

13th October 2026

Dear Parent/Carers,

I am writing to let you know about the National Autistic Society's **Teen Life Programme**, which will be running at The Mandeville School from November 2026.

Teen Life is a six-week programme for families of secondary-aged young people with a diagnosis of autism, or those with identified autistic needs who have not yet undergone a diagnostic assessment. The programme provides an opportunity for parents, school staff and professionals to share experiences and strategies to support young people both at home and at school.

Topics covered include self-esteem, stress and anxiety, understanding diagnosis, puberty and planning for the future.

The sessions will take place at **The Mandeville School on Wednesday mornings from 9:30am–12:00pm**, beginning on **11 November 2026** and running for six weeks until **16 December 2026**. There is no charge to attend.

I have attached the programme information for further details.

If you would be interested in taking part, please reply to this email to confirm that you are happy for the school to make a referral on your behalf.

Kind regards,

Mrs. C.Jones-Rayson

Mrs C. Jones-Rayson
Assistant Headteacher & SENDCo
The Mandeville School