

# Autism Spectrum (AS) Resourced Provision (RP) Network Day 2026

**Di Lowth - HIAS General Inspector SEN**

**Lisa Bitri – HIAS SEN Teaching and Learning Adviser**

**Dr Kirsty Underwood – Educational Psychologist**

**Dr Louisa Gray - Specialist Teacher Advisor, Team Lead for Communication and Interaction**

**Sonia Aurora - Specialist Teacher Advisor - Communication and Interaction**

## Session aim/objective/description

Following the success of the first 2025 Network Day for Autism RP, we are delighted to expand our offer of networking opportunities and professional development. This year, we are introducing another dedicated day of training and collaboration for Autism-designated RP, continuing our commitment to sharing best practice and fostering strong professional connections.

Sessions	
<b>Morning</b>	<p>Hampshire Educational Psychology will be building on their input from last year and revisiting the topics of:</p> <ul style="list-style-type: none"> <li>• Overwhelm - including exploring why school can feel overwhelming for some pupils and considering ways we can better understand and reduce this (e.g., energy accounting).</li> <li>• Self-advocacy - including exploring how we can support young people in developing self-advocacy skills as well as considering others (e.g., family members) who advocate for neurodivergent young people.</li> </ul>
<b>Afternoon</b>	<p>The Specialist Teacher Advisory Service for Communication and Interaction will spotlight sensory processing, what this is and how we can understand and meet these needs.</p>

## Learning outcomes:

By the end of the training day, participants will be able to:

- Explain why school environments can feel overwhelming for some pupils and apply strategies, such as energy accounting, to better understand and reduce overwhelm.
- Support the development of self-advocacy skills in neurodivergent young people and recognize the role of family members and others who advocate on their behalf.
- Describe sensory processing differences and identify practical approaches to understand and meet sensory needs within educational settings.
- Build on previous learning from Hampshire Educational Psychology by revisiting key concepts of overwhelm and self-advocacy, applying these insights to current practice.

## Additional information

**Total cost to attend:** Free to AS RP

**Date:** Friday 22 May 2026

**Duration:** 8.30am to 3.30pm

**Location:** Rookwood Centre, Eastleigh, SO50 4RJ

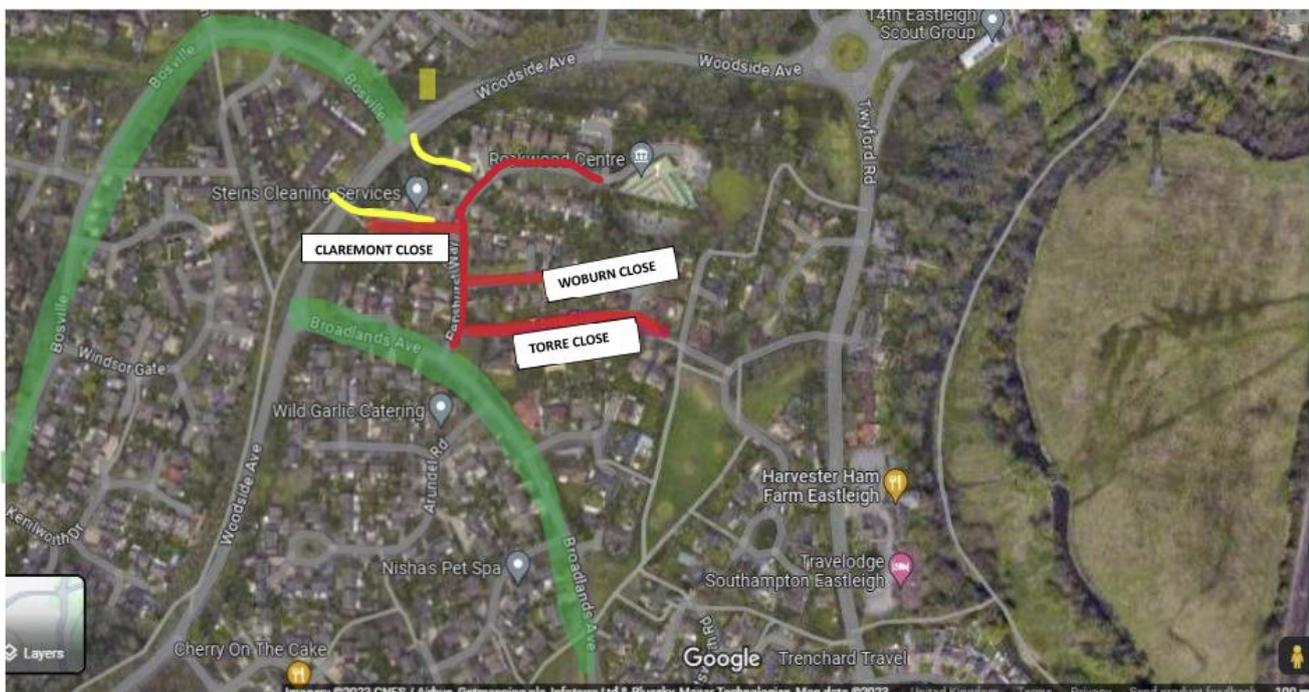
**Please use link to book your place**

[2026 Autism Spectrum \(AS\) Resourced Provision \(RP\) Network Training Day – Fill in form](#)

Tea, coffee, and squash will be provided, however, please come along with your own lunch, a kitchen is available with a working microwave.

On site parking is available, however please see alternative parking details below if the parking lot is full. Do not park on Penshurst Way of the adjoining cul-de-sac.

### Alternative Car Parking



**Green-** Broadlands Avenue & Bosville Parking Areas

**Yellow –** Cut through paths to the Rookwood Centre

**Red-** Avoid this Areas [Penshurst Way/Claremont Close/Woburn Close/ Torre Close]