

## **SOCIALEYES**

### **Social Skills course for Autistic young adults 16-25 years**

Socialeyes is a weekly course for autistic adolescents & young adults who have difficulties meeting and maintaining friendships and relationships and who may have social difficulties that cause recurrent depression and anxiety.

#### **Socialeyes aims to:**

- Improve understanding about social interaction/communication skills.
- Introduce the group members to new social interaction/communication skills including recognition of social clues, use of social strategies, 'quick fix strategies,' and social exceptions.
- Provide opportunities to practice social interaction/communication skills and encourage generalisation to a range of situations

#### **In order to participate, you need to:**

- Be motivated and committed to learn about social interaction/communication skills
- Have identified problems with social interaction/communication skills
- Be able to safely work within identified group ground rules

#### **When and where?**

The group will run on a weekly basis, for 60 mins, for 8 weeks.

The course will be held at Action for ASD, Autism Resource Centre. Suite 7 & 8 Kings Mill, Queen Street, Harle Syke, Burnley BB10 2HX.

A maximum of 8 people can attend the course and we will need to be a minimum of 4 to ensure the group will run.

#### **What happens on the course?**

The group consists of 8 topics, the content of which are:

- Week 1: Thursday 4<sup>th</sup> Oct 18 (5-6pm) Starting a conversation
- Week 2: Thursday 11<sup>th</sup> Oct 18 (5-6pm) Eye contact
- Week 3: Thursday 18<sup>th</sup> Oct 18 (5-6pm) Personal space
- Week 4: Thursday 1<sup>st</sup> Nov 18 (5-6pm) Taking turns in conversation
- Week 5: Thursday 8<sup>th</sup> Nov 18 (5-6pm) Keeping on topic
- Week 6: Thursday 15<sup>th</sup> Nov 18 (5-6pm) Talking about interests
- Week 7: Thursday 22<sup>nd</sup> Nov 18 (5-6pm) Sensitive topics
- Week 8: Thursday 29<sup>th</sup> Nov 18 (5-6pm) Ending a conversation

After completing the course participants have the option of taking part in a group activity which will be decided & confirmed by the group i.e. cinema visit, going out for a meal, shopping.



### **More about the course:-**

The course focuses on eight of any of these areas that autistic people can have difficulty with: understanding yourself and your autism, developing social and communication strategies, the social world and your community, starting conversations, ending conversations, taking turns, sensitive topics, personal space, eye contact, volume of voice, active listening/interrupting, keeping on topic/interests, understanding emotions and body language.

The course and materials have been developed with autistic people and leading professionals, and have been extensively piloted, with ongoing development and research since 2005.

The Socialeyes programme follows a 5 step routine, which is worked through for each topic. The 5 step routine consists of:

1. What is the social interaction skill?
2. Why use the social interaction skill?
3. How to use the social interaction skill
4. When to use the social interaction skill
5. Try using the social interaction skills

### **How much does the course cost?**

This course is free for members of Action for ASD age 16-25 years.

### **How to book on the socialeyes course?**

We will require an initial appointment to evaluate suitability for this group.

Please contact Amy Whittle or Robin Denton at Action for ASD on 01282 415455 opt 1 or you can email us on [childrens@actionasd.org.uk](mailto:childrens@actionasd.org.uk), using 'Socialeyes' as the email's subject line.