



WISE UP WORKSHOPS

Empowering Parent
Carers to succeed

2024 to 2025



Introduction



WISE UP WORKSHOPS
Empowering Parent
Carers to succeed

Introduction

Being a parent carer of a child or young person with additional needs can bring extra situations which are challenging to know how to handle.

To help support parent carers navigate these we have created a range of workshops based on the subjects you have told us would be helpful.

The idea behind the project is to empower parent carers through Workshops for Information, Support and Education. All the workshops will be delivered or co-delivered by someone with lived experience of being a parent carer.

The workshops are run throughout Somerset, at a range of different times with the aim of making them available to as many parent carers as possible.

We also have several online workshops for those who prefer to access the workshops from home.

We are grateful to NHS Somerset for funding the program and to the organisations who are supporting the delivery.

Workshop Information



Understanding movement difficulties including dyspraxia

In this workshop, you will gain knowledge on various types of motor skill challenges that children and young individuals may face, such as dyspraxia.

You will also explore the impact of executive functioning issues in individuals with motor skill difficulties.

Additionally, you will learn effective strategies to support children and young people with motor skill challenges, empowering them to overcome obstacles and enhance their skills to the best of their abilities.

Introduction to visual processing and visual stress

In this workshop, you will gain an understanding of the distinctions between visual perception, visual stress, and Irlen Syndrome.

We will explore the potential challenges faced by children or young individuals experiencing difficulties in these areas, as well as strategies for providing them with appropriate support.

Additionally, we will discuss the implications of these difficulties on various aspects of life, including home, school, work, and daily activities, and provide guidance on effectively addressing and remedying these challenges.

Workshop Information

Introduction to Auditory processing and managing noise sensitivity

In this Workshop, we will discuss the concept of auditory processing and the potential challenges faced by children or young individuals who experience difficulties in this area.

We will explore strategies for supporting individuals who are sensitive to noise and provide guidance on navigating a world where verbal communication is prevalent.

Additionally, we will discuss the implications of these difficulties in various aspects of life, including home, school, work and daily activities and provide guidance on effectively addressing and remedying these challenges.

Social development and friendship skills

In this Workshop, we will explore the various stages of social development in children and young people, as well as strategies for fostering growth in this area.

Additionally, we will discuss methods for identifying and addressing gaps in social development, including the cultivation of friendship skills.

Workshop Information



ADHD & Executive Functioning

This workshop will look at how Attention Deficit Hyperactivity Disorder affects executive functioning.

When ADHD is discussed most people immediately think of hyperactivity. We understand less about the deficits in executive functioning which impact on learning and managing day to day tasks for those with ADHD.

This workshop gives an overview of ADHD and the impact on Executive Functioning and strategies to support children and young people.

Parenting a child with Extreme Demand Avoidance

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

Workshop Information

When siblings needs clash

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 and troubleshoot ideas and strategies that may help.

Internal presentation of autism

This workshop explores the internal presentation of Autism. This has previously been linked to autism and girls, but we now know that males are also presenting in this way.

The session includes:

- gender differences in presentation
- vulnerabilities
- strengths
- relationships
- supporting children and young people to thrive

Workshop Information

Autistic Masking

Many autistic individuals mask their behaviours. This can be exhausting for the individual, but can also hide difficulties resulting in a missed diagnosis.

This workshop explores:

- what is masking?
- why autistic individuals mask?
- risks associated with masking
- fawning
- strategies for supporting children that mask

Autism & Eating Difficulties

Join Loren Snow for a workshop on autism & eating difficulties. Food and eating can be a huge issue for autistic children. Sensory issues and anxiety can lead to a person having a very restricted diet.

We will look at what can you do to help your autistic children with eating difficulties. This session will help you to learn all about autism and food sensitivities.

We will cover:

- sensory sensitivities and their role in eating
- anxiety's role in eating
- some of the difficulties we usually see
- strategies that work to help your child

Workshop Information



LGBTQAI+ and Neurodiversity

Join Loren Snow for this workshop on the connection between autism, neurodiversity and LGBTQAI+ identities.

We hope to increase your understanding of the LGBTQIA+ community, get you thinking about the relationship between being LGBTQIA+ & Autistic. This session will help you to feel better informed about gender, sexuality and Autism.

We will cover:

- sexuality
- gender
- pronouns

Autism and Associated Conditions

Autistic people often share certain life experiences and genetics that lead them to be more at risk of certain conditions.

In this workshop we will briefly cover autism and conditions that often co-occur.

This session includes:

- What is Autism/Neurodiversity
- How autistic people develop differently
- Autistic trauma
- Dysregulation & Emotional Processing
- Other Neurodevelopmental Conditions (Dyspraxia, ADHD, etc), Demand Avoidance, Mental Health Conditions such as Anxiety Disorders, Eating disorders, etc
- Physical Health Conditions such as EDS, IBS, etc

Workshop Information

Sensory Processing - overview

This is a series of workshops where we will be looking at each of the senses.

We cover:

- what Sensory Processing is
- our senses of touch, taste, smell, sight, hearing, proprioception, vestibular, and interoception
- We look at the link to eating, sleep, and toileting difficulties

Each workshop focuses on developing tools you can take away and changes you can make in everyday life to help those you support self regulate.

You can attend all of these sessions or just the ones that are of interest to you.

Sensory Processing - workshop one Touch

Our sense of touch tells us about what we are doing, wearing, and how to look after our bodies.

Children that have difficulty with this sense can also struggle with transitions between spaces, feeling safe moving, and recognising expressions and visual information in their environments.

In this workshop we will look at what this sense is and cover what we can do to support someone around pain, clothing, and self-care.

Workshop Information



Sensory Processing - workshop two Sight & Hearing

Our sense of sight is more than just about light and movement. Children that have difficulty with this sense can also struggle with transitions and recognising expressions and visual information in their environments.

In this workshop we will look at this sense in more detail and cover what we can do to support someone in the home and school.

Our sense of hearing tells us so much including about what someone is communicating with us.

We will also cover what we can do to support someone with sight differences.

Sensory Processing - workshop three Interoception (our internal sense)

Our internal senses cover many areas:

- tiredness
- hunger and thirst
- needing to go to the toilet
- our heartbeat
- a lot more!

Interoception can have a profound effect on every area of life and even figuring out our emotions.

In this workshop we will look at all of these internal senses and discuss how this could be affecting your child.

Workshop Information

Sensory Processing - workshop four Vestibular & Proprioception

These two massive senses interact in everything we do. Vestibular is connect to our sense of balance and Proprioception is the sense of self-movement, force, and body position.

If you are supporting someone with lots of physical behaviours, needs movement, or who feels unsafe navigating or even sitting, then this session is for you.

We will look at what we can do to support both these senses.

We will discuss strategies that can help children feel safer and have less physical behaviours.

Sensory Processing - workshop five Taste & Smell

Neurodiverse children can have differences with taste and smells including being highly sensitive.

These two senses often get overlooked but are absolutely vital to us navigating the world around us.

For people with differences in this area the impact can be large, and affect their ability to access some situations.

We will explore how to support someone around these experiences and what strategies can be used.

Workshop Information



Autism & Toileting

The workshop explores the factors that may be affecting toileting and provides tips and strategies for parents and carers to try at home. This will include looking at sensory factors.

This session covers:

- introduction to developing toileting skills
- knowing your child (strengths and challenges)
- tips, strategies and ideas
- working in partnership with education settings

The presentation will last approximately 2 hours with time for questions at the end.

Understanding autistic overwhelm, meltdowns and shutdowns

The aim of this workshop is to increase parent and carers understanding of how stress and anxiety can impact autistic people and how best to support them.

It explores:

- why autistic people may be more stressed/ anxious
- what anxiety may look like
- how to support people with anxiety and distressed behaviour

The presentation will last approximately 2 hours with time for questions at the end.

Workshop Information

Neurodiversity and growing up

Growing up involves young people seeking to develop their own identity and sense of self. It can be a fascinating and scary time for them.

Puberty and sexual development are a normal process, usually beginning between ages 10 and 15. Many young people go through puberty without any major difficulties but for young people with additional needs and disabilities there can be additional challenges.

This workshop will help you to understand some of the additional challenges your young person may face and give practical suggestions about struggles that can help. We will also cover how to explain these changes in a way your young person can understand.

Helping your child through a transition

Transitions and changes are part of all our lives and for a lot of people these can have minimal impact. However, for children and young people with additional needs, the impact of what might seem like a small transition can have a large impact.

Transitions can include a change in education setting, support worker, medical team or something which happens on a daily basis such as going from home to school.

This workshop will look at ways you can help your child during a transition and provide some practical strategies to use.

Workshop Information

Emotional Based School Avoidance

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

This workshop will provide you information about EBSA and support available locally.

The workshop will help you to identify the signs and talk through strategies you can use to support your child.

Understanding and supporting behaviour

We have teamed up with Link LD/A – Somerset's Keyworking team to bring you a workshop on understanding and supporting behaviour.

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.

Behaviours are communication and when we know what a young person is trying to tell us, we can start to think about how to help.

We will think about how this understanding can be used to develop strategies for parents and carers. There will be opportunities to discuss tools you can take away and use.

Workshop Information

Introduction to Dyslexia

During this workshop we will look at the definition of dyslexia and the characteristic areas of difficulty, plus some additional areas of difficulty.

This includes:

- how these areas of difficulty can impact reading, writing, spelling and numeracy
- top tips and suggestions for resources and strategies to support reading, reading comprehension, writing and spelling at home.
- keeping your child's self-esteem high

Sleep

A child who does not sleep well can affect the whole family. Disabled children and those with certain medical conditions are more likely to experience problems with sleeping.

This workshop will discuss some of the common issues and strategies that can be used to support your child or young person.

There will be an opportunity to discuss your personal challenges around sleep and come up with an action plan.

Workshop Information

How to talk to your child about Neurodiversity

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 workshop will cover how to begin these conversations with your young person and look at what support is available in Somerset around Neurodiversity regardless of formal diagnosis.

Helping your child manage anxiety

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 impact 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 on how a child experiences anxiety and how to manage this.

The workshop will provide information about anxiety. We will help you to identify the signs to look out for and strategies you can use to support your child.



Workshop Information

Communication support for your non verbal child or young person

In this workshop we will explain more about non verbal or minimal talking children and young people, including non-reliable talkers.

Supporting children to develop communication can help to reduce challenging behaviour and reduce frustration.

We will discuss how to model language to these individuals and give strategies to help aid communication.

Supporting communication needs in early years

In this workshop we will discuss about how language develops.

We will look at strategies to support children when they are starting to develop language skills.

We will also talk about how to know if and when specialist help is needed and where to look for help when it is required.



Workshop Information

Understanding social/communication needs in older children

In this workshop we explain some of the differences between autistic communication and allistic (non-autistic) communication.

We will discuss:

- miscommunication and communication breakdowns
- the impact of cross-neurotype communication if not recognised, including the impact on our sense of self as well as on our relationships
- removing barriers in cross-neurotype interactions to improve a sense of connection with others, as well as building a healthy sense of self

We will also cover some ideas for supporting a child's increasing awareness and understanding of these differences. This is with the aim of prompting their independence in the social world as they enter the teenage and young adult years.

Understanding and supporting Gestalt language processes

Research shows that more than 80% of autistic children are gestalt language processors. In this workshop we will be looking in detail at what gestalt language processing is (where children memorise phrases).

We will explore the stages of development and how you can identify if your child is a gestalt language processor or not.

We also consider some strategies to support these children and how to know if a child might need more support and how to access more specialist help.

Workshop Information

Introduction to using visuals

Many children with additional needs benefit from having routines. Routines can help children learn so much, e.g. how to perform a task such as getting dressed, brushing teeth etc.

They can also be used to help children learn how the world works and what they need to do in order to interact successfully in it.

The workshop will look at how you can use visuals to support your child or young persons understanding and promote independence. You will have an opportunity to create visuals that you can use at home.

Introduction to Comic Strip Conversation

This workshop will support families and carers to understand what 'comic strip conversations' are, how to write them and how to use them to support their children.

Comic Strip Conversations are between two or more people which includes the use of simple drawings. The drawings are a support structure for individuals who may struggle to understand an exchange of verbal communication at pace.

Comic Strip Conversations can be as versatile as a verbal exchange and can describe a past, present or future event.

Throughout the workshop there will be opportunities for discussion, opportunities to look at examples as well as looking at resources.

Workshop Information

Introduction to Social Stories

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. Social stories can be helpful to support a desired change in behaviour or to understand a change in circumstance like a house move.

Following on from the overview online session, we will explore how social stories can be written using the formula by Carol Gray.

Please come with some topic / theme ideas in which you would like to know how to write a story.

There will be time to look at how to write these individually / pairs etc and share thoughts and ideas.

Family emotional health and wellbeing

We are pleased to be teaming up with Beacon NeuroConnect to bring you a WISE workshop on Family Emotional Health & Wellbeing.

This workshop will focus on stress and emotional wellbeing including:

- recognising the impact of stress on our children and ourselves
- Identifying the signs of stress
- what helps you and your family to regain a calm and regulated state.
- what can we do to help our children and ourselves when things become overwhelming

The workshop will give practical ideas to take away and try at home with your family.

Workshop Information



Attachment through a Neurodivergent lens/perspective

This workshop looking at attachment through a neurodiverse perspective. This is a safe space to discuss attachment difficulties in a non judgmental environment.

We will explore what attachment is and how we can support children who may struggle with attachment.

The session will help with tips and strategies that you can use and provide a space for you talk through any challenges you may be experiencing.

Parenting styles that support Neurodiverse children.

This [3-part workshop](#) will explore and help parents on how to support their neurodiverse child and adopt a parenting style which can help you family thrive.

We will cover:

- sensory issues
- burn out
- masking
- school issues

We will look at practical tools and approaches to support family life when you have a neurodiverse child.



Booking the Workshops

Online booking

To book a workshop you will need to be on the Somerset Parent Carer Forum database. This is so we can ensure we have your details so we can send you information about the workshops.

Once you are on the database you will be able to add yourself to any of the workshops by using your registered email. Using our database also means your information is stored securely.

If you are not sure if you are already on the database or have any issues you can just give us a ring, text us or message us via facebook and one of the team will be happy to help you.

Booking links



Scan the QR code to find the dates and book the workshop



Scan the QR code to join the forum database



01458 259384



07543 680365



admin@somersetparentcarerforum.org.uk



www.somersetparentcarerforum.org.uk



WISE UP WORKSHOPS
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WISEUP WORKSHOPS SEPTEMBER 2024

Locations

Taunton/Wellington

Bridgwater/Minehead

Ilminster/Chard

Cheddar/Glastonbury

Frome/Shepton Mallett

Yeovil/Wincanton

Online

Facebook live

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16 Social Stories 19:00-20:30	17 Social development and friendship skills 12:30-14:30 Bridgwater	18	19 Q&A speech, language and communication needs	20	21
22	23	24 When siblings needs clash 19:00-21:00	25 Emotional based school avoidance 10:00-12:00 Frome	26 Talking to you children about neurodiversity 10:00-12:00	27	28
29	30 Supporting your child through transitions 19:00-21:00 Yeovil					



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WISE UP WORKSHOPS
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WISEUP WORKSHOPS OCTOBER 2024

Locations

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Bridgwater/Minehead

Ilminster/Chard

Cheddar/Glastonbury

Frome/Shepton Mallett

Yeovil/Wincanton

Online

Facebook live

SUN	MON	TUE	WED	THU	FRI	SAT
		01 ● Emotional Health & Wellbeing 10:00-12:00 Taunton	02	03	04	05
06	07 ● Language and Communication Support for your Non verbal child/young person 12:30-14:30 Glastonbury	08	09 ● An internal presentation of Autism 19:00-21:00 Online	10	11	12
13	14 ● Social Stories 11:00-13:00 Minehead	15	16 ● Introduction to auditory processing and managing noise sensitivity 12:00-14:00 Shepton Mallett	17	18	19
20	21	22 ● Behaviour that challenges 12:30-14:30 Yeovil	23	24 ● 10am-12pm Autism & associated conditions Wellington	25	26
27	28	29	30	31		



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WISE UP WORKSHOPS
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WISEUP WORKSHOPS NOVEMBER 2024

Locations

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Ilminster/Chard

Cheddar/Glastonbury

Frome/Shepton Mallett

Yeovil/Wincanton

Online

Facebook live

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04 ● Introduction to Dyslexia 10:00 - 12:00 Online	05 ● ADHD & Executive Functioning 10:00 - 12:00 Bridgwater	06 ● Visual processing and visual stress 7 to 9pm Taunton	07	08	09
10	11 ● Social Stories 12:30-14:30 Frome	12 ● Introduction to Sensory 9:30-11:30 Online	13	14 ● Emotional based school avoidance 12:30-14:30 Wincanton	15	16
17	18 ● Sleep 12:30-14:30 Online	19	20	21 ● Helping your child manage anxiety Chard 12:30-14:30	22	23
24	25	26 ● Supporting your child through transitions 10:00-12:00 Cheddar	27	28 ● Understanding and supporting communication in early years 12.30-14:30 online ● Talking to you children about neurodiversity 10:00-12:00	29	30



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WISE UP WORKSHOPS
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WISEUP WORKSHOPS DECEMBER 2024

Locations

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Cheddar/Glastonbury

Frome/Shepton Mallett

Yeovil/Wincanton

Online

Facebook live

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 Neurodiversity and LGBTQAI 18:00-20:00 Online	03 Understanding movement difficulties including dyspraxia 10:00-12:00 Ilminster	04	05 Behaviour that challenges 10:00-12:00 Shepton Mallet	06 Understanding autistic overwhelm, meltdowns and shutdowns. 12:30-14:30 Minehead	07
08	09 Neurodiversity and growing up 12:30-14:30 Glastonbury	10	11 Parenting a child with Extreme Demand Avoidance 19:00-21:00 Online	12 Helping your child with sleep difficulties 12:30-14:30 Wellington	13	14
15	16 ADHD & Executive Functioning 10:00 - 12:00 Yeovil	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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WISE UP WORKSHOPS
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WISEUP WORKSHOPS JANUARY 2025

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Cheddar/Glastonbury

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Yeovil/Wincanton

Online

Facebook live

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
12	13 ● Angela speech 10:00-12:00 Chard	14 ● Sensory processing part 2 12:30-14:30 Online	15 ● Social development and friendship skills 10:00-12:00 Taunton	16	17	18
19	20	21	22 ● Parenting a child with Extreme Demand Avoidance 10:00-12:00 Frome	23 ● Emotional Based School Avoidance 10:00-12:00 Bridgwater	24	25
26	27 ● Helping your child manage anxiety 9:30-11:30 Cheddar	28 ● Neurodiversity and growing up 12:30-14:30 Wincanton	29	30 ● Talking to you children about neurodiversity 10:00-12:00 ● Autism & Eating Difficulties 18:00 - 20:00	31	



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WISE UP WORKSHOPS
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WISEUP WORKSHOPS FEBRUARY 2025

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Online

Facebook live

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03	04 ● Introduction to using visuals 12:30-14:30 Yeovil	05	06 ● Introduction to auditory processing and managing noise sensitivity 10:00-12:00 Glastonbury	07	08
09	10 ● Understanding and supporting Gestalt Language Processors 10:00-12:00 Ilminster	11 ● Parenting styles that support Neurodiverse children. Part 1 18:30 to 20:30 online	12 ● Helping your child through a transition 12:30-14:30 Shepton Mallet	13	14	15
16	17	18	19	20	21	22
23	24	25 ● Helping your child with sleep difficulties 11:00-13:00 Minehead/ Online	26	27 ● Understanding and supporting Behaviour 12:30-14:30 Wellington	28	



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WISE UP WORKSHOPS

Empowering Parent Carers to succeed

WISEUP WORKSHOPS MARCH 2025

Locations

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Frome/Shepton Mallett

Yeovil/Wincanton

Online

Facebook live

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10 Autism & Toileting
● Bridgwater
12:30-14:30

● Introduction to Dyslexia
19:00 - 21:00
Online

17 ● Introduction to using visuals
10:00-12:00
Taunton

24 ● Helping your child manage anxiety
9:30-11:30
Wincanton

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TUE

04

● Parenting styles that support Neurodiverse children. Part 2
18:30 to 20:30
online

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● Sensory processing part 3
10:00-12:00
Online

12

● Emotional based school avoidance
10:00-12:00
Cheddar

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● Neurodiversity and growing up
10:00-12:00
Frome

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● ADHD & Executive functioning
19:00-21:00
Online

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● Talking to you children about neurodiversity
10:00-12:00

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● Introduction to visual processing and visual stress
10:00-12:00
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WISE UP WORKSHOPS
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WISEUP WORKSHOPS APRIL 2025

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SUN	MON	TUE	WED	THU	FRI	SAT
		01 Supporting your child through transitions ● 10:00-12:00 Taunton ● Parenting styles that support Neurodiverse children. Part 3 18:30 to 20:30. Online	02 Understanding movement difficulties including dyspraxia ● 18:00-20:00 Cheddar	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22 Sensory processing Part 4 ● 12:30-14:30 Online	23	24 Attachment through a Neurodivergent lens/perspective ● 12:30 -14:30 Shepton Mallett	25	26
27	28 Introduction to using visuals ● 11:30-13:30 Minehead	29 Understanding and supporting Behaviour ● 10:00-12:00 Chard	30 Social development and friendship skills ● 19:00-21:00 Yeovil			



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WISE UP WORKSHOPS
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WISEUP WORKSHOPS MAY 2025

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SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06 ● Supporting your child through transitions Ilminster 19:00-21:00	07 ● Autistic Masking 12:00-14:00 Shepton Mallet	08 ● Helping your child manage anxiety 12:30-14:30 Bridgwater	09	10
11	12 ● Helping your child with sleep difficulties 10:00-12:00 Glastonbury	13	14 ● Emotional based school avoidance 19:00-21:00 Wellington	15	16	17
18	19 ● Introduction to Comic Strip Conversations 19:00-20:30 Online	20	21 ● Understanding social/communication needs in older children 12:30-14:30 Wincanton	22 ● Talking to you children about neurodiversity 10:00-12:00 online	23	24
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● Pratical comic strip conversations 10:00-12:00 Ilminster

● Neurodiversity and growing up 12:30-14:30 Wellington

● Understanding autistic overwhelm, meltdowns and shutdowns. 12:30-14:30 Shepton Malett

● Introduction to Dyslexia 10:00 - 12:00 Online

● Introduction to visual processing and visual stress 19:00-21:00 Wincanton

● Sensory processing Part 5 12:30-14:30 Online

● Family emotional health and wellbeing 18:30 to 20:30 Online

● Introduction to SEND - What you need to know Cheddar 12:30 - 14:30

● Understanding and supporting Behaviour Minehead 12:30 - 14:30



Book online by scanning the QR code call 01458 259384 or text 07543 680365



WISE UP WORKSHOPS
Empowering Parent
Carers to succeed

WISEUP WORKSHOPS JULY 2025

Locations

Taunton/Wellington

Bridgwater/Minehead

Ilminster/Chard

Cheddar/Glastonbury

Frome/Shepton Mallett

Yeovil/Wincanton

Online

Facebook live

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02 ● Supporting your child through transitions 12:30-14:30 Minehead	03	04	05
06	07	08 ● Understanding movement difficulties including dyspraxia 10:00-12:00 Yeovil	09	10 ● Emotional based school avoidance 10:00-12:00 Chard ● Helping your child manage anxiety 12:30-14:30 Frome	11	12
13	14 ● Introduction to Comic Strip Conversation 10:00-12:00 cheddar	15	16 ● Parenting a child with Extreme Demand Avoidance 10:00-12:00 Taunton	17 ● Talking to you children about neurodiversity 10:00-12:00	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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