

Dear Parents

We have been asked to share this information by Essex County Council

Healthier Together – Could you please share with all your families that you support

<https://www.hwehealthiertogether.nhs.uk/>

The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered. The website provides advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals – which means that your child is likely to receive consistently high-quality care, irrespective of which healthcare professional they see.

Childhood Neurodiversity Workshops - Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

Childhood Neurodiversity: Supporting Language and Communication - This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

Tuesday 9th January 2024 – 13:00 Book Here<<https://www.eventbrite.co.uk/e/childhood-neurodiversity-supporting-language-and-communication-tickets-708398949327?aff=ebdsoporgprofile>>

Childhood neurodiversity: Supporting Children with Planning, Organising and Remembering - This workshop will explore cognitive difficulties in childhood such as planning, organising and remembering things. The workshop will consider how these difficulties can impact on day-to-day life and give advice on how parents/carers can support their children with cognitive difficulties.

Wednesday 7th February 2023 – 13:00 Book Here<<https://www.eventbrite.co.uk/e/childhood-neurodiversity-supporting-planning-organising-and-remembering-tickets-770345452987?aff=ebdsoporgprofile>>

Childhood Neurodiversity: Understanding and Supporting Sleep Difficulties - Sleep difficulties can have a huge impact on a child's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children, and how parents/carers can support their children with sleep.

Wednesday 6th March 2023 – 13:00 Book Here<<https://www.eventbrite.co.uk/e/childhood-neurodiversity-understanding-and-supporting-sleep-difficulties-tickets-770351721737?aff=ebdsoporgprofile>>

Childhood Neurodiversity: Supporting Social Relationships - This workshop will discuss social relationship difficulties for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships.

Tuesday 2nd April – 13:00 Book Here<<https://www.eventbrite.co.uk/e/childhood-neurodiversity-supporting-social-relationships-tickets-770359715647?aff=ebdsoporgprofile>>

Childhood Neurodiversity: The Benefits and Problems with Using Technology - This workshop will discuss the potential benefits and risks to neurodivergent children using technology such as apps and social media. It will explore how families can use technology to support their neurodivergent child.

Monday 6th May – 13:00 Book

Here<<https://img.evbu.com/https%3A%2F%2Fcdn.evbu.com%2Fimages%2F520622369%2F496324068657%2F1%2Foriginal.20230523-120739?w=512&auto=format%2Ccompress&q=75&sharp=10&rect=0%2C7%2C602%2C301&s=cda0cf70a68dd406be858674642f4059>>

Scan the QR code to find out more and book a place on a workshop or visit nsft.uk/workshops<<http://nsft.uk/workshops>>.

[cid:image001.png@01DA2932.23557E40]

