

Jefferies Avenue
Swindon
Wiltshire SN2 7HJ

Headteacher - Mrs K Higham
Phone - 01793 332400
email - erussell@crowdyhill.swindon.sch.uk
website - www.crowdyhill.swindon.sch.uk



9 February 2022

Dear Parents/Carers

Re: Barnardos Cygnet Parent/Carer Support Programme

At Crowdys Hill we have the license to deliver the Barnardos 'Cygnet Course'. This is a course on 'supporting parents with children aged 5-18 on the autistic spectrum'. We started to run the sessions but these were then put on hold due to covid.

The course will re-start after half term and take place on two afternoons.

Tuesday afternoons 12pm – 3.00pm for Secondary parents.
Thursday afternoons 12pm – 3.00pm for Primary parents.

As part of Cygnet we will be offering 4 courses:

- Course 1 – Supporting parents with children on the autistic spectrum (x7 sessions)*
- Course 2 – Siblings Course (2-hour session)*
- Course 3 – Puberty (2-hour session)*
- Course 4 – Sleep (2-hour session)*

To access course 2/3 or 4 you must first complete the full Cygnet Course 1 with Crowdys Hill trainers. Dates for courses 2/3/4 will be provided after Course 1 has been completed.

Overview of Main Cygnet course (course 1)

The course is divided into 7 weekly sessions, each lasting approx. 2.5 - 3 hours.

- Session 1 – Introduction to the Course and the group*
- Session 2 – Overview of Autism*
- Session 3 – Sensory Needs*
- Session 4 – Communication*
- Session 5 – Understanding Behaviour*
- Session 6 – Supporting Behaviour*
- Session 7 – Evaluation of Course*

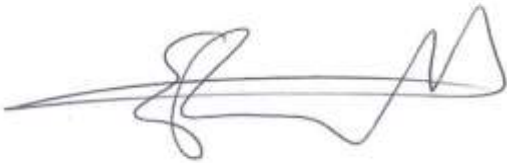
You must be able to attend all sessions and stay for the duration of each session. If you miss sessions you will need to re start the programme.



The course will take place face to face at the school, with a maximum of 10 people per group. Every adult attending will be required to wear a face mask during the sessions and complete an LFT each week before arriving at the session.

If you are interested in attending The Cygnet programme, please complete the form below stating your interest and return to the school office or email myself on the details overleaf stating your interest. Your name will then be added to a waiting list and we will confirm at a later date which group you have been allocated to. If we have a high level of demand courses may run into the next academic year (2022 – 2023).

Yours sincerely



Miss Russell
Cygnet Trainer

✂

Barnardos Cygnet Parent/Carer Support Programme

Name:

I would like to attend the following course:

Course 1 Supporting Parents with children on the autistic spectrum

Yes [] No []

I am able to attend face to face weekly sessions

Yes [] No []

Please circle:

Tuesday – Secondary 12pm-3pm

Thursday – Primary 12pm-3pm

Child's Name: Date:

Parent/Carers Name:

Parent/Carer signature:

