

Please can I be contacted with more information regarding the Cygnet programme:

Name: _____

Address _____

Tel: _____

Email: _____

Return form to or email simon.robinson@barnardos.org.uk:

Barnardo's, 111 Oxfords Road North, EDINBURGH, EH14 1ED

If you would like further information, please contact:

Simon Robinson

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Cygnet Programme
Information for parents & carers
Barnardo's Scotland

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What does Cygnet cover?

This is the core Cygnet programme which is delivered over six, two hour sessions which sequentially work towards behaviour management relevant and appropriate for this age group of autistic children and young people.

- Introduction
- Overview
- Sensory Issues
- Communication
- Understanding Behaviour
- Supporting Behaviour

Is Cygnet for me?

After a diagnosis parents and carers can have a lot of questions about autism and may feel isolated in managing their child's needs.

Children's needs also change over time and information and advice received when a child is younger may need to be updated to be relevant for the child/young person today.

If you have therefore attended Early Bird or Early Bird Plus programmes you may still wish to attend Cygnet.

Attending Cygnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing behaviour. It also gives you the chance to meet other people in a similar position and hear about their experiences in an informal atmosphere.

Who are carers?

Carers can be with anybody with direct involvement with your child eg: Grandparents, uncles, aunts, shared carers or support workers from school.

Where and when do the groups run?

Due to Covid, the sessions will be run virtually. Joining details will be sent nearer the time

Do I have to attend all the sessions?

If possible, yes. You will gain a lot more from coming to the group if you come to all the sessions. This is because each session builds on the one before. Please do not accept a place on the programme if you are only able to attend one or two sessions.

I would like to attend Cygnet, what do I do now?

Either a professional working with you can enrol you on a programme with your consent or you can enrol on a programme directly. Your child needs to be aged 5 to 18.

You will need to complete an enrolment form (if available) or complete the form over the page.