



## Who we are

**KIDS** is a national charity supporting disabled children, young people and their families. Established in 1970, we work with thousands of families across the country each year, providing over 120 services. We support children with any disability from the age of birth to 25 years of age.

Our vision is a world in which all disabled children and young people realise their aspirations.

## Contact Us

### Parents:

KIDS HULL  
182 Chanterlands Avenue  
HULL  
HU5 4DJ

**Telephone:** 01482 467540

### E-mail:

michelle.bartle@kids.org.uk  
jackie.white@kids.org.uk  
angela.knight@kids.org.uk

### Professional:

Please complete HeadStart checklist

[www.kids.org.uk](http://www.kids.org.uk)



Registered Charity  
Number 275936



## Training for

## Parents / Carers

Michelle Bartle - Training Co-ordinator

Jackie White - Training Practitioner

Angie Knight - Training Practitioner



## Teen Life Programme

This programme is for parents /carers of young people aged 10-16 years old on the autistic spectrum and an accompanying professional if appropriate.

These are run over 6 x 2½ hour weekly sessions.

### **What is covered in this programme:**

- Understanding Autism;
- Looking at self-esteem;
- Understanding stress and anxiety;
- Understanding the diagnosis.

