



## COURSES & WORKSHOPS

November 18 – May 19

Date	Course/ Workshop
<p><b>2 sessions 21<sup>st</sup> &amp; 28<sup>th</sup> November</b></p>	<p style="text-align: center;"><b>NAS Sensory Needs Course</b>  <b>Venue: Hop Skip &amp; Jump Liverpool, St. Martin S Vicarage,            Peatwood Avenue, Kirkby,            10.30-1.30pm</b></p> <p>This course is an introduction to sensory needs and is recommended to those who have no or a limited knowledge of sensory difficulties. The course will be delivered over two x 3-hour sessions.</p> <p>This course aims to gives parents and carers an introduction to the sensory systems and sensory processing. It explores the potential differences in sensory processing that might be experienced by children.</p> <p>The aims of the course are to provide parents and carers with a better understanding of sensory processing. To explore how sensory differences may affect your child and to share strategies and approaches to help your child’s sensory needs.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>

<p><b>23<sup>rd</sup> November</b></p>	<p style="text-align: center;"><b>Eating Difficulties</b>  <b>Venue: LivPac, DCLP, 5 Shelmore Drive, L8 4YL</b>  <b>9.30am – 12.30pm</b></p> <p>This course explores some of the reasons as to why children experience eating difficulties/”fussy eating” and how all those that care for and support the child can help to increase their confidence, motivation and ultimately the number of different foods that they eat.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>23<sup>rd</sup> November</b></p>	<p style="text-align: center;"><b>Praxis</b>  <b>Venue: LivPac, DCLP, 5 Shelmore Drive, L8 4YL</b>  <b>1pm- 2.45pm</b></p> <p>This workshop takes a closer look at Praxis and what associated difficulties your young person may be experiencing within the home environment. Strategies and interventions will also be explored to ensure you feel more equipped to support and develop such difficulties.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>17<sup>th</sup>, 24<sup>th</sup> &amp; 31<sup>st</sup> January 19</b></p>	<p style="text-align: center;"><b>NAS Understanding Autism Course</b>  <b>Venue: Granby Children's Centre, Eversley Street, L8 2TU</b>  <b>10.30-12.30pm</b></p> <p>This course is delivered over three x 2 hour sessions and provides parents and carers with an opportunity to discuss the road to diagnosis as well as providing an introduction to autism, communication and sensory needs.</p> <p>The aims of the course are to gain a better understanding of how autism affects your child. To gain information to support you and your child and to share experiences, strategies and approaches.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>

<p><b>23rd &amp; 30<sup>th</sup> January 19</b></p>	<p style="text-align: center;"><b>Pathological Demand Avoidance</b> <b>Venue: Everton Children &amp; Family Centre, Spencer Street, L6 2WF</b> <b>10am – 2pm</b></p> <p>This course is delivered over 2 four hour sessions on 23rd and 30th January, 10am - 2pm.</p> <p>The aim of the course is to provide attendees with an understanding of pathological demand disorder (PDA), some of the behaviours children with PDA may display and strategies that may support them.</p> <p>Through interactive learning sessions attendees will get the opportunity to experience and reflect upon the everyday challenges that children and young people with PDA encounter. Further to this, practical support strategies will be explored.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>25<sup>th</sup> January 19</b></p>	<p style="text-align: center;"><b>Tears, tantrums and pain in everyday activities (sensory defensiveness)</b> <b>Liverpool, Venue to be confirmed</b> <b>9.30am – 12.30pm</b></p> <p>Within this course we take a closer look as to why individuals can find everyday activities such as toothbrushing, hair and nail cutting, dressing and bathing distressing, and in some instances painful. Not only will attendees develop their understanding of such difficulties but they will also leave the course equipped with the holistic strategies and knowledge needed to support and develop their child’s abilities and independence in such tasks.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>25<sup>th</sup> January 19</b></p>	<p style="text-align: center;"><b>Toileting Workshop</b> <b>Liverpool, Venue to be confirmed</b> <b>1pm – 2.45pm</b></p>

	<p>Within this workshop we have a look at some of the reasons as to why your young person is struggling to become toilet trained and strategies you can use to help them achieve independence.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>4<sup>th</sup> February 19</b></p>	<p style="text-align: center;"><b>Women &amp; Girls on the Spectrum</b> <b>Venue: DCLP, 5 Shelmore Drive, Dingle, L8 4YL</b> <b>10.30am – 1.30pm</b></p> <p>This course looks at the identification, characteristics and support needs of autistic girls from the early years through to becoming young adults.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>5<sup>th</sup> &amp; 12<sup>th</sup> February 19</b></p>	<p style="text-align: center;"><b>Pathological Demand Avoidance</b> <b>Venue: DCLP, 5 Shelmore Drive, Dingle, L8 4YL</b> <b>10am – 2pm</b></p> <p>This course is delivered over two four hour sessions on 5th and 12th February, 10am - 2pm.</p> <p>The aim of the course is to provide attendees with an understanding of pathological demand disorder (PDA), some of the behaviours children with PDA may display and strategies that may support them.</p> <p>Through interactive learning sessions attendees will get the opportunity to experience and reflect upon the everyday challenges that children and young people with PDA encounter. Further to this, practical support strategies will be explored.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>

<p><b>7.2.19</b></p>	<p style="text-align: center;"><b>MAKATON</b></p> <p style="text-align: center;"><b>Venue: Granby Children's Centre, Eversley Street, L8 2TU</b> <b>10.30-12pm</b></p> <p>This is a 1.5 hour Makaton session.</p> <p>This session gives a brief introduction to Makaton signs and symbols and you learn 30 signs/symbols and practise using them to underpin spoken language.</p> <p>Participants receive a copy of the signs/symbols and a certificate from the Makaton.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>8<sup>th</sup> February</b> <b>19</b></p>	<p style="text-align: center;"><b>Combined Sensory Difficulties &amp; strategies course</b></p> <p style="text-align: center;"><b>Venue: Venue: Hop Skip &amp; Jump Liverpool, St. Martin S Vicarage,</b> <b>Peatwood Avenue, Kirkby</b> <b>9.30am - 2.30pm</b></p> <p>The aim of the course is to provide attendees with an introduction to sensory processing disorder (SPD) and to identify practical support strategies that may support your child or the child you work with.</p> <p>Attendees will complete work sheets encouraging them to think about sensory difficulties and sensory strategies that may support their child with their sensory needs. On completing the course attendees using the worksheet will identify some of their child or a child they work with sensory seeking/ avoiding behaviours and strategies and activities that may support the child within home and community settings.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>25<sup>th</sup> February</b> <b>– 8<sup>th</sup> April 19</b></p>	<p style="text-align: center;"><b>7 Week Elklan Let's Talk Together Course</b></p> <p style="text-align: center;"><b>Venue: DCLP, 5 Shelmore Drive, Dingle, L8 4YL</b> <b>6pm – 8pm</b></p>

	<p>This course is delivered over seven sessions starting 6pm on 25th February 19 until 8th April 2019 . Each session is 2 hours long. The course is for parent’s, carers and pre-school and school-based practitioners wanting some key skills and knowledge in developing the communication skills of children with social communication needs including Autistic Spectrum Condition (ASC).</p> <p>The aims of the course are to share information about normal speech and language development and how children with social communication needs develop their communication skills. To know about the different communication challenges these children have to deal with. To discuss ideas and learn practical strategies to help them learn to listen, understand, talk and interact. You will also receive an illustrated workbook full of practical tips and ideas.</p> <p>There is an option to complete an accreditation on this course for an additional cost to cover the accreditation fees. The course is accredited by an externally quality assured and Ofqual regulated national Awarding Organisation. The accreditation gained will be 3 credits at level 1. This will be discussed on week 1 of the course and you can decide if you would like to complete the accreditation on week 2.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>26<sup>th</sup> February 19</b></p>	<p style="text-align: center;"><b>Autism &amp; Anxiety</b> <b>Venue: DCLP, 5 Shelmore Drive, Dingle, L8 4YL</b> <b>10.30am – 1.30pm</b></p> <p>This course is aimed at parents and carers and looks at autism and anxiety. The aims of the course are to support parents and carers to help autistic children and young people understand their anxiety and provide strategies to enable them to manage it throughout their lives. The course includes practical activities and resources that help.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>

<p><b>28<sup>th</sup> February, &amp; 14<sup>th</sup> March 19</b></p>	<p style="text-align: center;"><b>NAS Sensory Needs</b> <b>Venue: Granby Children's Centre, Eversley Street, L8 2TU</b> <b>9.30-12.30pm</b></p> <p>This course is an introduction to sensory needs and is recommended to those who have no or a limited knowledge of sensory difficulties. The course will be delivered over two x 3-hour sessions.</p> <p>This course aims to give parents and carers an introduction to the sensory systems and sensory processing. It explores the potential differences in sensory processing that might be experienced by children.</p> <p>The aims of the course are to provide parents and carers with a better understanding of sensory processing. To explore how sensory differences may affect your child and to share strategies and approaches to help your child's sensory needs.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>1<sup>st</sup> March 19</b></p>	<p style="text-align: center;"><b>Combined Sensory Difficulties &amp; Strategies Course</b> <b>Liverpool, venue to be confirmed</b> <b>9.30am - 2.30pm</b></p> <p>The aim of the course is to provide attendees with an introduction to sensory processing disorder (SPD) and to identify practical support strategies that may support your child or the child you work with.</p> <p>Attendees will complete work sheets encouraging them to think about sensory difficulties and sensory strategies that may support their child with their sensory needs. On completing the course attendees using the worksheet will identify some of their child or a child they work with sensory seeking/ avoiding behaviours and strategies and activities that may support the child within home and community settings.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>8<sup>th</sup> March</b></p>	<p style="text-align: center;"><b>Eating Difficulties</b> <b>Venue: Sefton, venue to be confirmed</b> <b>9.30am – 12.30pm</b></p>

	<p>This course explores some of the reasons as to why children experience eating difficulties or are” fussy eaters” and how all those that care for and support the child can help to increase their confidence, motivation and ultimately the number of different foods that they eat.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>8<sup>th</sup> March 19</b></p>	<p style="text-align: center;"><b>Praxis</b> <b>Venue: Sefton, venue to be confirmed</b> <b>1pm- 2.45pm</b></p> <p>This workshop takes a closer look at Praxis and what associated difficulties your young person may be experiencing within the home environment. Strategies and interventions will also be explored to ensure you feel more equipped to support and develop such difficulties.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>12th March &amp; 5<sup>th</sup> April</b></p>	<p style="text-align: center;"><b>Makaton Beginners workshop</b> <b>Venue: DCLP, 5 Shelmore Drive, Dingle, L8 4YL</b> <b>9.30am – 3.30pm</b></p> <p>Makaton 2 day beginners workshop. Day 1, 12<sup>th</sup> March 19, 9.30am-3.30pm. Day 2, 5<sup>th</sup> April 19, 9.30am -3.30pm.</p> <p>Day 1 of The Beginners workshop provides a comprehensive introduction to Makaton and how it can support communication together with learning signs/symbols from stages 1-2 of the Core Vocabulary ( and half the Additional) - 120 signs/symbols. The day is varied with practical sessions and short lectures on how Makaton differs from BSL and also how to use Makaton signs/symbols to support learning/communication.</p> <p>On day 2 of the Beginners workshop participants will learn approximately an additional approximately 120 Makaton signs and symbols from stages 3-4 of the Core Vocabulary plus the Additional Vocabulary.</p> <p>Upon completion of the two day workshop you will have the confidence and skills to use the signs to support verbal</p>



	<p>communication on an everyday basis. You will also understand how Makaton differs from sign language and how to introduce signs/symbols to a child/adult with communication difficulties</p> <p>Each participant will receive the accompanying Makaton manuals and also certificate from the Makaton Charity.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>15<sup>th</sup> March 19</b></p>	<p style="text-align: center;"><b>Eating Difficulties</b></p> <p style="text-align: center;"><b>Venue: Venue: Hop Skip &amp; Jump Liverpool, St. Martin S Vicarage, Peatwood Avenue, Kirkby</b></p> <p style="text-align: center;"><b>9.30am – 12.30pm</b></p> <p>This course explores some of the reasons as to why children experience eating difficulties/”fussy eating” and how all those that care for and support the child can help to increase their confidence, motivation and ultimately the number of different foods that they eat.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>15<sup>th</sup> March 19</b></p>	<p style="text-align: center;"><b>Praxis</b></p> <p style="text-align: center;"><b>Venue: Venue: Hop Skip &amp; Jump Liverpool, St. Martin S Vicarage, Peatwood Avenue, Kirkby</b></p> <p style="text-align: center;"><b>1pm- 2.45pm</b></p> <p>This workshop takes a closer look at Praxis and what associated difficulties your young person may be experiencing within the home environment. Strategies and interventions will also be explored to ensure you feel more equipped to support and develop such difficulties.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>22<sup>nd</sup> March 19</b></p>	<p style="text-align: center;"><b>Eating Difficulties</b></p> <p style="text-align: center;"><b>Venue: Liverpool, venue to be confirmed</b></p> <p style="text-align: center;"><b>9.30am – 12.30pm</b></p>

	<p>This course explores some of the reasons as to why children experience eating difficulties/”fussy eating” and how all those that care for and support the child can help to increase their confidence, motivation and ultimately the number of different foods that they eat.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>22<sup>nd</sup> March 19</b></p>	<p style="text-align: center;"><b>Praxis</b> <b>Venue: Liverpool, venue to be confirmed</b> <b>1pm- 2.45pm</b></p> <p>This workshop takes a closer look at Praxis and what associated difficulties your young person may be experiencing within the home environment. Strategies and interventions will also be explored to ensure you feel more equipped to support and develop such difficulties.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>
<p><b>26<sup>th</sup> March – 21<sup>st</sup> May</b></p>	<p style="text-align: center;"><b>7 Week Elklan Let’s Talk Together Course</b> <b>Venue: Thornton Childrens Centre, Stannyfield Drive, Thornton,</b> <b>L23 4TF</b> <b>10.30 – 1pm</b></p> <p>This course is delivered over seven sessions starting 10.30am on 26th March 19 until 21<sup>st</sup> May 2019 (there will be no session on 9<sup>th</sup> &amp; 16<sup>th</sup> April) . Each session is 2.5 hours long. The course is for parents, carers and pre-school and school-based practitioners wanting some key skills and knowledge in developing the communication skills of children with social communication needs including Autistic Spectrum Condition (ASC).</p> <p>The aims are of the course are to share information about normal speech and language development and how children with social communication needs develop their communication skills. To know about the different communication challenges these children have to deal with. To discuss ideas and learn practical strategies to help them learn to listen, understand, talk and interact. You will also receive an illustrated workbook full of practical tips and ideas.</p> <p>There is an option to complete an accreditation on this course for an additional cost to cover the accreditation fees. The course is</p>

	<p>accredited by an externally quality assured and Ofqual regulated national Awarding Organisation. The accreditation gained will be 3 credits at level 1. This will be discussed on week 1 of the course and you can decide if you would like to complete the accreditation on week 2.</p>
<p><b>27<sup>th</sup> March – 22<sup>nd</sup> May</b></p>	<p style="text-align: center;"><b>7 Week Elklan Let's Talk Together Course</b> <b>Venue: North Sefton, Venue to be confirmed</b> <b>10.30 – 1pm</b></p> <p>This course is delivered over seven sessions starting 10.30am on 27th March 19 until 22nd May 2019 (there will be no sessions on 10h &amp; 17th April).</p> <p>Each session is 2.5 hours long. The course is for parents, carers and pre-school and school-based practitioners wanting some key skills and knowledge in developing the communication skills of children with social communication needs including Autistic Spectrum Condition (ASC).</p> <p>The aims of the course are to share information about normal speech and language development and how children with social communication needs develop their communication skills. To know about the different communication challenges these children have to deal with. To discuss ideas and learn practical strategies to help them learn to listen, understand, talk and interact. You will also receive an illustrated workbook full of practical tips and ideas.</p> <p>There is an option to complete an accreditation on this course for an additional cost to cover the accreditation fees. The course is accredited by an externally quality assured and Ofqual regulated national Awarding Organisation. The accreditation gained will be 3 credits at level 1. This will be discussed on week 1 of the course and you can decide if you would like to complete the accreditation on week 2.</p>
<p><b>5<sup>th</sup> April 19</b></p>	<p style="text-align: center;"><b>Tears, tantrums &amp; pain in everyday activities (sensory defensiveness)</b> <b>Sefton, Venue to be confirmed</b> <b>9.30am – 12.30pm</b></p>

	<p>Within this course we take a closer look as to why individuals can find everyday activities such as toothbrushing, hair and nail cutting, dressing and bathing distressing, and in some instances painful. Not only will attendees develop their understanding of such difficulties but they will also leave the course equipped with the holistic strategies and knowledge needed to support and develop their child's abilities and independence in such tasks.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a>.</b></p>
<p><b>5<sup>th</sup> April 19</b></p>	<p style="text-align: center;"><b>Toileting Workshop</b>  <b>Sefton, Venue to be confirmed</b>  <b>1pm – 2.45pm</b></p> <p>Within this workshop we have a look at some of the reasons as to why your young person is struggling to become toilet trained and strategies you can use to help them achieve independence.</p> <p><b>To book a place on this course please contact us on <a href="mailto:info@theisabellatrust.org">info@theisabellatrust.org</a></b></p>

**For further information please contact us on**  
**[info@theisabellatrust.org](mailto:info@theisabellatrust.org)**