

Our Workshops - Summer Term 2024



Angels
AUTISM & ADHD SUPPORT

Supporting Sensory Needs Workshop



Autistic children and those with ADHD experience their senses differently to others; sometimes experiencing too much or too little. This can make the world around them seem overwhelming.

Join us to look at how to support your child's sensory needs.



**23rd April, 10am - 12noon
on Zoom**

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Autism and ANXIETY

Autistic people are more likely to experience anxiety. Anxiety for those on the autism spectrum can be more intense than for those who are not. Join us to look at anxiety in more detail and discuss ways to help support your child or young person.



**7th May, 10am - 12noon
on Zoom**


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Come and talk to us about... EDUCATION ISSUES!

21st May, 10am - 12noon on Zoom

Join us for a Q&A session on all things related to Education: EHCP's, Graduated Response, Panels, Appeals, Mediation and Tribunals etc.



Managing Meltdowns Workshop **Angels**
AUTISM & ADHD SUPPORT

Join our friendly, informative workshop to better understand meltdowns and rage.

We will look at why they happen and look at ways to help when they do.



**11th June
10am-12pm
on Zoom**

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Executive Function Dysfunction



Executive functioning skills help you get things done! These skills are controlled by an area of the brain called the frontal lobe. It's common for those with Autism and ADHD to struggle with this.

Executive function helps you:
Manage Time, Pay Attention, Switch Focus
Organise, Remember Details, Avoid Saying or Doing the Wrong Thing, Multitask

Executive Function Dysfunction can affect your ability to:
Work or go to School, Do things Independently & Maintain Relationships

Often autistic people and those with ADHD often struggle with this. Come to our informative and helpful workshop to learn strategies to help.



**25th June,
10am-12 noon via Zoom**

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SURVIVING the Summer Holidays

9th July, 10am-12noon via zoom

Losing the predictability and structure that school brings coupled with everywhere you visit being extremely busy. The summer holidays can be really difficult for families of neurodivergent children.

Join us for a discussion about ways to cope during the summer break.

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