

Information will be available on a range of services, support groups and leisure opportunities for children and young people with additional needs and their families. With representatives from Ask Us, NottAlone and Parent Carer Forum on hand to provide signposting and guidance on the day.

Paul Stafford, one of the County Council's Senior Benefits Advisors will be available in Acorn Room 1. If you wish to book a slot during the breaks in the conference to ask him any questions, please register an interest when you sign in on the day.

This year's Keynote Speaker, Alex Manners will be on hand to sign copies of his book "That's Not Right! My Life Living with Asperger's" during the coffee break. These can be purchased in advance via:

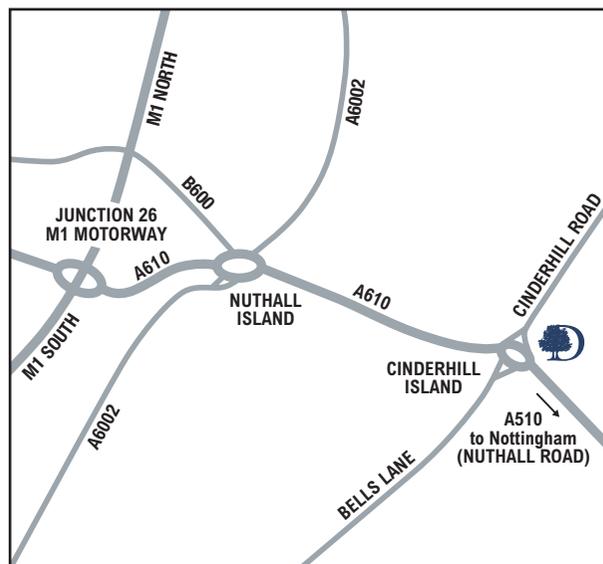
"That's Not Right!": My Life Living with Asperger's: Amazon.co.uk: Manners, Alex: 9781999621353: Books or at a discounted rate of £10 on the day (cash or card).

And finally... there will be an opportunity at the end of the event to gather information, speak to workshop providers and ask any outstanding questions that you may have.

Childcare Costs

You may claim additional childcare costs incurred as a result of attending the conference.

A receipt from a registered provider will be required for audit purposes. **(Maximum of £40.00 per family).**



Doubletree by Hilton Nottingham
– Gateway Hotel, Nuthall Road,
Nottingham NG8 6AZ

Strategically located on the A610, 1 mile from Junction 26 of the M1 motorway, and 3 miles from Nottingham city centre, with 200 free car parking spaces on-site. The hotel benefits from excellent public transport links with bus stops that connect to the heart of the city just steps away, and Phoenix Park tram stop located less than half a mile from the hotel. Nottingham train station is located 4 miles away.

Please note that priority will be given to parents and carers who have not attended this conference before.

Including Parents Conference



This is a free conference for parents and carers of children and young people up to the age of 19 with additional needs, who are resident in Nottinghamshire or whose child attends a Nottinghamshire school



Keynote Speaker: Alex Manners

Presented by
**Schools and Families
Specialist Services**

**Tuesday 7 March 2023
9:00am – 3:00pm**

at the Doubletree by Hilton Nottingham
Gateway Hotel, NG8 6AZ
Bookings go live on 9 January 2023



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Keynote Speaker: Alex Manners



Alex Manners is 25, an Autism and Neurodiversity speaker, Asperger's champion, presenter and author. Alex has talked about his Asperger's many times on radio and television. He has published a

book called "That's Not Right! My Life Living with Asperger's" and featured on series 10 & 11 of Channel 4's "The Undateables". He presented his own children's radio show and filmed all the home matches for his local football club, Solihull Moors for BT Sport. He now presents talks on "My Life Living with Asperger's" to a variety of audiences.

Alex looks upon his Asperger's as a positive and something that he feels lucky to have been able to manage throughout his life. He has a definite 'lust for life' and believes that you should never let your circumstances hold you back. To Alex, life is an adventure, and he is determined to spend it pursuing his passions!

Programme of the day

- 8:45** Registration
- 9:30** Welcome and Introduction
- 9:35** **Keynote Speaker: Alex Manners**
- 10:20** Coffee in the Garden Room
- 10:40** **Workshop 1**
- 12:10** Lunch
- 1:10** **Workshop 2**
- 2:40** Providers & Professionals available for questions
- 3:00** Close

Workshop details

Developing literacy and connection with your child using the Paired Reading Technique

Introducing the Paired Reading Technique – a simple method for parents/carers and children of all abilities to read together, promoting an enjoyment of reading within your family relationship.

Workshop Provider: Dr Zoe Brown, Nottinghamshire Educational Psychology Service

Transition to adulthood

"Travels in a big country... how to pack for transition to adulthood. Got the T shirt! A parent's perspective."

Workshop Providers: Julie Rastall, Claire Bosanquet and Helen Oldershaw, Parents

What makes us tic?

A chance to consider what is a tic; what is Tourette's, how are these disorders diagnosed and what are the treatment options?

Workshop Provider: Joe Kilgariff, Trainee Advanced Clinical Practitioner, Developmental Neuropsychiatry

Supporting your child's mental health

Tips and advice for parents/carers supporting children's mental health. Introducing nottalone.org.uk – the award-winning local website providing help and advice.

Workshop Provider: Jade Appleyard and Natalie Deacon, Nottinghamshire County Council

Hints and tips for ease of transfers

Practical ways and demonstrations to help ease the strain on your body with the day-to-day handling of your child.

Workshop Provider: Joanne Downs, Nottinghamshire Physical Disability Support Service

How to book

www.eventbrite.co.uk

- 1 Click on 'search for events' – Including Parents Conference'
- 2 Choose a location – 'Nottingham'
- 3 Filters select date – Pick a date – 7 March 2023
- 4 Click – Search
- 5 Click – Tickets
- 6 Enter Access Code – SFSS2023
- 7 Click – Apply
- 8 Click – Register
- 9 **Complete your registration details and preferences in order (1-5)**
- 10 Click – Register

Information provided is confidential

Workshop choices available:

We will do our best to allocate you to your 1st and 2nd choices, but we cannot guarantee this. It is important that you also identify your 3rd – 5th for this reason.

- Developing your literacy and connection with your child using the Paired Reading Technique
- Transition to adulthood
- What makes us tic?
- Supporting your child's mental health
- Hints and tips for ease of transfers

Please state any special requirements you may have.

You will receive an email confirming your booking.

If you have difficulties booking, contact:

Bev Knight, SFSS
T: 0115 854 6464 E: sfss.sjr@nottsc.gov.uk