



What to Expect from Cothú

Cothú is an *Autistic-led course* for parents of Autistic children. This means that it has been designed by Autistic people.

It is *neuro-affirmative* and so we try our best to also be neuro-affirmative when delivering it. Part of affirming someone's neurology is knowing that some of us benefit from knowing what is going to happen. It also means that we will do our best to ensure your comfort throughout the course.

Here are some things we've put together that we hope will help you and put you at ease.

1. The course will be delivered by the Communication and Interaction Team at Nottinghamshire County Council. We support autistic children and young people (diagnosed or not) and those who love and care for them at home and school. We are:



Vic Borghi
(she/her)



Joe Butler
(she/her)



Jenny Byrne
(she/her)



Karen Wilson
(she/her)

If you have any questions or worries, please contact Joe Butler:
joe.butler@nottscc.gov.uk

2. The welcome handout explains what topics will be covered each week.
3. The course will be held in: [Warsop Health Hub Community Room](#)
Carr Lane Park, Carr Lane, Warsop, Mansfield, Notts, NG20 0AT



4. Each week there will be videos, slides and discussion. You do not have to talk in front of the group if that is not your preference. We will use a traffic light system for communication. Red stickers mean “I’d rather just listen” and green means “I will take part”. There are also some group activities, and we will use the traffic light system for that also. You can change your sticker at any point throughout the session or on any week. You can leave the room at any time if you need a break.
5. We will move the tables for most of the sessions and have our seating arranged in a horseshoe.
6. There will be a break approximately halfway through the session each week. During the break we will have access to the next-door kitchen space and will provide tea / coffee / water and biscuits.
7. There will be plenty of opportunities to share your experiences and ask questions, but you may prefer to ask us those questions or raise issues privately. You can do that by posting your question into a provided box (this can be anonymous if preferred) or simply speak to us before or after the sessions.
8. Most weeks you will receive handouts you can use at home if you feel like they work for your family. This is not compulsory.
9. If you miss a week then we will give you any handouts you missed the following week. If needed, we will briefly spend some time going over what you missed either immediately before or during the break of the next session.
10. The videos we use are licensed materials so unfortunately cannot be shared with other family members who aren’t attending, but we do have a PDF of all the main points from the videos that we can share with you.

We will try our best to make the environment a welcoming place as best we can, so please let us know any access or comfort requirements.