

Learning Communication & Interaction Team (LCI)  
SEND Support Service

## Coping with Uncertainty in Everyday Situations (CUES) Workshop

Anxiety can have a significant impact on autistic children and young people, especially when it comes to dealing with uncertainty and unpredictable situations. CUES is a structured programme designed to help manage this anxiety.

In the CUES Workshop, parents participate in eight weekly sessions, each lasting two hours, along with other parents. The goal of these sessions is to provide parents with strategies and tools to help their child handle uncertainty in a more flexible way. This can help reduce the anxiety that comes from not knowing what will happen next, making it easier for the child to cope and feel more comfortable with changes and unknown situations.

**Dates:** 30<sup>th</sup> April 2025, 7<sup>th</sup> May 2025, 14<sup>th</sup> May 2025, 21<sup>st</sup> May 2025, 4<sup>th</sup> June 2025, 11<sup>th</sup> June 2025, 17<sup>th</sup> June 2025, 25<sup>th</sup> June 2025

**Time:** 9.30-11.30

**Location:** New Parks House, 47 Pindar Rd, Leicester LE3 9RN

**Cost:** free

**Aims:** The overall aim is to reduce the impact of uncertainty-based anxiety on the child's daily life and improve their emotional well-being by:

- **Understanding intolerance of uncertainty (IU):** how it relates to autistic children.
- **Working with parents:** to identify individually meaningful situations to focus on during the CUES workshop.
- **Reducing anxiety related to uncertainty:** Helping children and young people develop a more flexible approach to uncertain or unpredictable situations, reducing anxiety around the unknown.
- **Providing practical strategies for parents:** Equipping parents with tools and techniques to support their child in managing anxiety and coping with uncertainty in everyday life.
- **Fostering collaboration between parents:** Creating a supportive environment where parents can learn from each other, share experiences, and feel more confident in their ability to help their child manage anxiety.

**Thank you for showing interest in this course.**

**If you would like to attend, please contact:**

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Specialist Teachers

Learning, Communication and Interaction (LCI) Team

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We are holding a **virtual drop-in session** on TEAMS where you can find out more about the CUES Workshop or ask any questions you may have.

**Date:** Wednesday 12<sup>th</sup> March 2025

**Time:** 10:00 – 11:00

**Meeting ID:** 371 597 146 647

**Passcode:** KJ6S5Dk9