Barnardo’s Cygnet Service: Autism training and consultancy

The Barnardo’s Cygnet Service is here to support local authorities, NHS providers and voluntary organisations to meet the needs of children on the autistic spectrum and their families by offering them:

- programmes for parents
- programmes for professionals
- bespoke training.
Cygnet for Parents

The Cygnet parenting support programme is an evidence-based programme for parents and carers of children aged 5-18 who are on the autistic spectrum. The programme aims to support parents who may feel particularly isolated in meeting their child’s needs by providing them with appropriate knowledge and skills in a mutually supportive environment.

The Core sessions

The foundation of the programme rests on seven core sessions which are 2½–3 hours in length and sequentially work towards supporting behaviour:

- Introduction
- Autism - An overview
- Sensory needs
- Communication
- Understanding behaviour
- Supporting behaviour
- Parents' choice

Materials

- A USB or DVD containing:
  - Six illustrated slideshows including video clips
  - activities and handouts
  - parent’s notes
  - evaluation materials
- Two ring-bound trainer’s packs with trainer’s notes.

Cost

Materials: £995
Materials and training for up to eight attendees: £1,745
Training per attendee: £100
Supporting Siblings

These two additional sessions aim to acknowledge the concerns that parents may have in relation to children with a brother or sister on the autistic spectrum.

Each session should last between 2–2½ hours and can be delivered to parents who have accessed the Cygnet, National Autistic Society Early Bird or Early Bird Plus programmes.

- Styles of sibling development
- Through sibling’s eyes
- Through parent’s eyes
- Practical strategies

Materials
The materials have been developed in a similar format to the core programme over two sessions.

Cost
Materials: £350
Materials and training: please contact the Cygnet Service.
Puberty, Sexual Wellbeing and Relationships (PSR)

These three additional sessions aim to put parents in the shoes of their child to explore a potentially confused understanding of their body, sexual desires and relationships. Each session should last between 2½–3 hours and can be delivered to parents who have accessed the Cygnet, National Autistic Society Early Bird or Early Bird Plus programmes. Evidence suggests that the materials used in these sessions can also be beneficial when used directly with young people on the autistic spectrum.

Materials

The PSR sessions have a different delivery style to the core and sibling sessions. Because of the subject matter and after consultation it was felt a far more activity based programme would enhance learning and mutual support.

- Trainer’s guides (two copies)
- Activity resources
- CD: handouts, parents notes and paper resources
- DVD: video clips, visual information of activities in practice

Cost

Materials: £700
Materials and training: please contact the Cygnet Service
Cygnet for Professionals

Cygnet offers a training programme for organisations to provide their own two day training for their staff. This training is for staff who work with children on the autistic spectrum to enhance their knowledge and explore a toolkit of strategies to use with children and young people.

Day One

This provides staff with an understanding of the different characteristics of Autism and how these can be displayed in behaviour. The training looks at the following areas in further detail:

■ Social Interaction
■ Communication
■ Rigidity, Imagination and Obsessions
■ Sensory Issues.

Day Two

This training builds on the first day’s training to explore different behaviour management frameworks and strategies to use with children on the autistic spectrum. The training looks at the following areas:

■ Behaviour framework assessment tools
■ Communication aids
■ Strategies to reduce sensory anxiety
■ Key principles for behaviour management
Materials for each programme

- A DVD containing:
  - a slideshow (pdf format) to deliver the training
  - video clips to use in the training
  - activities and handouts
  - participants notes to print
  - evaluation materials
- Two ring-bound trainer’s packs with trainer’s notes.

Cost
Materials: Cygnet for Professionals 1: £600
Cygnet for Professionals 2: £600
Cygnet for Professionals 1 and 2: £900
Materials and training: please contact the Cygnet Service

**Cygnet bespoke training**

We can provide train-the-trainer days for any of the materials we have on offer or we can consider bespoke training solutions designed in partnership with you.

We can either adapt one of our training packages to suit your needs or design a new programme designed specifically for you.
What we have been told …

“We recommend Cygnet for Parents to all families where a young person receives a diagnosis of ASC in this age bracket.”
Consultant child psychiatrist, Bradford

“Our biggest problems are related to behaviour so understanding our son’s behaviour properly is a very big step!”
Parent, Wandsworth

“The materials are clear, well researched and well paced.”
Autism outreach teacher, Leeds

“Significant progress towards attaining parent-set goals for child behaviour was recorded at 12 and 24 week follow-up”
York University for DFE 2012

“Barnardo’s Cygnet training was considered exemplary by our team of regional and UK judges; they were particularly impressed with the contribution these programmes are making along with strong elements of training best practice being shown and further development potential being demonstrated for the future.”
National Training Awards 2010
If you are interested in the Cygnet Service please contact andy.morris@barnardos.org.uk

www.barnardos.org.uk/cygnet