

COSY UP

A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

TWENTY YEARS AND COUNTING...

Claire Nunn (*Autism Specialist Teacher Service Manager*)

The start of next term marks the existence of 20 years of education support within Peterborough for pupils with autism. That's when I started on a temporary basis working for Peterborough City council as their Autism Outreach teacher. The council had decided there was a need to provide some support for pupils, but they didn't know how it would work or evolve. Fast forward twenty years and now we are a team of nine with a combination of teachers and LSA's.

I remember providing training in schools with an overhead projector if you were lucky, now we have the wonders of PowerPoint and Teams so training can also be accessed from work or home. This has meant that training and advice is easier to access and has increased the number of individuals who can attend training.

New research and the development of new interventions like Zones of Regulation, Attention Autism and the Curiosity approach have all had a huge impact on our students. As time moves on it's great to find new and better ways to support our students. As a society we talk about autism and neurodiversity much more, we see the opportunities and successes that our CYP achieve and increasingly there are more role models in the media for our CYP. Recently there has been a rise in the number of girls with autism and we are helping schools to understand how differently girls can present and how best to meet their needs.



Peterborough City Council's Office Building – Sand Martin House

We have recently purchased the Autism Education trust training licence and we are starting to provide accredited autism training to schools, colleges and Early years settings from April. The aim is to increase everyone's awareness and understanding of autism within education settings. Please encourage the education settings you know to contact us for more details.

As ever we would like your feedback on areas where you would like further support and advice to move the service forward over the next 20 years so, please let any of the team know your ideas (contact details on the bottom of the next page). Finally, we would like to thank you for letting us support your youngsters during the last 20 years and for developing our practice and understanding of autism. We wish you a lovely Easter.

The Sensory Corner

SLEEP

Sleep is complicated and can be impacted by a variety of factors. Some of these factors might be related to sensory processing. People with a hypersensitivity to sound might benefit from having some background noise. Research has shown that different frequencies of noise (white noise, brown noise, pink noise) can help cancel out different sounds that people might be hypersensitive to.

Studies also show that blue light (the type of light emitted from screens) has a negative impact on sleep patterns. So, screen time just before bed is best avoided. Some people have a hypersensitivity to different fabric types so the types of pillows and bed sheets used can make a big difference. Consider the type and flavour of toothpaste used and whether brushing teeth/washing/bathing earlier in the evening rather than just before bed might help.



pinpoint

for parents by parents

Barriers to School Attendance

Free workshop for
Parents delivered by
Yvonne Newbold

19th April 12-2pm

[Click here](#)

Out & About

Key Theatre:

Twirly Woos Live!

[Click here](#)

Guided tours

at Longthorpe Tower

[Click here](#)

Breakfast with
the Easter Bunny
at Harvest Barn,

April 7th, 8th, and 9th.

[Click here](#)

Peterborough Cathedral:

Cathedral Easter Egg Hunt!

[Click here](#)

Nene Park

Holiday Trail – Just £1!

[Click here](#)

Rainy Days

Try these...

Easter Hunt Tips:

Create the perfect
Easter Hunt!

[Click here](#)

Easter Treat Recipes:

Bake some Easter
treats!

[Click here](#)

Egg Decorating Ideas:

[Click here](#)

Easter Activities:

Easter Egg Pebble
Crafts.

[Click here](#)

Egg Boats:

[Click here](#)

Chocolate Playdough:

Great for Easter
themed sensory play!

[Click here](#)

NOTICE BOARD

To do:

- Begin thinking about the transition between settings/classes

Upcoming events:

Monthly ADHD/ASD Parent group:

Organised by Family Voice for more information [click here.](#)

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This newsletter is produced by the Autism Advisory Teacher Service and is available every half term from your child/young person's school. Past Issues are available at the Ken Stimpson Autism Hub Website. [Click here.](#)

To book a parent/carers consultation or to give feedback to the Autism Advisory Teacher Service you can email sen.inclusion@peterborough.gov.uk