

PARENT WORKSHOPS

Practical support. Expert advice. Stronger together. 



A series of workshops to inform, support and empower families through every stage of your child's journey.



	DATE	WORKSHOP	HOSTED BY
 SEP-26	25/09/2026 10am – 11.30am	College transition meeting A session to help families understand the transition from school to college, including pathways, support available, and how to prepare for the next stage of education.	 Lucy, Kristof & Sara
 OCT-26	Mon 12/10/26 1.30pm – 3pm	World Mental Health Day Supporting parent and family wellbeing.	 Lucy
 NOV-26	Thurs 19/11/26 10am – 11am	Levels of Communication Identifying your child's communication and ways to progress	 Dan
 DEC-26	Fri 4/12/26 10am – 11.30am	IT A general session offering practical advice on adapting IT to suit the needs of your child.	 Caitlin
 JAN-27	Thurs 21/01/27 10am – 11.30am	Supporting communication needs for children with ASC	 Kate Sneddon
 FEB-27	Tues 9/2/27 10am – 11.30am	Safer Internet Day A session exploring how to keep children safe online, including managing risks, privacy, and safe digital habits.	 Mayrose & Caitlin
 MAR-27	Fri 12/03/27 10am – 11.30am	Sleep, Movement and Postural Management Guidance from the Physiotherapy and Occupational Therapy teams on supporting healthy sleep routines and maintaining safe, comfortable posture throughout the day and night and why movement and posture are essential for comfort, health and participation.	 Clare
 MAR/APR? TBC	TBC	Toilet Training To help families support their child with toilet training.	 Anna Howard-Price
 APR-27	Fri 23/4/27 10am – 11.30am	Puberty and Growing Up A workshop to help parents understand and support the physical and emotional changes that occur during puberty.	 Lucy Hall
 MAY-27	Mon 10/05/27 13.00 – 14.30	CAMHS An overview of how Child and Adolescent Mental Health Services work, what support is available, and how families can access help.	 Anna/ Anthony
 JUN-27	Fri 12/06/27 10am – 11.30am	General Benefits and Welfare Rights – Transition to Adult Social Care Information for families on financial support, entitlements,	 Lucy
 JUL-27	Fri 02/07/27 10AM – 11.30am	Managing Transitions for Travel – Autism Support Practical advice to help families prepare children with autism for travelling, including routines, visual supports and reducing anxiety. Managing Behaviour in the Community – Autism Support Guidance for supporting positive behaviour while out in the community, with strategies tailored for children with autism.	 Lucy



Come along, ask questions, share experiences and feel more confident in supporting your child.



ALL WELCOME!
We look forward to seeing you. 