

# COSY UP



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



## Thoughts and Reflections

**Claire Nunn (Service Manager)**

Welcome to the Christmas/Winter edition of our newsletter and congratulations to everyone for getting to the end of a very long and difficult term. Whatever your plans are for the holidays I hope you and your family have a chance to have a rest and enjoy some time together!

At the end of a year, I always reflect on the past year what I have achieved or not and what I would like to do the following year. Often the best things that we have done and achieved are not the things we thought would happen or those we planned. Looking at the people around me, I think we all deserve a commendation for our resilience and ability to try to make the best of situations during the last year. Often it is difficult to accept change especially when it's forced upon us, and we have little or no control this has been the case for all of us again this year. We all feel stressed and anxious at these times and having the support of those around us who know us and can help us through difficult times is important. Over the last few years as adults, we have become more aware of asking for support when we need it, but our children and young people struggle to sometimes put into words what they need us to do to support them. As parents and carers of people with autism you are all great detectives and problem solvers, but it can still be difficult to get friends and relations to understand why and how you support your child or young person the way you do. Last night I was flicking through my TV guide and came across a documentary on BBC1: 'Autism and my Family' by Paddy and Christine McGuiness. Paddy described his worries over his children and their future and his own journey into finding out about autism.



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Through celebrities sharing their experiences of autism there becomes a wider understanding of the difficulties that our youngsters and families experience and how understanding autism really helps everyone.

Speaking of change and moving into 2022, we have a few changes within our team. Jill Groutage is retiring after 17 years of working with us in the area of Autism in Peterborough. We will miss Jill, but we wish her all the best in her new adventures. Lisa Eddings will also leave our service in early January, and we would like to thank her for her hard work and wish her well in her new post for Cambridgeshire. We welcomed Jazmin Hudak to the team in early December. Due to demand, Peterborough City council is hoping to expand the size of our service and we will share an update with you in the new year.

Please make the most of the holidays and do what works for you and your families rather than trying to fit in with what everyone thinks we should do! There are some adaptations to my families Christmas celebrations following last year which we are keeping as it worked much better for us.

Anyway, best wishes from all of us at the Autism Advisory Teacher Team and we look forward to 2022 with you, take care.

# THE SENSORY CORNER

Christmas can be an assault on our senses. Scented candles, flashing lights, bright colours, loud music and big crowds can all be uncomfortable for people with sensory differences. Here are some top tips to support children with sensory differences during the festive season.



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## Out & About

### Christmas at Flag Fen:

- Festival of Yule
- Ancient Lights Trail

[Click here](#) for more.

### Christmas at Nene Park

- Willow Weaving
- Jewellery Making
- Card Quilling

[Click here](#) to find out more.

### SEN Christmas Experience...

West Lodge Farm Park offer a Christmas Experience that caters specifically for people with sensory differences.

[Click here](#).

### Autism Friendly Play Park

Longthorpe Village Park has now got a new communication board making it more Autism friendly.

## Rainy Days

### Try these...

- Melted Snowman Biscuits...[Click here](#).
- Christmas Chocolate Play Pudding...[Click here](#).
- Edible Snowmen...[Click here](#).

### Christmas Apps..

Crazy Santa Run...  
[Click here](#).

Christmas Countdown Story...  
[Click here](#).

### Crafty Christmas Tree...



## NOTICE BOARD

### To do:

- Apply for school places by Oct 31<sup>st</sup> (secondary places)
- Apply for School Places by January 15<sup>th</sup> (Primary places)

[Click here](#)

### Upcoming events:

- ASD/ADHD Parent Consultations (25<sup>th</sup> Jan)
  - Behaviour Workshop (12<sup>th</sup> Feb)
  - EHCPs Open Forum (22<sup>nd</sup> Feb)
- ... And more!  
[Click here](#)

### Parent/Career Consultations...

The Autism Advisory Teacher Service run a parent/carer consultation service. If you would like to talk to one of our advisory teachers about matters relating to Autism/ADHD you can use the number below to book an appointment. Tel. 01733 864720