

HELPING HANDS OUTREACH VIRTUAL WORKSHOPS: JUL-SEPT 25

We run monthly workshops on a range of topics including: Exploring Behaviours That Can Challenge, Introduction to Sleep, Supporting Anxiety in Children, Supporting with Transitions, Introduction to Sensory Processing.

These group workshops are open to any parents/carers of children with additional needs, including families and professionals linked with Serennu, Nevill Hall and Caerphilly Children's Centre. For more information, please speak to the Family Liaison Officer at your local Children's Centre.

The workshops will take place online via a video-call.



MONDAY 7TH

JULY

10AM - 12NOON

EXPLORING BEHAVIOURS THAT CAN CHALLENGE

We will be sharing ideas behind behaviour support and help you to understand and respond to behaviours that can often challenge.

Book by Midday on Monday 30th June

MONDAY 4TH

AUGUST

10AM-12NOON

SUPPORTING ANXIETY IN CHILDREN

We will share ideas about how to support children and young people with anxiety and worry.

Book by Midday on Monday 28th July

MONDAY 15TH

SEPTEMBER

10AM-12NOON

INTRODUCTION TO SLEEP

We will share ideas about how to manage common sleep difficulties in children and young people.

Book by Midday on Monday 8th September

WEDNESDAY

22ND OCTOBER

10AM-12NOON

TRANSITIONS & SEPARATIONS

We will share ideas about supporting children and young people with transitions and separations

Book by Midday on Wednesday 15th October



BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST

To book a space on one of these workshops, or subscribe to our workshop mailing list for updates on all our future workshops, you can:

- Scan the QR code • Click on the QR code
- Follow this link <https://forms.office.com/e/DfqfWSdOkK>

We also run additional workshops that are jointly designed and delivered with our health colleagues in the Children's Centres.

These workshops need to be booked using separate QR codes.

UNDER EVALUATION

INTRODUCTION TO SENSORY PROCESSING WORKSHOP

This workshop is not currently offered and is under review. However, you can access a wealth of information from the Occupational Therapy Website that is due to be launched very soon. This will include videos that cover many of the topics from this workshop.

Watch this space for news on other workshops coming soon.



**MONDAY 18TH
AUGUST
10:00- 12:00 AM**

SUPPORTING COMMUNICATION

A workshop delivered jointly with a Speech and Language Therapist.

The workshop aims to help you to:



- Understand how communication develops in children and means of communication
- Explore why some children develop communication difficulties
- Explore the related challenges that can develop alongside communication difficulties
- Think about different means to support your children to communicate

To book on this workshop, please scan or click on the QR code or follow this link: <https://forms.office.com/e/qpyjEJLPtN>



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