

HOW DO I GET ON A COURSE?

Parents and Carers can self refer by:

Completing an online form on our website. You'll find this here:

www.northorpe.com/ridingtherapids

Alternatively call us on **01924 492183** or email us using **support@northorpe.com** and we'll provide a form for you to complete.



Before the course, we meet with all parents/carers to make sure the course is right for you and to answer any questions.

FREQUENTLY ASKED QUESTIONS

Do we need to live in Kirklees?

No, the course is open to families who can travel to Northorpe Hall in Mirfield for 10 weeks.

Can I bring someone with me?

Yes, we offer 2 spaces per family for anyone who has frequent contact with the child.

WHAT PARENTS HAVE SAID ABOUT RTR

Riding the Rapids was a lifeline because I'd got to a point where I just couldn't handle things anymore and I felt like I was on my own. When I got there I realised everyone was in the same boat - it really brought me out of the depths.

I've learned so much - I will miss it.

Have really enjoyed being part of this group, Everyone supporting each other. You're not on your own.

I am realising how far he has come and how much calmer I am.

It's been brilliant - so much taught in such a fun way.

Riding the rapids has been designed by the NHS Foundation Trust and Manchester University. It is being delivered by Northorpe Hall Child + Family Trust in partnership with Northpoint.



**NORTHORPE HALL
CHILD + FAMILY TRUST**

RIDING THE RAPIDS

**STARTS 24TH SEPTEMBER
12:30 - 2:30pm**

**FOR PARENTS/CARERS OF PRIMARY
SCHOOL AGED CHILDREN WHO ARE
AUTISTIC OR ON THE PATHWAY FOR
AUTISM ASSESSMENT**

WHAT IS RIDING THE RAPIDS?

Riding the Rapids is a free course designed for parents and carers of children who are autistic, on the pathway for autism assessment, or who have significant learning disabilities or other complex disabilities. The course aims to help parents understand and support their child's wellbeing—reducing stress, distress, distress-related behaviours, and other behaviours of concern.



Research shows that parents and carers who attend Riding the Rapids can;



Develop effective strategies to support their children.



Increase their coping skills and confidence - thereby reducing stress.

THE COURSE

Each weekly session covers a different aspect of supporting autistic children / children with a learning disability.

At the start of the course, parents and carers choose a target they want to understand or focus on to improve their child's wellbeing. They then formulate a plan to tackle it using a variety of strategies.



RTR takes place for 2 hours a week for 10 weeks.

Parents and carers develop strategies through discussion, teaching, practicing ideas and watching videos where families talk about their experience. Strategies are put into place between sessions.



A follow-up meeting takes place a few months after the course has finished.

THE COURSE



This course starts on: 24th September 2025



This course is for the parents/carers of primary school aged children.

The course will take place at:

**Northorpe Hall Child + Family Trust
53 Northorpe Lane
Mirfield, WF14 0QL**

COURSE SUITABILITY

People attending this course



Live with/have frequent contact with a child with an Autism diagnosis and/or significant learning disabilities.



Want support with their child's wellbeing/behaviours.



Are committed to a ten week course and trying strategies in-between.