

The Nurture Programme®

THE Nurturing Neurodivergence Programme



GROUP
BOOKING
INFORMATION



TWO-DAY VIRTUAL *Conference*



We are so excited to launch our 2024 Conference by The Nurture Programme.

Over the last three or so years we have built a beautiful community of people and if you join us this October we will be one more person, carer, professional human being closer to helping more of you grow from crisis to calm and to learn, work or live, in safety.

Those caring for our Neurodivergent young people are often the most inspirational people in our young people's lives. But whether they (you!) are a professional, parent or carer, they are probably overworked, largely underpaid and hugely under-appreciated. Access to training is potluck and access to the right kind of training is like finding a needle in a haystack.

So we are inviting you to come and take part in what we hope to be a life-changing event. We will give you the opportunity to look through a different lens; one that brings about change, diversity, inclusion, acceptance and understanding.

One where disability is not stigmatised by the judgment of a label.

We do NOT learn from TEXTBOOKS at The Nurture Programme®. We learn from those of us who are neurodivergent, who have lived experiences and seen first-hand what living in a world geared towards non-neurodivergence is like.

Put down the textbook and learn from experience . . .



With the return of our two-day virtual neurodivergence conference, this is all possible. Back for its 4th year, The Nurturing Neurodivergence Programme is running again on **17th & 18th October 2024.**

We will be joined by **10 internationally renowned speakers** who will provide you with their experiential insight and give you the toolkit you need to understand the needs of any neurodivergent individuals you are living or working with.

With interactive workshops, case studies and the opportunity to ask our speakers questions based on your own challenges and experience, you will leave this conference feeling better equipped to help them to thrive and achieve their individual potential.

What is this?

2 FULL days of Neurodivergence focused, and Neurodivergent led training!

Where is this being held?

It is all online so no travelling fees, hotel costs, long distance journeys or SOCIAL HANGOVERS!

Who is this for?

Basically EVERYONE but crucially for those who are involved in the teaching and support of, as well as those living with and caring for neurodivergent pupils, children or adults.

Do I have to be there LIVE?




Absolutely not! This is Online and Recorded for those who cannot make the live sessions. Recordings will be available to watch for One Year (usually 60 days for individual bookings) after the event and usually take 2 weeks to be sent out, as they are professionally edited.

17th & 18th October 2024 at 9am-4pm BST. We have included speaker times in EST and AET for convenience.

Group Pricing

INCLUDES CPD CERTIFICATE UPON COMPLETION

GROUP TICKETS FOR LIVE ACCESS, PLUS ONE YEAR RECORDING ACCESS

NO. OF ATTENDEES	£ COST	£ SAVING
 UP TO 10	£600	£150
 UP TO 20	£1000	£500
 UNLIMITED	£1500	£750 +

GROUP TICKETS FOR ONE YEAR RECORDING ACCESS ONLY

 RECORDINGS ONLY FOR UNLIMITED STAFF	£750	ONLY AVAILABLE FOR GROUP BOOKINGS
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PLEASE NOTE: DUE TO THE INTERACTIVE NATURE OF THE WORKSHOPS, THEY ARE NOT RECORDED AND THEREFORE IF YOU PURCHASE RECORDINGS ONLY YOU WILL NOT HAVE ACCESS TO THESE

TO MAKE YOUR BOOKING PLEASE FILL OUT THE BOOKING FORM BELOW AND WE WILL SEND YOU AN INVOICE AND REGISTER YOUR ATTENDEES

BOOK NOW 

IF YOU HAVE ANY SPECIAL REQUIREMENTS OR WISH TO DISCUSS A BESPOKE PACKAGE, PLEASE EMAIL CHARLOTTE AT ADMIN@THENURTUREPROGRAMME.CO.UK WE WILL BE AS FLEXIBLE AS POSSIBLE TO MEET YOUR NEEDS



Kieran Rose

THE IMPORTANCE OF BEING AN 'ISLAND OF SAFETY' FOR CHILDREN YOU SUPPORT

Kieran's Bio: Autistic author and researcher Kieran Rose has a career background in SEND education and public sector service delivery. He is the parent of three Autistic children.

Kieran delivers his own specialist Autism trainings focused on deconstructing the autism narrative; provides private consultancy to organisations and services internationally; and is a faculty member for the US-based Occupational Therapy charity: The STAR Institute.

He has published a number of academic papers on Autistic Masking (in both adults and children and young people); Interpersonal Victimisation; and Intimate Partner Violence. He is producing more research in these areas and others, including Monotropism and Identity; and experiences of suicide.

Kieran's work can be found at www.theautisticadvocate.com

Talk Details: The importance of being an 'Island of Safety' for children you support

Description: Islands of safety for Neurodivergent children and young people; A practitioner and care giver guide. This brand new talk from Kieran will highlight the importance of you being an Island of Safety in the life of a young Neurodivergent person you support.

Kieran's session will;

- Help you to understand the concept of 'felt safety'
- Explain what happens when you have rarely experienced 'felt safety'
- Explain why 'felt safety' is needed
- Explain what a 'Safe Island' is
- The importance of Safe Islands for marginalised people
- The 4 As of the Advoc8 Framework and how they link to 'felt safety'

Workshop Title: Curating Island of Safety; A Guided Discussion

Workshop Description: Kieran will spend time with you, answering your questions and leading discussions, to look at practical ways you can become an Island of Safety for the young, neurodivergent people you support.



Dr Judy Eaton

AUTISM MISSED AND MISDIAGNOSED: IDENTIFYING, UNDERSTANDING AND SUPPORTING DIVERSE AUTISTIC IDENTITIES

Judy's Bio: As a Consultant Clinical Psychologist, I have extensive experience of assessing, diagnosing, and working (both within the NHS and independently) with adults, children, and families across the ability spectrum; specifically, those living with autism and/or attention deficit hyperactivity disorder (ADHD). I also have a keen interest in understanding the PDA profile and will be supporting a PhD studentship at King's College, London working with Professor Francesca Happé, starting in September 2024.

Over the years I have worked with autistic children in a residential school setting, and with both adults and young people with co-morbid mental health difficulties, some who had a forensic history and/or were detained under the Mental Health Act.

Presentation Title: Autism Missed and Misdiagnosed: Identifying, Understanding and Supporting Diverse Autistic Identities

Presentation Description: This talk will focus on the various issues that can make obtaining a correct diagnosis, and accessing the right support for you and your family, a challenge. It explores issues like the misdiagnosis of women with personality disorder, the concerns around being an autistic mother, and the worrying trend of growing accusations of fabricated and induced illness when parents are seeking support for their children. It also discusses vulnerability and the criminal justice system and issues facing black and minority ethnic groups seeking a diagnosis.

Workshop Title: Supporting Diverse Autistic Identities

Workshop Description: This workshop will focus on the various ways in which autism can present, some of the challenges about assessment, diagnosis and support and ways of supporting autistic people who may not fit an autistic 'stereotype'.



Aaron Yorke

THE ACCEPT APPROACH FOR DEMAND AVOIDANCE

Aaron's Bio: Aaron Yorke is the proud parent of two autistic young people and an active advocate for neurodivergent children and young people. He is a professional in the field of special educational needs, with over 20 years of experience as a qualified specialist teacher with a wealth of experience as a local authority autism advisor supporting schools and educational settings. He has published academic research developing two support models: The Accept Approach™ and The Acceptance Based Curriculum™ and in 2019, he founded Accepting Behaviour, an independent organisation composed of specialist teachers dedicated to supporting neurodivergent children and young people who cannot access traditional education.

Aaron was also diagnosed autistic with ADHD at 30, after facing long-term mental health challenges since he was a child. He uses his personal and professional experiences to continue to help families and educators, championing acceptance-based support for neurodivergent children and young people in the UK.

Presentation Title: Introduction to The Accept Approach: A New Way of Supporting Autistic Children and Those with Demand Avoidance Difficulties Using Acceptance.

Presentation Description: The Accept Approach offers a fresh, compassionate perspective on supporting autistic children and individuals with demand avoidance difficulties. Instead of traditional methods that emphasise compliance or behaviour modification, this approach centres on the practical application of acceptance—acknowledging the child's unique needs, emotions, and responses. By fostering a sense of understanding, trust, and autonomy, the Accept Approach provides a supportive environment where children can feel seen, respected, and empowered to thrive on their own terms.

Workshop Title: Helping autistic children and young people with demand avoidance difficulties using acceptance-based support.

Workshop Description: A session where we will work through real-life experiences and discuss how to apply acceptance-based support in the home and education to support autistic children and young people with demand avoidance difficulties.



Hannah Williams

AMPLIFYING YOUNG AUTISTIC VOICES EARLIER: UNLOCKING THE
POTENTIAL OF HIGH TECH AAC FOR AUTHENTIC COMMUNICATION,
(AND LEAVING PECS BEHIND)

Hannah's Bio: Hannah helped children with communication needs for 18 years within the NHS as a specialist Speech and Language Therapist and now with her business Hannah Joy Communication has already helped dozens of parents across the UK who have an Autistic child to transform communication through her innovative parent coaching programme. The AACcelerate Programme establishes high tech AAC successfully at home and in education so a child can learn new words for communication faster and easier in a way that works best for them and their family while setting them up for long term success.

Presentation Title: Amplifying young Autistic voices earlier: unlocking the potential of high tech AAC for authentic communication (and leaving PECS behind)

Presentation Description: Hear how high tech AAC is helping young Autistic children learn words faster and easier to enable authentic and autonomous communication. Find out why it is essential that we embrace the unique opportunities offered by high tech AAC in order to meet a child's right to access communication. Discover the critical steps to integrating high tech AAC into family life in a way that is successful and sustainable.

Workshop Title: : The Essential Steps needed to Teach High Tech AAC To An Autistic Child Without Giving Up On Speech

Workshop Description: Get clear on what 'Teaching high tech AAC' looks like when introducing AAC to a child for the first time (spoiler: it's not about 'teaching'!) Dive deeper on the essential steps to get started with high tech AAC quickly and effectively to transform communication for children who are nonspeaking AND for children who have many spoken words.



Dr Luke Beardon

AUTISM & ANXIETY

Luke's Bio: Luke is currently a Senior Lecturer in Autism at The Autism Centre, Sheffield Hallam University. Having first being a volunteer with autistic children at the age of 14 he can boast over 30 years of ongoing experience in the autism field, both professionally and personally in various capacities. He is the author of six books on autism and is co-editor of several others and has many other publications in journals and book chapters.

He has several awards including multiple Inspirational Teacher Awards as well as two Lifetime Achievement Awards (Autism Hero Awards, and Sparkle Sheffield) and Award for Achievement by an Individual Educational Professional (National Autistic Society). He is currently the Course Leader for the Post Graduate Certificate in Autism, and supervises several Doctoral students.

He has spoken at hundreds of events/conferences around the world, has appeared in many media outlets including BBC and Channel Four, and describes his interests as 'pretty much anything autism-related'.

Luke has addressed the United Nations (New York) and Westminster on autism-related topics.

Dr Luke Beardon's main duties:

- Senior Lecturer in Autism, Sheffield Hallam University
- Course Leader, Post Graduate Certificate in Autism
- Teaching and supervising on the MA Autism
- Supervision of Doctoral students
- Research
- Disability Champion
- External Examiner for Doctorates (several universities)

Presentation Title: Autism & Anxiety

Presentation Description: Based on his (self professed) golden equation of autism + environment = outcome Luke argues that anxiety need not be as much of the autistic experience as it so commonly is currently. He argues that society needs to change in order to meet autistic need rather than the onus often being on the autistic person to conform. Anxiety can be crippling for so many autistic children and adults and Luke is passionate that this can and should be changed as a matter of urgency.



Tanya Adkin & Mary Cartlidge

PARENT CARER BLAME AND FABRICATED AND INDUCED ILLNESS

Tanya's Bio: Tanya is an Autism specialist and asst Social Worker who started her career in a local authority disabled children's team 18 years ago. She holds post grad qualifications in autism and is currently undertaking a Masters in autism. Tanya has a passion for theory & policy to practice. She works 121 with autistic people and their families when they may be considered 'complex' and, has many years advocacy experience.

Mary's Bio: Mary is an independent social worker, highly experienced in Child Protection and court work. She is a passionate advocate for ND experience and known for her no-nonsense approach. Mary is committed to trauma informed, therapeutic approaches. She also has specific experience in adoption and fostering, addiction, working with offenders and much more.

Presentation Title: Parent Carer Blame and Fabricated and Induced Illness

Presentation Description: Join Mary and Tanya as they delve into the topic of parent blaming and accusations of Fabricated or Induced Illness (FII) in Social Care. This session will clarify what FII is and what it is not, providing a clear understanding of the issue. We will also explore key aspects of the Royal College of Paediatrics and Child Health (RCPCH) guidance on this sensitive matter.

Workshop Title: Social Care Uncovered: Navigating Support

Workshop Description: This workshop aims to help parents demystify social care support and explore practical tools to understand the available support and how and when to access it. Additionally, we will cover advocacy skills and provide guidance on navigating social care effectively.



Jodie Clarke

STOP THE WORLD I WANT TO GET OFF: AUTISTIC BURNOUT IN CHILDREN AND YOUNG PEOPLE.

Jodie's Bio: Jodie is an independent specialist working with autistic children, their families and their schools.

She has many years experience of working with autistic children as well as having autistic children of her own. She holds a honours degree in psychology, a post graduate certificate in autism and holds a Masters in Autism from Sheffield Hallam University; where she studied under fellow conference speaker Dr Luke Beardon.

Jodie is passionate about advocating for the children she works with and ensuring that those around the child have a full understanding of needs and support in a way that ensures positive autistic self identity and positive emotional well being.

Presentation Title: Stop the world I want to get off: Autistic burnout in children and young people.

Presentation Description: : A talk on understanding and recognising autistic burnout in our children and young people.

Workshop Title: Autistic Burnout; Recovery and re-wilding.

Workshop Description: Exploring supporting autistic burnout recovery.



Kelly Mahler

INNER HARMONY: THE INFLUENCE OF CO-REGULATION ON INTEROCEPTION GROWTH

Kelly's Bio: Kelly Mahler OTD, OTR/L, earned a Doctorate in Occupational Therapy from Misericordia University, Dallas, PA. She has been an occupational therapist for 20 years, serving school-aged children and adults. Kelly is winner of multiple awards, including the 2020 American Occupational Therapy Association Emerging and Innovative Practice Award & a Mom's Choice Gold Medal. She is an adjunct faculty member at Elizabethtown College, Elizabethtown, PA as well as at Misericordia University, Dallas, PA. Kelly is a co-principal investigator in several research projects pertaining to topics such as interoception, self-regulation, trauma & autism.

Presentation Title: Inner Harmony: The Influence of Co-Regulation on Interoception Growth

Presentation Description: Interoception is an important sensory system that helps us to feel internal body signals like a full bladder, growling stomach, tense muscles or speeding heart. Our ability to notice and interpret these internal body signals enables us to accurately identify and manage how we feel.

Co-Regulation, rooted in curiosity and validation is one of the most overlooked, yet powerful interoception strategies we can offer our children (and ourselves!). Kelly's talk will provide an overview of what the latest research and lived experience tells us about interoception and co-regulation, as well as how to apply this information to nurture interoception growth in a practical way.



Ayanna Sanna Davis

ADVOCATING FOR INCLUSION & ACCEPTANCE FOR BLACK
AUTISTIC WOMEN THROUGH THE ARTS.

Ayanna's Bio: Meet Ayanna aka Phenomenally Autistic, an autism advocate advocating for black autistics to gain proper resources & visibility raised in westchester county New York. Along with being autistic she has survived over 300 seizures lives with Chronic illnesses has 5 autoimmune diseases , but she doesn't let that stop her from spreading her messages of self-love, joy, equality, diversity, inclusion & Autism acceptance through the arts.

Presentation Title: Advocating for Inclusion & Acceptance for Black Autistic Women through the arts.

Presentation Description: : Ayanna will talk about the experiences of living as a black autistic woman, the challenges faced, her diagnoses story and how she uses art combined with advocacy to get the message out



Dean Beadle

AUTISTIC INERTIA AND THE LIFE CHANGING POWER OF NOPE

Bio: Dean Beadle is an autistic speaker, writer and singer who has spent nearly twenty years touring the UK and abroad speaking and performing at conferences, charity balls and webinars. All of his work is about advocating for a more accessible world for autistic people. He is a patron of three UK autism related charities.

Performance & Presentation Title: Autistic Inertia and the life changing power of NOPE

Performance & Presentation Description: The wonderful Dean Beadle will be back to close the 2024 conference with his talk & performance on “Autistic Inertia and the life changing power of NOPE”. As always, we can expect his session to be thought provoking, humorous & entertaining. You won’t want to miss it.

DAY ONE SCHEDULE



COUNTRY TIMEZONE			SCHEDULE & SPEAKER
UK BST	AUSTRALIA AEDT	AMERICA EDT	
08:50-08:55	18:50-18:55	03:50-03:55	INTRO
09:00-10:00	19:00-20:00	04:00-05:00	Kieran Rose
10:00-11:00	20:00-21:00	05:00-06:00	WORKSHOP ONE
11:00-11:15	21:00-21:15	06:00-06:15	BREAK
11:15-12:15	21:15-22:15	06:15-07:15	Dr Judy Eaton
12:15-12:45	22:15-22:45	07:15-07:45	LUNCH
12:45-13:45	22:45-23:45	07:45-08:45	Aaron Yorke
13:45-14:45	23:45-00:45	08:45-09:45	WORKSHOP TWO
14:45-15:00	00:45-01:00	09:45-10:00	BREAK
15:00-16:00	01:00-02:00	10:00-11:00	Hannah Williams
16:00-16:30	02:00-02:30	11:00-11:30	Q&A: KIERAN ROSE, DR JUDY EATON, HANNAH WILLIAMS, AARON YORKE

WORKSHOP SCHEDULE

DAY ONE



WORKSHOP SESSION ONE

COUNTRY	TIMEZONE	TIME
UK	B S T	10:00 - 11:00
AUSTRALIA	A E D T	20:00 - 21:00
AMERICA	E D T	05:00 - 06:00

WORKSHOP CHOICES

- 1 Kieran Rose, Creating Island's of Safety
- 2 Helping autistic children and young people with demand avoidance difficulties using acceptance-based support.

WORKSHOP SESSION TWO

COUNTRY	TIMEZONE	TIME
UK	B S T	13:45 - 14:45
AUSTRALIA	A E D T	23:45 - 00:45
AMERICA	E D T	08:45 - 09:45

WORKSHOP CHOICES

- 1 Kieran Rose, Creating Island's of Safety
- 2 Dr Judy Eaton, Supporting Diverse Autistic Identities

DAY TWO SCHEDULE



COUNTRY TIMEZONE			SCHEDULE & SPEAKER
UK BST	AUSTRALIA A EDT	AMERICA EDT	
08:50-08:55	18:50-18:55	03:50 - 03:55	I N T R O
09:00-10:00	19:00-20:00	04:00-05:00	Dr Luke Beardon
10:00-11:00	20:00 - 21:00	05:00-06:00	Tanya Adkin & Mary Cartlidge
11:00-11:15	21:00-21:15	06:00-06:15	B R E A K
11:15-12:15	21:15-22:15	06:15-07:15	Jodie Clarke
12:15-12:45	22:15-22:45	07:15-07:45	L U N C H
12:45-13:45	22:45-23:45	07:45-08:45	Kelly Mahler
13:45-14:45	23:45-00:45	08:45-09:45	WORKSHOP
14:45-15:00	00:45-01:00	09:45-10:00	B R E A K
15:00-15:30	01:00-01:30	10:00-10:30	Ayanna Sanna Davis
15:30-16:00	01:30-02:00	10:30-11:00	Dean Beadle
16:00-16:30	02:00-02:30	11:00-11:30	Q&A: DR LUKE BEARDON, TANYA ADKIN, MARY CARTLIDGE, JODIE CLARKE, KELLY MAHLER, AYANA SANNA DAVIS & DEAN BEADLE

WORKSHOP SCHEDULE

DAY TWO



WORKSHOP SESSION ONE

COUNTRY	TIMEZONE	TIME
UK	B S T	10:00 - 11:00
AUSTRALIA	A E D T	20:00 - 21:00
AMERICA	E D T	05:00 - 06:00

WORKSHOP CHOICES

- 1 **Hannah Williams, The Essential Steps needed to Teach High Tech AAC To An Autistic Child**
- 2 **Jodie Clarke, Autistic Burnout; Recovery and re-wilding.**
- 3 **Tanya Adkin & Mary Cartlidge, Social Care Uncovered: Navigating Support**

Don't just take our **WORD** for it.

CONFERENCE 2023



“

Thank you to **everyone** involved for **creating** such a **fantastic** experience for us to experience and learn from.
So pleased I took part!

”

A W E S O M E

CONFERENCE 2023



“

Absolutely **fantastic** conference with a **wide range** of **amazing** presenters and loads of **information**. As a parent and professional I **gained so much**, especially from the **lived experiences** and it gave me lots of places to go to find out more information. **Thank you!**

”

F A N T A S T I C

CONFERENCE 2023



“

Every part was thought **provoking** and I reckon it'll take me **several weeks** before I've even started **processing** everything I've listen to. **Thank you!**

”

P R O V O K I N G

CONFERENCE 2023



“

“Amazing presentation! Thank you! And I think systemic change will come from things like this conference and your presentation!”

”

S Y S T E M I C

Don't just take our
WORD
for it.

“The great presentation given to our Team by Jodie, an expert by experience, gave a vivid insight into not only the experience of neurodivergent families of health and education services, but also into the need of all people (and the systems) involved with children who struggle with emotional regulation to be aware of their own emotional responses. Jodie’s ideas around the need for co-regulation are refreshing, pragmatic and give a helpful avenue forward in both understanding and in helping young people, parents, and professionals in this very challenging area.”

**- Advanced Mental Health Practitioner, CAMHS
Berkshire Healthcare NHS Foundation Trust**

Don't just take our
WORD
for it.

Kieran Rose - The Autistic Advocate says:

“The Nurture Programme’s annual conference has become a really important part of the year for families with neurodivergent children (and those who support them). I’m always thrilled when I see Jodie’s line-up as she attracts really good speakers. This means I get to spend the day with people I know and respect professionally and listen to their latest thinking, and I’m also introduced to new people.

“The fact that I tend to spend the whole day online, rather than just ‘dip in’ for my talk says everything about how much I enjoy the conference. This will be my third year being a speaker and I’m happy Jodie’s community isn’t sick of listening to me yet!”