

What parents say:

*"I liked others listening to me and I was able to discuss my worries, concerns and feeling on my own. I was made to feel part of the group. It was fantastic".*

*"I started to understand my daughter better. I no longer think she is being naughty".*

*"Good to hear about other families and their struggles and getting ideas and strategies".*

*"I wasn't sure if it would be useful at first. It was very useful and the professionals very helpful and knowledgeable".*

*"I do not feel so alone".*

If you are interested in this programme, please contact:  
SEND Service 0-25 Years Business Support Team



[ECFSFL@cambridgeshire.gov.uk](mailto:ECFSFL@cambridgeshire.gov.uk)  
Tel: 01353 612802



SEND Service 0-25 Years  
Noble House  
St Thomas Place  
Cambridgeshire Business Park  
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**Attending a Programme**

Under the Employment Act 2002 (Parental Leave) parents of disabled children are entitled to unpaid leave to care for their children. Parents must have worked for their employer for at least one year prior to taking leave and give 21 days notice of leave.

If you would like to attend a programme and are currently in employment, you may wish to talk through this legislation with your employer, to enable you to have time off to attend.

For further information, please refer to the Working Families website:  
[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk) or telephone 0800 013 0313.



## CYGNET AUTISTIC SPECTRUM ONLINE PARENTING SUPPORT PROGRAMME

A 6-week online programme for parents/carers of children of primary school age with an Autism or significant Social Communication Difficulties

## What is the Cygnet Programme?

The Cygnet Programme is a 6-session programme which covers the following topics:

1. Introductory session
2. Autism an overview
3. Sensory needs
4. Communication
5. Understanding behaviour
6. Supporting behaviour

You will be able to access and work through this content in your own time and your own home over 6 weeks. In addition, you will be invited to 4 live online sessions hosted by local specialists in autism; speech, language and communication; sensory needs; and behaviour. At these live sessions you will be one of a small group of families which means that as well as having your own questions answered, you can share experiences with other families.

## Who can attend the Programme?

Parents of a child of primary school age with a diagnosis of an Autism, or who have been assessed as having significant Social Communication Difficulties can attend the programme.



## Who runs the Programme?

The Programme is run by local professionals from health and education who have experience and knowledge of Autism and social communication difficulties.

## What are the aims of the Programme?

- Increased knowledge of Autism.
- Further, understand your child's perspective and view on the world.
- Develop a practical toolkit that can be beneficial to your child.
- Direct you to relevant support and resources, locally and nationally.
- Provide the opportunity to virtually meet other parents and create a support network.

