

'In Touch' Course Timetable – Sept to March 2022 (10am – 12pm)

Date	Theme	Delivered By
21 th Sept	Introduction Chat	Sarah Thomas – PACC & Dr Steve Farmer – Clinical Psychologist, CAMHS LD Team
28 th Sept	Behaviour as communication- an introduction to understanding why behaviours of concern happen, what keeps them going and how to make sense of them	Dr Steve Farmer – Clinical Psychologist, CAMHS LD Team
5 th Oct	Chat session	Sarah Thomas -PACC & Dr Steve Farmer – Clinical Psychologist, CAMHS LD Team
12 th Oct	Introducing Positive Behaviour Support (PBS). Some demystifying of the myths around this approach and taking first steps towards using PBS as a means to improve everyone's quality of life	Dr Steve Farmer – Clinical Psychologist, CAMHS LD Team
19 th Oct	Chat session	Sarah Thomas – PACC & Dr Steve Farmer – Clinical Psychologist, CAMHS LD Team
Half term		
2 nd Nov	Planning with your young person: a person-centred approach. Christine will introduce the Thinking Ahead guides and the use of person-centred tools to think about what helps things to go well and what can cause things to go wrong in your young person's life.	CHRISTINE TOWERS
9 th Nov	Chat session	Sarah Thomas - PACC
16 th Nov	Planning for changes and possible emergencies. Christine will talk about building a support network for yourself and your young person to help with planning, making choices, finding opportunities and putting things in place in case of emergencies.	CHRISTINE TOWERS
23 rd Nov	Chat session	Sarah Thomas - PACC
30 th Nov	Planning for health and well-being. Christine will talk about using Annual Health Checks, Health Action Plans, Hospital Passports and other resources to help your young person get support to be healthy.	
7 th Dec	Final session	Sarah Thomas - PACC

Christine Towers – Christine has worked with people with learning disabilities and their families for over 35 years in different types of services and organisations. Central to her work has been developing ideas alongside people with learning disabilities and their families, improving the quality of support and person-centred approaches.

She worked at the Foundation for People with Learning Disabilities for 10 years and over four years ago set up Together Matters (www.togethermatters.org.uk). She has written resources for people with learning disabilities, their families and support organisations, including the Thinking Ahead guides.

Steve Farmer – I'm a husband, father, daft dog owner and I also work as a Clinical Psychologist. I recently joined the BeeU Learning Disabilities service in Shrewsbury and prior to this worked in the Wolverhampton NHS Learning Disabilities team. I have been specialising in work around behaviours of concern for the past ten years and have a real passion for supporting families, staff teams and wider organisations who care for young people who behave in ways that challenge others. I have a real passion for Mindfulness based approaches, adapted communication and Positive Behaviour Support (or PBS). I work as a practitioner, coach and advisor in PBS and I continue to be a student of this approach. I look forward to meeting you all.

Sarah Thomas - first and foremost I am a parent carer to five boys, all of whom have some level of SEND. I have been involved in developing parent carer participation both locally, regionally and nationally when in 2007 I was a founder member of the Shropshire Parent and Carer Council (PACC) and supported the development of the National Network of Parent Carer National Steering Group in 2010. I have worked with other Shropshire parent carers to develop Shropshire PACC into a well-established and respected organisation that makes an important contribution to SEND decision making in Shropshire. I am currently the lead on participation co-ordination for PACC. I also provide a SEND Consultancy support throughout England as an Associate for Contact, working with other Forums to influence strategic decision making across education, health and social care. I have a particular interest in promoting family resilience, person centred approaches and enabling those with learning disabilities and/or autism to live self-directed lives.