wellbeing</p>
<p>External</p>	<p>Neurodivergent Employment Programme <i>Grant funded</i> 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.</p>		<p>Neurodivergent Hub <i>Grant funded</i> Calderdale Site 10am – 1pm At the Autism Hub you can get information and guidance from our experienced staff team and share experiences and coping strategies with other adults with an Autism Spectrum Condition who live in Calderdale. Here you will have the chance to learn more about your diagnosis and learn social and communication skills, coping skills and strategies to help you get the most out of life.</p>	<p>Keighley Hub <i>Grant funded</i> Keighley Central Hall 1pm-4pm Our Keighley Hub is a safe space to learn and grow as a person. It provides an opportunity for people to come and get the right information and guidance from knowledgeable staff. The main focus of the group is social interaction, and we also look at certain topics that the group feel they need to work on. The group is member lead so that everyone can get the most out of accessing the group. Other focuses of the group are confidence building,</p>	

				<p>creating friendships, sharing experiences and learning new skills. We also aim to help people understand their Autism and come up with coping strategies that work for them.</p>	
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