



Changing childhoods.
Changing lives.



Cygnet in Surrey

A support programme for parents and carers of children and young people, aged 5-18, who are autistic.

Parents of autistic children face the usual positives and challenges of parenting and quite a few more. Attending a Cygnet autism support programme gives parents and carers an opportunity to develop their understanding of autism and consider ways to support their child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

When and where is Cygnet delivered?

Courses will be taking place all over Surrey at a range of times and locations. Some courses will be delivered online. When you complete the application form, tell us what you would prefer and we will contact you when a suitable course becomes available.

Who can attend cygnet sessions?

Parents, carers or other family members who have responsibility for your child. Your child needs to be between the ages of 5-18 and live in Surrey. They may have a diagnosis of autism, or be waiting for one.

What does Cygnet involve?

The **core** Cygnet programme is delivered over six two and a half to three-hour sessions which include:

- Introductory session
- An overview of autism with parent and carer experience
- Thinking & Sensory
- Social Interaction & Communication
- Understanding and supporting behaviour
- Analysing behaviour

Who will deliver my Cygnet course?

Surrey's Cygnet offer is coordinated through the Autism Outreach team, based at Freemantles school, but our team of trainers are made up from professionals working across Surrey in education, health and charity organisations.

How do I sign up?

Complete the application form and we will get in contact when a suitable course becomes available for you. You can download the form from <https://www.autismoutreachforschools.uk/Cygnet-Parent-Programme>

Can I ask some questions?

Email us on parenttraining@freemantles.surrey.sch.uk