



WISE UP WORKSHOPS

Empowering Parent Carers to succeed



Free Workshops



Needs based



Designed by parents



Wide range of subjects



100% parents attending would recommend





WELCOME

Being a parent carer of a child or young person with additional needs can bring unique joys, but also situations that are challenging and sometimes overwhelming to navigate. You are not alone.

To help support you on this journey, we've created a series of workshops shaped by the topics you've told us matter most. These sessions are designed to provide practical information, emotional support, and empowering education.

At the heart of this project is a simple but powerful idea: **Workshops for Information, Support and Education** delivered by people who truly understand. Every workshop will be led or co-led by someone with lived experience of being a parent carer, ensuring that the guidance you receive is grounded in empathy and real-life insight.

We hope these workshops help you feel more confident, connected, and equipped to advocate for your child and your family.

We are grateful to NHS Somerset for funding this programme. We are proud to be working in partnership with such dedicated and experienced teams. We look forward to collaborating with new presenters this year who bring fresh perspectives and lived experience.

Our workshops run across Somerset at a range of times, aiming to make them as accessible as possible for parent carers.

Thanks to feedback from parent carers, we've also made sure that as many workshops as possible are available online, so you can join from home if that suits you better.

Booking

To book, you'll need to be on the Somerset Parent Carer Forum database. Once registered, you can book using your email address.

Visit: somersetparentcarerforum.org.uk/home/wise-up-workshops

How to talk to your child about Neurodiversity

Dates

Tuesday 16th Sep

Tuesday 18th Nov

Tuesday 20th Jan

Tuesday 17th March

Tuesday 19th May

Tuesday 14th July

Location

Online

Time

10:00 to 12:00

Delivered By

This workshop will be led by a member of the Children and Young Person's Neurodevelopmental Pathway (CYPNP) team.

CYPNP is a Somerset-based service that delivers NICE-compliant, neurodiversity assessments for children and young people aged 4 to 17, focusing on Autism and ADHD. Their expertise and experience in supporting neurodivergent individuals will bring valuable insight to the session.

Workshop details

We all have different brains and different ways of learning and thriving in the world. Sometimes these differences can be described by a diagnosis like Autism or ADHD.

Perhaps you are wondering how to talk to your child about their differences? Or you are wondering about the benefits and risks of exploring these further through a formal assessment?

This session will cover how to begin these conversation's with your young person and look at what support is available in Somerset, around Neurodiversity regardless of a formal diagnosis."

Scan to Book



Sleep Differences in Neurodivergent Young People

Delivered By

This workshop will be led by a member of the Children and Young Person's Neurodevelopmental Pathway (CYPNP) team.

CYPNP is a Somerset-based service that delivers NICE-compliant neurodiversity assessments for children and young people aged 4 to 17, focusing on Autism and ADHD. Their expertise and experience in supporting neurodivergent individuals will bring valuable insight to the session.

Workshop details

In this workshop we will think about, some of the common reasons why sleep is more challenging if you are neurodivergent, looking at how sleep structure differs if you are Autistic and/or have ADHD.

We will consider together, some of the common sleep difficulties neurodivergent young people can face, looking at a range of tools and solutions designed to support both your young person and you, as parents when sleep is lacking!

This workshop takes a compassionate look at some of the sleep challenges, we often see and aims to help you to have more understanding of your young person's sleep differences, providing you with some ideas to go away and try.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Wed 22 nd Oct 2025	10:00 - 12:00	Online
Mon 1 st Dec 2025	12:30 - 14:30	Online
Thurs 5 th Feb 2026	10:00 - 12:00	Shepton Mallet & Online
Tue 2nd April 2026	12:30 - 14:30	Cheddar & Online
Tues 29 th June 2026	12:30 - 14:30	Bridgwater & Online

Help your Neurodivergent Child Manage their Anxiety

Delivered By

This workshop will be led by a member of the Children and Young Person's Neurodevelopmental Pathway (CYPNP) team.

CYPNP is a Somerset-based service that delivers NICE-compliant neurodiversity assessments for children and young people aged 4 to 17, focusing on Autism and ADHD. Their expertise and experience in supporting neurodivergent individuals will bring valuable insight to the session.

Workshop details

Children and young people can feel anxious about different things, at different ages and different times. Anxiety becomes a problem for children and young people, when it starts to get in the way of their everyday life.

Severe anxiety can harm children's mental and emotional wellbeing, affecting their self-esteem and confidence. We will think about how being neurodivergent (Autistic, ADHD or other) may impact how you experience anxiety and how to manage this.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Tues 9 th Sep 2025	12:30 - 14:30	Minehead & Online
Mon 10 th Nov 2025	10:00 - 12:00	Yeovil & Online
Thurs 15 th Jan 2026	12:30 - 14:30	Taunton & Online
Fri 6 th March 2026	12:30 - 14:30	Glastonbury & Online
Fri 15 th May 2026	10:00 - 12:00	Highbridge & Online
Fri 3 rd July 2026	12:30 - 14:30	Frome & Online



Emotional Health & Well-being

Dates

September TBC

Location

Online

Workshop Time

18.30-20.30

Delivered by:

NeuroConnect are a neurodivergent-led organisation dedicated to supporting the mental health and emotional wellbeing of children and families. Their parent training programmes are delivered by experienced facilitators who combine professional expertise with lived experience, ensuring a compassionate and relatable approach.

The organisation specialises in working with families affected by **neurodivergence** and **developmental trauma**, offering **neuroaffirming**, **trauma-informed**, and **inclusive** support.

Workshop details

This workshop will focus on stress and emotional wellbeing, recognising the impact of stress on our children and ourselves.

We will look at identifying the signs of stress within our children and ourselves, identifying what helps you and your family to regain a calm and regulated state.

We will learn what we can do to help our children and ourselves when things become overwhelming. The workshop will give practical applied ideas to take away and try at home with your family

Scan to Book





NeuroConnect

Meltdowns & Shutdowns

Dates

Thursday 6th Nov

Location

Online

Workshop Time

10:00 - 12:00

Delivered by:

NeuroConnect are a neurodivergent-led organisation dedicated to supporting the mental health and emotional wellbeing of children and families. Their parent training programmes are delivered by experienced facilitators who combine professional expertise with lived experience, ensuring a compassionate and relatable approach.

The organisation specialises in working with families affected by **neurodivergence** and **developmental trauma**, offering **neuroaffirming**, **trauma-informed**, and **inclusive** support.

Workshop details

Is daily life like treading on eggshells between meltdowns that are unpredictable and explosive? Are there times where you feel like you cannot reach your child because they have shut down?

This will be a space for any parent who is parenting a child, whether they are undiagnosed or diagnosed Neurodivergent. This workshop can give you tools to take away aiming to give a greater understanding of your own and your child's responses to stress.

Scan to Book





NeuroConnect

Neurodivergent Burnout

Dates

Monday 19th Jan

Location

Online

Workshop Time

18.30-20.30

Scan to Book



Delivered by:

NeuroConnect are a neurodivergent-led organisation dedicated to supporting the mental health and emotional wellbeing of children and families. Their parent training programmes are delivered by experienced facilitators who combine professional expertise with lived experience, ensuring a compassionate and relatable approach.

The organisation specialises in working with families affected by **neurodivergence** and **developmental trauma**, offering **neuroaffirming**, **trauma-informed**, and **inclusive** support.

Workshop details

Many families who seek our support are parenting through burnout.

- Is your child struggling to access school?
- Has their personality, sleep, or eating pattern changed?

These can all be very typical signs of **neurodivergent burnout**.

We offer a **safe, supportive space**, to explore what might be driving your child's behaviour and how to meet their needs with compassion and understanding. Through shared **lived experiences**, you'll gain insight into the underlying reasons behind these changes.

You'll leave with:

- Practical tools to support your child through burnout
- Increased confidence to advocate for your child in challenging situations



NeuroConnect

Low Demand Parenting

Dates

Thursday March
19th

Location

Online

Workshop Time

12.00-14.00

Delivered by:

NeuroConnect are a neurodivergent-led organisation dedicated to supporting the mental health and emotional wellbeing of children and families. Their parent training programmes are delivered by experienced facilitators who combine professional expertise with lived experience, ensuring a compassionate and relatable approach.

The organisation specialises in working with families affected by **neurodivergence** and **developmental trauma**, offering **neuroaffirming**, **trauma-informed**, and **inclusive** support.

Workshop details

Are you finding it confusing or difficult to work out the parenting style your child needs and being told your current style doesn't work?

How many times have you heard "you're not being strict enough and your child's behaviour would change if you were firmer"?

Parenting styles need to be adapted when demands present challenges, or when the word "no" can be difficult to navigate.

We will think together about language and parenting styles to combat this. We offer a safe space for parents to talk about individual circumstances where we will share concrete tools to help you to scaffold life.

Scan to Book





NeuroConnect

Attachment & Trauma through a Neurodivergent lens

Dates

Thursday 7th May

Location

Online

Workshop Time

18.30-20.30

Delivered by:

NeuroConnect are a neurodivergent-led organisation dedicated to supporting the mental health and emotional wellbeing of children and families. Their parent training programmes are delivered by experienced facilitators who combine professional expertise with lived experience, ensuring a compassionate and relatable approach.

The organisation specialises in working with families affected by **neurodivergence** and **developmental trauma**, offering **neuroaffirming**, **trauma-informed**, and **inclusive** support.

Workshop details

We will think about what attachment theory is and how it is applied to understanding attachment trauma. We will spend time thinking about the impact of trauma, on the nervous system and how it impacts parenting and your child.

Whether you are parenting a traumatised child or you are a parent with trauma yourself, this is a safe space to talk about this sensitive area, as we know it can be a difficult subject to talk about. We are here to help as professionals who understand and listen without any judgments.

This session is carried on via the Attachment through a neurodivergent lens and it may be beneficial to sign up to both workshops.

Scan to Book





NeuroConnect

Attachment through a Neurodiverse Lens

Dates

Monday June 22nd

Location

Online

Workshop Time

18.30-20.30

Delivered by:

NeuroConnect are a neurodivergent-led organisation dedicated to supporting the mental health and emotional wellbeing of children and families. Their parent training programmes are delivered by experienced facilitators who combine professional expertise with lived experience, ensuring a compassionate and relatable approach.

The organisation specialises in working with families affected by **neurodivergence** and **developmental trauma**, offering **neuroaffirming**, **trauma-informed**, and **inclusive** support.

Workshop details

Carrying on from the previous workshop on attachment and trauma, this workshop specifically focuses on a neurodiverse lens on attachment theory and the issues that can present.

However if you did not attend the previous workshop that is still fine.

Have you been told you have a dysfunctional attachment disorder, or your child has an attachment disorder?

Catherine, is a specialist neurodivergent therapist trained in approaches to therapies and works in a neuro-affirming way.

This will be a space to learn about attachment through a neurodiverse lens Diagnosed or undiagnosed.

Scan to Book





Understanding Social Skills & Adapting for Your SEN Child

Delivered by:

The therapy team at Bibic is at the heart of their work, offering expert, compassionate support to individuals with developmental and neurological difficulties.

Based in Langport, Somerset, the team brings together a diverse range of specialisms, accreditations, and qualifications, allowing them to tailor their approach to meet the unique needs of every child, young person, and adult they support.

Workshop details

This workshop explores how social skills develop over time, how to identify and support gaps, and practical ways to foster friendship skills and social understanding.

This workshop will cover:

- Wellbeing in neurodivergence, including strategies to support.
- You'll receive guidance on adapting approaches.
- You'll gain strategies to support children in building connections and navigating social situations, while recognising and celebrating their individual strengths.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Tues 18 th Sep 2025	12:30 - 14:30	Frome & Online
Fri 24 th April 2026	12:30 - 14:30	Wellington & Online
Wed 1 st July 2026	12:30-14:30	Minehead & Online



Increasing Independence for Children. up to 12 years

Delivered by:

The therapy team at Bibic is at the heart of their work, offering expert, compassionate support to individuals with developmental and neurological difficulties.

Based in Langport, Somerset, the team brings together a diverse range of specialisms, accreditations, and qualifications, allowing them to tailor their approach to meet the unique needs of every child, young person, and adult they support.

Workshop details

Every child's path to independence is unique. This training session will focus on supporting executive functioning, showing you how to develop age-appropriate independence skills.

In this workshop you will learn how to:

- Encourage resilience and autonomy in ways that honour individual needs.
- Explore practical strategies to make everyday routines and transitions smoother.

Join us to discover supportive approaches that empower neurodiverse children.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Tues 9 th Oct 2025	12:30 - 14:30	Glastonbury & Online
Thurs 22 nd Jan 2026	12:30 - 14:30	Yeovil & Online
Thurs 25th June 2026	10:00 - 12:00	Shepton Mallet & Online



Increasing Independence & Daily Living Skills Over 12 years

Delivered by:

The therapy team at Bibic is at the heart of their work, offering expert, compassionate support to individuals with developmental and neurological difficulties.

Based in Langport, Somerset, the team brings together a diverse range of specialisms, accreditations, and qualifications, allowing them to tailor their approach to meet the unique needs of every child, young person, and adult they support.

Workshop details

Join us for an empowering training session, where we'll explore the vital role of executive functioning, the brain's management system and how it impacts daily life. You'll gain insight into what happens when executive functioning is impaired and discover supportive strategies, tailored for neurodiverse children and young people.

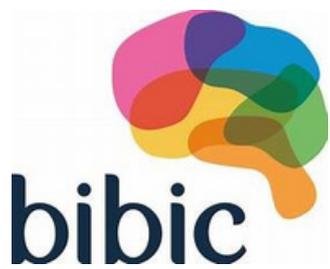
In this workshop you will learn how to:

- What executive functioning is and why it matters.
- Common challenges faced by neurodiverse youth.
- How to nurture self-motivation.
- Tools for promoting independence in budgeting, financial management, and daily living skills.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Wednesday 10 th Dec	19:00 - 21:00	Online
Wednesday 25 th Feb	TBC	Bridgwater & Online
Tuesday 12 th May	10:00 - 12:00	Frome & Online



Understanding Sensory Processing

Delivered by:

The therapy team at Bibic is at the heart of their work, offering expert, compassionate support to individuals with developmental and neurological difficulties.

Based in Langport, Somerset, the team brings together a diverse range of specialisms, accreditations, and qualifications, allowing them to tailor their approach to meet the unique needs of every child, young person, and adult they support.

Workshop details

Everyone experiences the world through their senses, in their own way. This training session unpacks the sensory system, including proprioception, vestibular, interoception and explores how these impact daily life and sleep. Learn to recognise the difference between sensory overload and tantrums, understanding the link between sensory difficulties and anxiety.

This workshop will also discuss:

- Stimming, what it is, why it helps, and when to intervene.
- Gain practical insights and strategies to recognise and respond to sensory needs, in yourself and your children.
- How to support sensory needs.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Wed 19 th Nov 2025	10:00 - 12:00	Taunton & Online
Mon 2 nd Feb 2026	12:30 - 14:30	Cheddar & Online
Wed 10 th June 2026	10:00 - 12:00	Wincanton & Online



Understanding Language Development & Disorders

Dates

Monday 23rd Feb

Location

19.00-21.00

Workshop Time

Online

Delivered by:

The therapy team at Bibic is at the heart of their work, offering expert, compassionate support to individuals with developmental and neurological difficulties.

Based in Langport, Somerset, the team brings together a diverse range of specialisms, accreditations, and qualifications, allowing them to tailor their approach to meet the unique needs of every child, young person, and adult they support.

Workshop details

We can develop communication skills at different rates and in different ways.

This workshop explores:

- The **typical stages of language development.**
- An **overview of language disorders.**
- **Practical strategies** to support and build communication skills.

You'll gain insights and approaches to help children express themselves and connect with others in meaningful ways.

Scan to Book





Understanding Autism & Related Needs

Dates

**Monday 8th
December**

Location

**Langport
& Online**

Workshop Time

12.30-14.30

Delivered by:

The therapy team at Bibic is at the heart of their work, offering expert, compassionate support to individuals with developmental and neurological difficulties.

Based in Langport, Somerset, the team brings together a diverse range of specialisms, accreditations, and qualifications, allowing them to tailor their approach to meet the unique needs of every child, young person, and adult they support.

Workshop details

Everyone experiences autism in their own way.

This workshop explores:

- How autism can typically present differently in males and females.
- Challenges such as sensory overload and demand avoidance.
- The role of executive functioning difficulties.

You'll gain practical strategies to support behaviour and champion children and young people in all they do.

Scan to Book





Understanding ADHD & Related Needs

Dates

Monday 6th July

Location

Yeovil & Online

Workshop Time

10:00 - 12:00

Delivered by:

The therapy team at Bibic is at the heart of their work, offering expert, compassionate support to individuals with developmental and neurological difficulties.

Based in Langport, Somerset, the team brings together a diverse range of specialisms, accreditations, and qualifications, allowing them to tailor their approach to meet the unique needs of every child, young person, and adult they support.

Workshop details

ADHD influences attention, focus, and self-regulation in many different ways.

This workshop covers:

- The core symptoms of ADHD.
- Related behavioural conditions such as Oppositional Defiant Disorder (ODD).
- How executive functioning impacts individuals with ADHD.

You'll explore practical strategies for managing challenges and supporting individuals, making everyday situations, feel more manageable and positive.

Scan to Book





Autistic Masking

Dates

Wed 15th October

Wed 11th Feb

Location & Time

**Oct @ Cheddar &
Online
10-12**

**Feb @ Langport &
Online
10-12**

Delivered by:

Corrina has been developing and delivering workshops and courses for over 10 years and is a qualified tutor. Her Masters in Autism focussed on developing tools to increase awareness of Autism in wider family.

As a parent Corrina has 4 children with autism and co-occurring conditions including dyspraxia, dyslexia, demand avoidance, processing disorder and selective mutism.

Corrina uses a unique blend of research and lived experience to provide thought provoking, interactive and interesting workshops and training courses.

Workshop details

Many autistic individuals mask their behaviours. This workshop is designed to help you understand the possible reasons why autistic people mask and how to help.

This workshop explores:

- What is masking?
- Why autistic individuals mask?
- Risks associated with masking.
- Fawning.
- Strategies with supporting children that mask.

Scan to Book





When Siblings Needs Clash

Dates

Friday 26th Sept

Monday 9th March

Location & Time

**Sept @ Highbridge
& Online**

10:00 - 12:00

**March @ Taunton
& Online**

10:00-12:00

Delivered by:

Corrina has been developing and delivering workshops and courses for over 10 years and is a qualified tutor. Her Masters in Autism focussed on developing tools to increase awareness of Autism in wider family.

As a parent Corrina has 4 children with autism and co-occurring conditions including dyspraxia, dyslexia, demand avoidance, processing disorder and selective mutism.

Corrina uses a unique blend of research and lived experience to provide thought provoking, interactive and interesting workshops and training courses.

Workshop details

If you have a household with more than one neurodivergent child, then you have most likely experienced their needs clashing!

- Perhaps you have a seeker and an avoider who annoy each other?
- Perhaps you feel family days out are just not worth the hassle?

This workshop considers:

- The four steps to calm(ish).
- Flashpoints.
- Scenario's.
- Strategies.

There will be an opportunity at the end of the presentation to discuss 'live' situations, trouble-shoot ideas and strategies that may help.

Scan to Book





Parenting a Child with Extreme Demand Avoidance

Date

Friday 5th December

Location

Wellington & Online
via Microsoft Teams

Workshop time

10:00 - 12:00

Delivered by:

Corrina has been developing and delivering workshops and courses for over 10 years and is a qualified tutor. Her Masters in Autism focussed on developing tools to increase awareness of Autism in wider family.

As a parent Corrina has 4 children with autism and co-occurring conditions including dyspraxia, dyslexia, demand avoidance, processing disorder and selective mutism.

Corrina uses a unique blend of research and lived experience to provide thought provoking, interactive and interesting workshops and training courses.

Workshop details

Parenting a child with extreme demand avoidance can be challenging and strategies can often feel counterintuitive.

Our children can present as controlling and are often misunderstood, but most of their behaviours come from a place of high anxiety.

This workshop will consider:

- What do we mean by extreme demand avoidance?
- What are demands?
- differing presentations you might see.
- strategies for dealing with avoidant behaviours.

Scan to Book





Internal Presentation of Autism

Dates

Monday 29th Sept

Friday 22nd May

Location & Time

**Sept @ Yeovil &
Online
12.30-14.30**

**May @ Glastonbury
& Online
12.30-14.30**

Delivered by:

Corrina has been developing and delivering workshops and courses for over 10 years and is a qualified tutor. Her Masters in Autism focussed on developing tools to increase awareness of Autism in wider family.

As a parent Corrina has 4 children with autism and co-occurring conditions including dyspraxia, dyslexia, demand avoidance, processing disorder and selective mutism.

Corrina uses a unique blend of research and lived experience to provide thought provoking, interactive and interesting workshops and training courses.

Workshop details

Often known as the 'female presentation', we now recognise that it is not just girls, who can have an internal presentation.

This workshop compares the differences between external and internal presentations and signs to look out for.

We will also explore masking, case studies, and more importantly, strategies for supporting our children.

Scan to Book





Family Health & Wellbeing

Dates

Friday 7th Nov

Wed 13th May

Location & Time

Nov @ Bridgwater &
Online
TBC

May @ Langport &
Online
10-12

Delivered by:

Corrina has been developing and delivering workshops and courses for over 10 years and is a qualified tutor. Her Masters in Autism focussed on developing tools to increase awareness of Autism in wider family.

As a parent Corrina has 4 children with autism and co-occurring conditions including dyspraxia, dyslexia, demand avoidance, processing disorder and selective mutism.

Corrina uses a unique blend of research and lived experience to provide thought provoking, interactive and interesting workshops and training courses.

Workshop details

As parent carers of children with SEND, our days are often consumed by appointments, advocacy, and the emotional labour of supporting our children. In the midst of this, our own health and well-being can quietly slip to the bottom of the priority list. But to care for others, we must also care for ourselves.

This workshop offers a compassionate space to explore:

- The real-life barriers that prevent us from prioritising our own well-being.
- The impact of chronic stress and exhaustion on the whole family.
- Practical, doable strategies to help us find a better balance.
- Ways to reclaim time, energy, and emotional space for ourselves, without guilt.

Whether you're running on empty or just need a moment to reflect, this session is designed to support you in reconnecting with your own needs, so that you can continue to care with strength, clarity, and kindness.

Scan to Book





De-escalation & Dealing with Crisis

Dates

Wednesday 21st Jan

**Wednesday 15th
April**

Location & Time

**Jan @ Frome &
Online
12.30-14.30**

**April @ Bridgwater
& Online**

Delivered by:

Corrina has been developing and delivering workshops and courses for over 10 years and is a qualified tutor. Her Masters in Autism focussed on developing tools to increase awareness of Autism in wider family.

As a parent Corrina has 4 children with autism and co-occurring conditions including dyspraxia, dyslexia, demand avoidance, processing disorder and selective mutism.

Corrina uses a unique blend of research and lived experience to provide thought provoking, interactive and interesting workshops and training courses.

Workshop details

Managing emotional dysregulation is stressful, distressing, and exhausting. How can we prevent the escalation? Or if not possible, how do we de-escalate a situation safely?

This workshop considers how we can recognise the signs early enough to prevent the meltdown behaviours, and when we can't, how to manage a crisis using low arousal strategies and techniques.

Scan to Book





Neurodivergence or Adolescence? Navigating Through Change. 8-18 years

Dates

Friday 17th October

Location & Time

Oct @ Wellington &
Online
10:00 - 12:00

Delivered by:

Corrina has been developing and delivering workshops and courses for over 10 years and is a qualified tutor. Her Masters in Autism focussed on developing tools to increase awareness of Autism in wider family.

As a parent Corrina has 4 children with autism and co-occurring conditions including dyspraxia, dyslexia, demand avoidance, processing disorder and selective mutism.

Corrina uses a unique blend of research and lived experience to provide thought provoking, interactive and interesting workshops and training courses.

Workshop details

Do you find it tricky to know what behaviour is due to your child's neurodivergence and what is simply being a teenager?

This workshop aims to examine the relationship, between neurodivergence and adolescence. Providing understanding and supporting strategies for our children through this often difficult time.

Scan to Book



The Inclusion
Service. ✨

Smooth Starts: Supporting your child's transition to a new school

Dates

**Thursday 11th
September**

Thursday 21st May

Location & Time

**Sept @ Taunton &
Online**

12.30-14.30

**May @ Yeovil &
Online**

12.30-14.30

Delivered by:

The Inclusion Service, founded by **Zoe Crarer**, is a consultancy committed to making SEN support **clearer, kinder, and genuinely useful**. Zoe supports schools, parent carers, and home-educating families with expert advice on all things SEN.

With a strong background in **education, SEN, and assessment**, and years of experience in schools, Zoe works directly with children and young people of all ages to ensure their learning needs are understood.

Zoe works closely with parent carers to help them feel confident navigating the SEN landscape, turning complexity into clarity with practical guidance.

Workshop details

Transitions can be exciting but they can also spark anxiety, especially for children with additional needs.

This practical, parent carer-focused workshop offers clear guidance, expert insight, and tried-and-tested strategies to help you and your child navigate change.

This workshop will explore:

- Common challenges during school transitions and how to overcome them.
- Emotional wellbeing: how to support anxiety, friendships, and self-esteem.
- What and how to share meaningful information with the new school.
- Practical tips and strategies to take away and put into practice.

Scan to Book



The Inclusion
Service. ✨

Daily Rhythms: Supporting day-to-day transitions for your child

Dates

**Monday 24th
November**

Location

**Minehead
& Online**

Workshop time

11.00-13.00

Delivered by:

The Inclusion Service, founded by **Zoe Crarer**, is a consultancy committed to making SEN support **clearer, kinder, and genuinely useful**. Zoe supports schools, parent carers, and home-educating families with expert advice on all things SEN.

With a strong background in **education, SEN, and assessment**, and years of experience in schools, Zoe works directly with children and young people of all ages to ensure their learning needs are understood.

Zoe works closely with parent carers to help them feel confident navigating the SEN landscape, turning complexity into clarity with practical guidance.

Workshop details

From mornings to mealtimes, transitions happen all day and for many children with additional needs, they can be tough. This practical, down-to-earth workshop helps parent carers make daily shifts smoother and more predictable.

This workshop will explore:

- What transitions look like at home, school, and beyond
- Why they can be tricky and how to spot the signs.
- Tips for easing movement between activities, spaces, and emotional states.
- Using visuals, prompts, and sensory tools to reduce stress.
- Building routines that feel safe but flexible.
- Working with schools to keep strategies consistent.

Scan to Book



The Inclusion
Service. ✨

Empowering Parents: Building Strong SEN Partnerships with Schools

Delivered by:

The Inclusion Service, founded by **Zoe Crarer**, is a consultancy committed to making SEN support **clearer, kinder, and genuinely useful**. Zoe supports schools, parent carers, and home-educating families with expert advice on all things SEN.

With a strong background in **education, SEN, and assessment**, and years of experience in schools, Zoe works directly with children and young people of all ages to ensure their learning needs are understood.

Zoe works closely with parent carers to help them feel confident navigating the SEN landscape, turning complexity into clarity with practical guidance.

Workshop details

This session will give parents the clarity and tools to become informed advocates and valued partners in their child's educational journey. With a focus on positivity, collaboration, and practical steps, you'll gain confidence to navigate Special Educational Needs (SEN) discussions, strengthening your relationship with the school.

What you'll explore:

- What SEN means and looks like including breakdown of 'the graduated response' to SEN.
- Understanding school roles: who to approach and when.
- Reasonable adjustments that make a difference—and how to request them.
- How to 'organise your thinking' around SEN so that you bring focussed and clear information to a discussion.
- Key questions to ask in SEN discussions to spark conversations and actions that support your child or young person.
- What you should expect from a meeting—and how to follow up effectively.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Mon 20th Oct 2025	12:30 - 14:30	Shepton Mallet & Online
Thurs 12th Feb 2026	12:30 - 14:30	Wellington & Online
Thurs 11th June 2026	12:30 - 14:30	Langport & Online



Educational Assessments
and SEND Consultancy

Decoding Dyslexia: What we all should know

Dates

Monday 17th Nov

Tuesday 21st April

Location & Time

Nov - Frome &

Online

10:00 -12:00

April - Taunton &

Online

12.30-14.30

Delivered by:

With a background as a qualified teacher, SENCO, and Specialist Assessor for dyslexia, Heidi Humpage brings a wealth of expertise across nursery, primary, secondary mainstream, and special school environments.

Her approach champions understanding each child's strengths and challenges through bespoke assessments and tailored support plans leading to inclusive strategies, empowering both parents and educators to navigate the complex SEND landscape with confidence.

Workshop details

Join us for a practical, parent-friendly workshop offering simple, research-based strategies to boost your child's reading, spelling, and confidence. During this workshop we will look at the definition of dyslexia and the characteristic areas of difficulty, plus some additional areas of difficulty.

This workshop will explore:

- Understand the theory around dyslexia.
- how to create a supportive home environment.
- use effective resources.
- make everyday learning fun and stress-free.

Scan to Book





Educational Assessments
and SEND Consultancy

Numbers Unlocked: A Parent's Guide to Dyscalculia

Dates

Monday 12th Jan

Location

Highbridge
& Online

Workshop time

12.30-14.30

Scan to Book



Delivered by:

With a background as a qualified teacher, SENCO, and Specialist Assessor for dyslexia, Heidi Humpage brings a wealth of expertise across nursery, primary, secondary mainstream, and special school environments.

Her approach champions understanding each child's strengths and challenges through bespoke assessments and tailored support plans leading to inclusive strategies, empowering both parents and educators to navigate the complex SEND landscape with confidence.

Workshop details

This workshop will help you understand what **Dyscalculia** is, how it can affect learning daily life and provide supportive strategies to help your child thrive.

You'll gain a deeper understanding of maths-related learning difficulties and leave with effective strategies to support.

An accessible, hands-on workshop for parents, packed with **proven strategies** to help children develop **confidence in maths**.

Discover:

- **Practical activities.**
- **Engaging games.**
- **Useful resources** that make numbers less daunting and everyday maths more manageable.



Autism, ADHD & Physical Health

Dates

Wednesday 4th
February

Location

Online via
Microsoft Teams

Workshop time

18.30-20.30

Delivered by:

Neurodiverse Training is a team of neurodivergent professionals dedicated to delivering high-quality neurodiversity training.

Their lived experience and professional expertise inform sessions that cover a wide range of neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, and associated physical and mental health challenges.

Workshop details

Autistic/ADHD people are more likely to suffer from physical health conditions. We're no stranger to these here at Neurodiverse Training with most of the team having one or more associated condition. So we've poured our collective knowledge and expertise into this webinar.

This is an informative session briefly exploring what conditions often go alongside Autism & ADHD.

Covering:

- Pain.
- (h)EDS & Hypermobility.
- Reproductive disorders.
- IBS, IBD & Digestive Health.
- Epilepsy.

Scan to Book



Autism & eating difficulties

Dates

Friday 3rd October

Location

Online

Workshop time

18.30-20.30

Scan to Book



Delivered by:

Neurodiverse Training is a team of neurodivergent professionals dedicated to delivering high-quality neurodiversity training.

Their lived experience and professional expertise inform sessions that cover a wide range of neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, and associated physical and mental health challenges.

Workshop details

Food and eating can be a huge issue for autistic people. **Sensory sensitivities** and **anxiety** can lead to a very restricted diet, making mealtimes stressful for both children and families.

This workshop will help you **understand what autism-related food sensitivities are**, and give you space to talk through your child's needs.

We'll cover:

- **Sensory sensitivities** and their role in eating.
- **Anxiety's impact** on appetite and food choices.
- **ARFID (Avoidant/Restrictive Food Intake Disorder)**.
- **Strategies that work** to support your child and make mealtimes more manageable.

Join us for a supportive, practical workshop designed to help you feel more confident, in understanding and responding to your child's relationship with food.



ARFID- Understanding Avoidant Restrictive Food Intake Disorder

Dates

Tuesday 21st April

Location

Online

Workshop time

18.30-20.30

Delivered by:

Neurodiverse Training is a team of neurodivergent professionals dedicated to delivering high-quality neurodiversity training.

Their lived experience and professional expertise inform sessions that cover a wide range of neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, and associated physical and mental health challenges.

Workshop details

For autistic and ADHD individuals, **ARFID (Avoidant/Restrictive Food Intake Disorder)** isn't stubbornness it's a complex storm of **sensory overwhelm**, **anxiety**, and **biological responses**, that turns eating into genuine fear. Most advice fails because it doesn't understand the **neurodivergent roots** of this struggle.

It's time to stop the shame, guilt, and desperation. Join our **vital webinar**, designed specifically for the **autism and ADHD community**, and delivered by someone with **lived experience** of navigating ARFID. You'll gain the **understanding, validation, and practical tools** you've been missing.

We'll explore:

- What ARFID is.
- What contributes to ARFID.
- How to support someone with ARFID.
- What else it could be.
- Tips for encouraging eating without pressure.

This isn't about forcing bites. It's about **reducing fear**, **honouring sensory needs**, and finding **sustainable paths to nourishment and peace**.

Scan to Book





AuDHD- Understanding those with co-occurring ADHD & Autism

Dates

**Wednesday 24th
Sept**

Monday 23rd March

Location

Online

Workshop time

Sept @ 10-12

**March @ 18.30-
20.30**

Delivered by:

Neurodiverse Training is a team of neurodivergent professionals dedicated to delivering high-quality neurodiversity training.

Their lived experience and professional expertise inform sessions that cover a wide range of neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, and associated physical and mental health challenges.

Workshop details

Living with both Autism and ADHD isn't just "a little of each" it's a unique neurotype with its own rules, conflicts, and incredible strengths. Yet most support focuses on either Autism or ADHD... leaving AuDHDers misunderstood and struggling.

Stop trying to fit single-diagnosis solutions. Discover how to:

- Decode the AuDHD Paradox: Understand how Autism's need for sameness clashes and coexists with ADHD's craving for novelty.
- Unmask Safely: Identify the exhausting toll of camouflaging Autistic traits while managing ADHD impulsivity – and strategies for sustainable authenticity.
- Navigate Sensory & Executive Chaos: Learn why sensory overload can trigger ADHD paralysis, and how to manage overwhelming environments and initiate tasks when your brain says "no."

Build Your AuDHD Toolkit: Understand your brain and learn from a fellow AuDHDer.

Scan to Book





Sensory processing- Interoception

Dates

Monday 24th Nov

Friday 29th May

Location

Online

Workshop time

Nov @ 18.30-20.30

May @ 10.00-12.00

Scan to Book



Delivered by:

Neurodiverse Training is a team of neurodivergent professionals dedicated to delivering high-quality neurodiversity training.

Their lived experience and professional expertise inform sessions that cover a wide range of neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, and associated physical and mental health challenges.

Workshop details

Our internal senses known as interoception play a vital role in how we experience and respond to the world.

These senses help us recognise:

- Tiredness.
- Hunger and thirst.
- The need to go to the toilet.
- Heartbeat and breathing.
- Body temperature.
- Pain and discomfort. and much more.

For many neurodivergent children, difficulties with interoception can affect learning, behaviour, emotional regulation and even basic self-care.

In this workshop, we'll explore:

- What interoception is.
- How it can affect your child's daily life.
- Common experiences and signs to look out for.

This workshop offers a supportive space to better understand your child's internal world and how to help.



Sensory processing- Vestibular & Proprioception

Dates

**Tuesday 16th
December**

Thursday 18th June

Location

Online

Workshop time

Dec @ 18.30-20.30

June @ 10.00-12.00

Delivered by:

Neurodiverse Training is a team of neurodivergent professionals dedicated to delivering high-quality neurodiversity training.

Their lived experience and professional expertise inform sessions that cover a wide range of neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, and associated physical and mental health challenges.

Workshop details

Ever wonder why some autistic people seek constant movement or struggle with balance and coordination? Or how body senses impact emotions, focus, and behavior? Join us for an eye-opening session exploring the vestibular (balance) and proprioceptive (body awareness) systems—and how they shape daily experiences for autistic individuals.

In this workshop we'll cover:

- What are the vestibular & proprioceptive senses? – A simple breakdown of these "hidden" body senses and why they matter.
- How sensory differences show up – From meltdowns to trouble focusing, sleep struggles to emotional regulation.
- Actionable strategies – Calming techniques, movement breaks, and environmental tweaks to support regulation.

This session will help you decode behaviors and respond with confidence—turning sensory challenges into opportunities for growth.

Scan to Book





Hypermobility & Ehlers Danlos Syndrome

Dates

Monday 6th July

Location

Online

Workshop time

18.30-20.30

Delivered by:

Neurodiverse Training is a team of neurodivergent professionals dedicated to delivering high-quality neurodiversity training.

Their lived experience and professional expertise inform sessions that cover a wide range of neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, and associated physical and mental health challenges.

Workshop details

Hypermobility disorders like **Hypermobile Ehlers-Danlos Syndrome (hEDS)** and **Hypermobile Spectrum Disorder (HSD)** are often misunderstood, underdiagnosed, and overlooked—especially in neurodivergent individuals. For autistic and ADHD people, hypermobility isn't just "being flexible." It's a complex, often invisible condition that intensifies sensory issues, fatigue, pain, and emotional regulation challenges.

Join this **evidence-based workshop**, where you'll learn:

- Signs and symptoms of hEDS/HSD.
- Diagnosis challenges.
- Links with autism and ADHD.
- Co-occurring conditions.
- Support strategies for physical and emotional wellbeing.

This workshop offers a **roadmap to being believed**, reducing suffering, and reclaiming agency in a body and brain that often feel unpredictable.

Scan to Book





Toileting & Autism

Dates

Thursday 4th Dec
Tuesday 5th May
Tuesday 7th July

Location

Dec @ Shepton
Mallet 12.30-14.30
May @ Minehead
12.30-14.30
July @ Highbridge
12.30-14.30

Delivered by:

Each member of the parent carer forum has their own child with SEND and bring a range of skills and experiences from various roles.

We know how important it is to hear from someone who really understands what you're going through. That's why this session is led by a parent carer who has been on their own SEND journey

Workshop details

This practical session is designed to help parents understand how autism can affect toileting development. We'll explore common challenges, share supportive strategies, and offer guidance on how to work together with early years settings to create consistency and confidence for your child.

In this workshop, we'll cover:

- How autism can impact toileting routines and progress.
- Why some children may struggle with awareness, communication, or sensory aspects.
- Practical strategies to support toileting at home and in early years settings.
- Creating a supportive, pressure-free approach to toileting.

This workshop is warm, welcoming, and designed to help you feel more informed and empowered.

Scan to Book





Emotional based school avoidance (EBSA)

Delivered by:

Each member of the parent carer forum has their own child with SEND and bring a range of skills and experiences from various roles. To co deliver this workshop we are joined by the educational psychologist service.

We know how important it is to hear from someone who really understands what you're going through. That's why this session is led by a parent carer who has been on their own SEND journey

Workshop details

Emotional Based School Avoidance (EBSA), also known as Anxiety-Based School Avoidance (EBSA), is a term used to describe children and young people who experience persistent challenges in attending school due to negative feelings, such as anxiety.

These workshops will provide you information about EBSA.

The workshop will help you to:

- Identify the signs.
- Talk through strategies you can use to support your child.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Fri 24th Oct 2025	12:30 - 14:30	Langport & Online
Wed 3 rd Dec 2025	12:30 - 14:30	Cheddar & Online
Fri 9 th Jan 2026	10:00 - 12:00	Minehead & Online
Mon 16 th Mar 2026	12:30 - 14:30	Frome & Online
Thurs 23 rd Apr 2026	19:00 - 21:00	Online
Thurs 9 th July 2026	12:30 - 14:30	Taunton & Online



Communication through Play

Dates

Wed 10th December

Monday 2nd March

Location & Time

**December @
Wincanton &
Online**

**March @ Yeovil &
Online
10-12**

Delivered by:

Each member of the parent carer forum has their own child with SEND and bring a range of skills and experiences from various roles.

We know how important it is to hear from someone who really understands what you're going through. That's why this session is led by a parent carer who has been on their own SEND journey

Workshop details

Play is a vital part of every child's development. It helps children learn how to interact with their environment, solve problems, develop motor skills, and acquire language. For children with additional needs, play can be especially powerful in helping them build these skills in a way that feels natural and engaging.

In this workshop, we'll explore the role of play in child development and look closely at the different stages of play. We'll also introduce practical techniques that can help you support your child's learning through play at home.

You'll discover:

- How play supports different areas of development.
- Strategies to encourage meaningful play.
- Tried-and-tested techniques to use at home.

Scan to Book





Social Stories

Dates

Thursday 11th Dec

Wednesday 22nd

April

Monday 15th June

Location & Time

**Dec @ Glastonbury
& Online**

12.30-14.30

**April @ Shepton
Mallet & online**

12.30-14.30

**June @ Cheddar &
Online**

10-12

Delivered by:

Each member of the parent carer forum has their own child with SEND and bring a range of skills and experiences from various roles.

We know how important it is to hear from someone who really understands what you're going through. That's why this session is led by a parent carer who has been on their own SEND journey

Workshop details

Social stories can provide children with a logical, almost step-by-step guide of how to handle a social situation. This helps them to feel more comfortable when dealing with social situations in real life, as they have a point of reference to help them along.

The workshop will show you:

- How to design and use social stories.
- We will explore how social stories can be written using the formula by Carol Gray.

Scan to Book





How Visuals Can Help Your SEN Child

Delivered by:

Each member of the parent carer forum has their own child with SEND and bring a range of skills and experiences from various roles.

We know how important it is to hear from someone who really understands what you're going through. That's why this session is led by a parent carer who has been on their own SEND journey

Workshop details

Many children with additional needs benefit from structured routines. Routines can help with daily tasks like getting dressed or brushing teeth, as well as understanding how the world works and interacting successfully within it.

Join us to learn how visuals can support your child or young person's understanding and promote independence. You'll also have the opportunity to create visuals that you can use at home.

- Practical tips & strategies.
- Hands-on activities.
- Take-home visuals.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Fri 13th Oct 2025	12:30 - 14:30	Wincanton & Online
Wed 19 th Jan 2026	See website	Bridgwater & Online
Thurs 12 th Mar 2026	10:00 - 12:00	Highbridge & Online



Intro into SEND

Dates

Monday 9th Feb

Wed 25th March

Location

Wincanton & Online

Minehead & Online

Workshop time

12.30 - 14.30

12:30 - 14:30

Delivered by:

Each member of the parent carer forum has their own child with SEND and bring a range of skills and experiences from various roles.

We know how important it is to hear from someone who really understands what you're going through. That's why this session is led by a parent carer who has been on their own SEND journey

Workshop details

Finding out that your child has Special Educational Needs and/or Disabilities (SEND) can feel like a big moment. It's natural to feel overwhelmed or unsure where to start. You're not alone, many families have felt the same way at the beginning of their journey.

This session is designed to give you some helpful starting points. We'll cover key information about SEND, the support that's available, and where you can go for advice and guidance.

We've shaped this workshop using feedback from local families, focusing on the things they found most useful when they were in your shoes.

There will also be time for questions, so please feel free to share anything about your own situation, we're here to help.

Let's take this one step at a time, together.

Scan to Book



Understanding and Supporting Behaviour

Delivered by:

The LDA Service is dedicated to supporting young people with learning disabilities and/or autism who are at risk of mental health inpatient admission. Part of this service is the Keep Worker Team a group of passionate, experienced professionals who work directly with young people and their families to prevent crisis and promote stability.

Workshop details

We know that children with additional needs, can have behaviours that are concerning to people around them and that this can be difficult for a family to manage. These behaviours can be seen as communication. When we know what a young person is trying to tell us, we can start to think about how to help.

In this workshop we will try to help families to understand:

- what their young person's behaviours mean.
- We will think about how this understanding can be used to develop strategies for parents and carers.

This workshop draws on the principles of Riding the Rapids, offering a compassionate, practical approach to understanding and supporting behaviour in neurodivergent children and young people.

Scan to Book



Workshop date	Workshop Time	Workshop Location
Mon 3 rd Nov 2025	12:30 - 14:30	Highbridge & Online
Fri 12 th Feb 2026	10:00 - 12:00	Online
Tues 28 th April 2026	12:30 - 14:30	Wincanton & Online
Mon 8 th June 2026	10:00 - 12:00	Wellington & Online
Mon 13 th July 2026	12:30 - 14:30	Glastonbury & Online

Tourettes
action



“What Makes Us Tic” An Introduction to Tics & Tourette syndrome

Dates

**Wednesday 12th
November
19:00 - 21:00**

**Wednesday 20th
May
10:00 - 12:00**

Location

Online

Delivered by:

Lucy joined Tourettes Action after 15 years of teaching in mainstream primary schools. Motivated by her son's Tourette's diagnosis, she set out to make a positive difference for others facing similar challenges.

Lucy leads the CPD-accredited training programme and supports families navigating the education system. She also works to improve understanding of Tourette Syndrome and promote inclusive practices.

Workshop details

Join us for an informative and practical workshop for anyone wanting to learn more about Tourette Syndrome a neurological condition that causes sudden, involuntary, and repetitive sounds or movements known as tics.

Led by Tourettes Action UK, who bring both professional insight and lived experience, this session offers empathy, understanding, and practical tools to support those affected by Tourette Syndrome.

We'll explore:

- What Tourette Syndrome is.
- Contributing factors.
- Co-occurring conditions.
- The impact on individuals and families.
- Myth-busting common misconceptions.
- Support strategies for living with Tourette Syndrome.

This workshop is designed for parents carers and anyone seeking to better understand and support the Tourette community.

Scan to Book



**Workshops I
want to attend**



WISE UP WORKSHOPS

Empowering Parent
Carers to succeed



WISE UP WORKSHOPS

Empowering Parent
Carers to succeed

Contact Us



wise@somersetparentcarerforum.org.uk



01458 259384 or 07359 611454



www.somersetparentcarerforum.org.uk

