

## The Island Project School

Diddington Hall  
Diddington Lane  
Meriden  
West Midlands  
CV7 7HQ



Telephone 01675 442 588

Email [admin@theislandproject.co.uk](mailto:admin@theislandproject.co.uk)

*Serving the needs of children with autism and related communication disorders in Warwickshire & the West Midlands*

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3rd February 2017

Dear Parents and Carers

### Studio III training for parents

As many of you know, the Island Project uses Studio III as part of its behaviour management. Studio III is accredited by the British Institute of Learning Disabilities

The School has its own accredited Studio III trainer who delivers training within The Island Project, but we strongly believe that this approach can be extremely beneficial within the home environment as well. We have therefore arranged for a Low Arousal Training Course to be made available at cost to parents. Studio III trainers have been running courses in the management of challenging behaviour for many years and courses are based on applied research, carried out in places similar to the Island Project, so the courses are down to earth and user friendly. The aim of this training will be to give you tools to cope with challenging behaviour in the home and therefore reduce stress in family life for all involved.

There are 18 places available and these will be available on a first come first served basis. The cost of the course is £95 per adult \*. If we do not have enough interest, we may be forced to cancel the date, and all money paid would obviously be returned.

#### Course details:

Date :	Monday 20 <sup>th</sup> March 2017
Trainer :	Kit Howe, Studio III
Time :	9.30 am to 3.30pm
Venue :	Heart of England Social Club, Berkswell Road, Meriden, CV7 7LB

Tea, coffee and a light buffet lunch will be provided.

If you are interested in attending, please can you complete the attached form and return to The Island Project by Wednesday 15<sup>th</sup> February 2017 (or email me at [s.gallagher@theislandproject.co.uk](mailto:s.gallagher@theislandproject.co.uk)).

Please provide a deposit of £30, payable to "The Island Project" by 15<sup>th</sup> February 2017. The balance should be paid by Monday 6<sup>th</sup> March 2017.

Continued . . .

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\* If any parent feels that they are unable to meet the cost of this training course, they should contact me as we do have a small hardship fund available to subsidise the cost of a limited number of places

For anyone who is unable to attend the course who would like more practical information on the application of low arousal approaches around the home, we have found that the book "Managing Family Meltdown" [https://www.amazon.co.uk/dp/B00BSE6EV6/ref=dp-kindle-redirect?\\_encoding=UTF8&btcr=1](https://www.amazon.co.uk/dp/B00BSE6EV6/ref=dp-kindle-redirect?_encoding=UTF8&btcr=1) is a useful tool.

Finally, more details on Studio III are set out below, and if you have any questions, please do not hesitate to call or email.

Kind regards

Yours sincerely

**Sarah Gallagher**

School Principal

email : [s.gallagher@theislandproject.co.uk](mailto:s.gallagher@theislandproject.co.uk)



<http://www.studio3.org/>

The ideals of Studio III are to promote the management of challenging behaviours in a totally non-violent, gentle and dignified way by providing a better understanding and insight into challenging behaviour and by the use of low arousal approaches and environmental management

The Low Arousal Approach emphasises a range of behaviour management strategies that focus on the reduction of stress, fear and frustration and seeks to prevent aggression and crisis situations. This approach seeks to understand the role of the "situation" by identifying triggers and using low intensity strategies and solutions to avoid punitive consequences for individuals with ASD.

#### Our Themes

- 1) We believe that a child who self harms can get meaningful employment.
- 2) An adolescent who has committed a serious offence in the past can be supported to move on.
- 3) We believe that their past does not have to rule a child's life.
- 4) We demonstrate that there are alternatives to restraint.
- 5) We help supporters see beyond the behaviour of the people they support.
- 6) We help supporters to be more reflective.
- 7) We are optimists and role model this practice.
- 8) Happiness and general wellbeing are core principles of our four approaches.
- 9) We help people to see beyond the crisis.
- 10) Our training is designed to promote confidence and reduce fear responses.
- 11) We encourage reflective practice in all our work.
- 12) We help supporters to understand that they are part of the solution.
- 13) We focus on being trauma informed in our practice.
- 14) We help supporters to develop positive relationships.
- 15) We are scientist practitioners and apply evidenced based knowledge to real life situations.
- 16) We do not just provide training we also campaign for the people we support.
- 17) In confrontations one person always need to back down and that should always be use.
- 18) We help organisations to manage risk and focus on risk taking
- 19) We help to develop a positive ethos of support with the organisations we support.

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The Island Project is a registered charity No: 1119034

Company registration No: 5924196 School Reg. No: 334/6010

Registered Address: Diddington Hall Diddington Lane Meriden CV7 7HQ

Website: [www.theislandproject.co.uk](http://www.theislandproject.co.uk)

To : The Island Project

Studio III for Parents : 1 day Low Arousal Training

Date :	Monday 20 <sup>th</sup> March 2017
Trainer :	Kit Howe, Studio III
Time :	9.30 am to 3.30pm
Venue :	Heart of England Social Club, Berkswell Road, Meriden, CV7 7LB

I would like to reserve ..... places on the above training

I enclose a deposit of £30 per place and understand that the balance of £65 per place must be paid by Monday 6<sup>th</sup> March 2017.

Cheques should be made payable to "The Island Project"

Name .....

Signature .....