


## Full Version Leeds SAS Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>In Building</b> 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm	<p style="text-align: center;"><b>Thrive</b></p> <p>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.</p>	<p style="text-align: center;"><b>Skills for Life</b></p> <p>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.</p>	<p style="text-align: center;"><b>Cookery</b></p> <p>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.</p>	<p style="text-align: center;"><b>Social Skills</b></p> <p>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.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>Building and maintaining appropriate friendships &amp; relationships</li> <li>Initiating &amp; maintaining conversations</li> <li>Useful routines</li> <li>Greetings</li> <li>Turn taking</li> <li>Expressing opinions</li> <li>Respecting others' views</li> <li>Gestures and body language</li> <li>Staying safe in community &amp; online</li> <li>Assertiveness</li> <li>Empathy</li> </ul>	<p style="text-align: center;"><b>Creative Arts</b></p> <p>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 improving mental health and wellbeing.</p>

				Sensory differences & managing these Emotional regulation e.g., anger management	
<p><b>In Building</b> 10:15am – 12pm Lunch: 12pm-1pm 1pm – 3pm</p>	<p><b>Art</b> 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 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</p>	<p><b>Sound &amp; Visual Art</b> This multimedia workshop offers the opportunity to create short films, animations, script writing, podcasts/sound recordings, acting, costume &amp; 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 appropriately, and express themselves through different mediums.</p>	<p><b>Health &amp; Wellbeing</b> 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 use at home or in the community to help manage their emotions.</p>	<p><b>Peaceful Pursuits</b> A supportive and calming space where individuals can feel at ease, whether they prefer to engage in solo activities or participate in group experiences. This environment is designed to help service users develop their confidence, explore new interests, and gradually become more comfortable in connecting with others. It's a place where personal growth and relaxation go hand in hand, offering a safe and nurturing atmosphere for each individual's journey.</p>	<p><b>The Retreat</b> 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. 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.</p>

	<p>improving mental health and wellbeing.</p>				
	<p><b>Discovery Hub</b></p> <p>The workshop invites members to engage in a hands-on exploration of the senses. This immersive experience encourages participants to discover textures, sounds, scents, and movement in creative and interactive ways, fostering curiosity and sensory awareness.</p> <p>Through collaborative activities and shared experiences, participants will not only explore their own senses but also connect with others, enhancing communication, social skills, and meaningful interpersonal connections.</p>		<p><b>Life in Action</b></p> <p>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 embracing a more independent and active lifestyle.</p>	<p><b>Cultural Exploration</b></p> <p>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 appreciation but also connect with one another, building social skills and strengthening interpersonal relationships along the way.</p>	

**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 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.

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### **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 to be "ON AIR" or work more behind the scenes. The group hopes to expand and start their own podcast!

### **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.

**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, 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!

**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 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

<b>Employment</b>					<p><b>Inspiring Employment Bradford Site</b> 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>