WISE UP WORKSHOPS

Empowering Parent Carers to succeed

Workshops for Information, Support and Education

2023-2024

Somerset Parent Carer Forum C.I.C

NHS Somerset

NHS Somerset NHS Foundation Trust

Somerset Council

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

WISE UP WORKSHOPS

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.

Each workshop will have 2 main parts. Part 1 will provide information and ideas of things you can try (strategies). Part 2 will give you time to discuss your own circumstances and form a plan of what you can try to help.

Alongside this we will also have a range of information workshops both face to face and online.

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

Somerset Parent Carer Forum C.I.C

NHS Somerset

NHS Somerset NHS Foundation Trust

Somerset Council

Emotional Based School Avoidance

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

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.

The sessions will look at the push and pull factors and strategies that can support. Push factors increase a child or young persons ability to attend school, and pull factors are those that reduce it and therefore make it more likely the CYP will stay at home.

Thursday 5th October 12:30-14:30
Minehead - The Hub Soft Play Centre. Hopcott Road. Minehead. TA24 6DJ

Monday 9th October 10:00-12:00
Glastonbury - West Mendip Community Hospital, Old Wells Road, Glastonbury. BA6 8JD

Monday 9th October 19:00-21:00
Yeovil - Somerset Parent Carer Forum CIC. Unit2, 32 Goldcroft. Yeovil. BA21 4DH

Monday 16th October 10:00-12:00
South Petherton - The David Hall. Roundwell Street, South Petherton. TA13 5AA

Thursday 19th October 19:00-21:00
Shepton Mallet - The Thatch Cottage. 63 - 67 Charlton Road, Shepton Mallet. BA4 5QF

Friday 20th October 12:30-14:30
Taunton - The Albemarle Centre. Albemarle Road.Taunton. TA1 1BA

Establishing routines and using visuals

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Many children with additional needs benefit from having routines. Routines can help children learn so much from learning 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 sessions 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.

Friday 3rd November 12:30 -14:30
Wincanton - The Balsam Centre. Balsam Park, Wincanton BA9 9HB

Thursday 9th November 19:00 - 21:00
Wiveliscombe - The Hub Centre, South Street, Hartswell, Wiveliscombe TA4 2NE

Friday 10th November 10:00 -12:00
Chard - Chard Community Hub, Boden Centre, Boden Street, Chard TA20 2AX

Wednesday 15th November 19:00 - 21:00
Cheddar - Parish Hall. Church Street. Cheddar. Somerset. BS27 3RA

Thursday 16th November 10:00 - 12:00
Frome - Frome Community Hospital, Enos Way, Frome, BA11 2FH

Wednesday 22nd November 10:00 -12:00
Bridgewater - Bridgwater & Albion Rugby Football Club. Bath Road, Bridgwater TA6 4TZ

Helping your child with sleep difficulties

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

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.

These session 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.

Friday 1st December 12.30-14.30
Minehead - The Hub Soft Play Centre. Hopcott Road. Minehead. TA24 6DJ

Tuesday 5th December 10:00 -12:00
Yeovil - Somerset Parent Carer Forum CIC. Unit2, 32 Goldcroft. Yeovil. BA21 4DH

Thursday 7th December 10:00 -12:00
Taunton - The Albemarle Centre. Albemarle Road.Taunton. TA1 1BA

Friday 8th December 10:00 -12:00
South Petherton - William Blake Memorial Hall. Market Square, St James' St, South Petherton TA13 5BT

Monday 11th December 12:30-14:30
Glastonbury - West Mendip Community Hospital, Old Wells Road, Glastonbury. BA6 8JD

Tuesday 12th December 10:00 -12:00
Shepton Mallet - The Thatch Cottage. 63 - 67 Charlton Road, Shepton Mallet. BA4 5QF

Social stories

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

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. The sessions will show you how to design and use social stories.

Tuesday 9th January 10:00 -12:00
Wiveliscombe - The Hub Centre, South Street, Hartswell, Wiveliscombe TA4 2NE

Tuesday 9th January 19:00 - 21:00
Wincanton - The Balsam Centre. Balsam Park, Wincanton BA9 9HB

Monday 15th January 12:30 - 14:30
Chard - Chard Community Hub, Boden Centre, Boden Street, Chard TA20 2AX

Wednesday 17th January 19:00 - 21:00
Frome - Frome Community Hospital, Enos Way, Frome, BA11 2FH

Wednesday 24th January 10:00 -12:00
Cheddar - Parish Hall. Church Street. Cheddar. Somerset. BS27 3RA

Thursday 25th January 12:30 -14:30
Victoria Park Community Centre. Victoria Park Drive, Bridgwater TA6 7AS

Managing behaviour that challenges

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Behaviour that challenges can mean different things to different people. There is always a reason for behaviour that challenges. In many cases, it's a way for a person to control what is going on around them and to get their needs met. They also might be ill or in pain.

This session will look at potential triggers, early warning signs and practical strategies which can help. We will also look at how you can make a plan to help your child and those support them.

Monday 5th February 19:00 - 21:00
Taunton - The Albemarle Centre. Albemarle Road.Taunton. TA1 1BA

Wednesday 7th February 12:30 -14:30
Yeovil - Somerset Parent Carer Forum CIC. Unit2, 32 Goldcroft. Yeovil. BA21 4DH

Wednesday 21st February 19:00 - 21:00
Glastonbury - West Mendip Community Hospital, Old Wells Road, Glastonbury. BA6 8JD

Friday 23rd February 12:30-14:30
Shepton Mallet - The Thatch Cottage. 63 - 67 Charlton Road, Shepton Mallet. BA4 5QF

Monday 26th February 11:00 - 13:00
Minehead - The Hub Soft Play Centre. Hopcott Road. Minehead. TA24 6DJ

Tuesday 27th February 10:00 -12:00
South Petherton - William Blake Memorial Hall. Market Square, St James' St, South Petherton TA13 5BT

Helping your child through a transition

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

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

13th March 10:00-12:00
Wincanton - The Balsam Centre. Balsam Park, Wincanton BA9 9HB

14th March 12:30-14:30
Wiveliscombe - The Hub Centre, South Street, Hartswell, Wiveliscombe TA4 2NE

14th March 19:00-21:00
Chard - Chard Community Hub, Boden Centre, Boden Street, Chard TA20 2AX

20th March 19:00-21:00
Bridgwater - Bridgwater & Albion Rugby Football Club. Bath Road, Bridgwater TA6 4TZ

21st March 10:00-12:00
Frome - Frome Community Hospital, Enos Way, Frome, BA11 2FH

26th March 12:30-14:30
Cheddar - Parish Hall. Church Street. Cheddar. Somerset. BS27 3RA

Helping your child manage their anxiety

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

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

17th April 12:30-14:30
South Petherton - The David Hall. Roundwell Street, South Petherton. TA13 5AA

18th April 19:00-21:00
Yeovil - Somerset Parent Carer Forum CIC. Unit 2, 32 Goldcroft. Yeovil. BA21 4DH

23rd April 10:00-12:00
Taunton - The Albemarle Centre. Albemarle Road.Taunton. TA1 1BA

24th April 19:00-21:00
Shepton Mallet - The Thatch Cottage. 63 - 67 Charlton Road, Shepton Mallet. BA4 5QF

29th April 10:00-12:00
Glastonbury - West Mendip Community Hospital, Old Wells Road, Glastonbury. BA6 8JD

30th April 12:30-14:30
Minehead - The Hub Soft Play Centre. Hopcott Road. Minehead. TA24 6DJ

Helping your child understand the changes that come with growing up

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

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. 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.

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

10th May 12:30-14:30
Wincanton - The Balsam Centre. Balsam Park, Wincanton BA9 9HB

14th May 10:00-12:00
Chard - Chard Community Hub, Boden Centre, Boden Street, Chard TA20 2AX

15th May 19:00-21:00
Wiveliscombe - The Hub Centre, South Street, Hartswell, Wiveliscombe TA4 2NE

17th May 10:00-12:00
Bridgwater - Victoria Park Community Centre. Victoria Park Drive, Bridgwater TA6 7AS

22nd May 12:30-14:30
Frome - Frome Community Hospital, Enos Way, Frome, BA11 2FH

23rd May 19:00-21:00
Cheddar - Parish Hall. Church Street. Cheddar. Somerset. BS27 3RA

Understanding sensory differences

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Sensory processing refers to the brain's ability to organise information received from the senses, and to make appropriate responses. A broad range of children and young people are known to experience sensory processing difficulties including those who have no other known additional needs.

This session will provide an introduction to sensory processing, discuss some of the challenges that children may face and discuss ways to support them. You will have a chance to identify some of the things facing your own child and form a support plan.

10th June 19:00-21:00
South Petherton - The David Hall. Roundwell Street, South Petherton. TA13 5AA

13th June 12:30-14:30
Taunton - The Albemarle Centre. Albemarle Road.Taunton. TA1 1BA

17th June 10:00-12:00
Shepton Mallet - The Thatch Cottage. 63 - 67 Charlton Road, Shepton Mallet. BA4 5QF

18th June 10:00-12:00
Yeovil - Somerset Parent Carer Forum CIC. Unit2, 32 Goldcroft. Yeovil. BA21 4DH

19th June 19:00-21:00
Minehead - The Hub Soft Play Centre. Hopcott Road. Minehead. TA24 6DJ

21st June 12:30-14:30
Glastonbury - West Mendip Community Hospital, Old Wells Road, Glastonbury. BA6 8JD

Supporting communication through play

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Play is an integral part of a child's learning. It teaches them how to interact with their environment, solve problems, learn new motor skills, and acquire language.

For children with additional needs play can help them to learn how to manage social situations and engage with the world around them.

This session will look at how you can use play based approaches to support your child and will include an introduction to block therapy.

2nd July 10:00-12:00
Wiveliscombe - The Hub Centre, South Street, Hartswell, Wiveliscombe TA4 2NE

3rd July 19:00-21:00
Chard - Chard Community Hub, Boden Centre, Boden Street, Chard TA20 2AX

9th July 12:30-14:30
Bridgwater - Victoria Park Community Centre. Victoria Park Drive, Bridgwater TA6 7AS

10th July 19:00-21:00
Wincanton - The Balsam Centre. Balsam Park, Wincanton BA9 9HB

11th July 19:00-21:00
Frome - Frome Community Hospital, Enos Way, Frome, BA11 2FH

12th July 10:30-12:30
Cheddar - Parish Hall. Church Street. Cheddar. Somerset. BS27 3RA

Online workshops for parent carers of neurodiverse children and young people.

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Wednesday 8th November 19:00 - 21:00
What is Sensory Processing - Autism often has sensory differences at its heart, this workshop looks at the senses and how this can impact on your child.

Wednesday 23rd November 19:00 - 21:00
Autism in Girls & Women - This workshop explores the female presentation of Autism, and the specific issues girls and women face being a female on the spectrum.

Tuesday 28th November 18:00 - 20:00
Autism & Disordered eating - Food and eating can be difficult for some autistic people. Sensory needs and anxiety can lead to very restricted diets. This workshop will look into the connection between autism and disordered eating.

Tuesday 5th December 18:00 - 20:00
Understanding communication and supporting difference - Communication differences is one of the key areas of autism. What does this look and how can we have effective communication.

Tuesday 12th December 19:00 - 21:00
Masking in Autism - We often hear the term 'masking' when talking about autism, but what does it mean and what does it look like?

Online workshops for parent carers of neurodiverse children and young people.

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Wednesday 24th January 19:00 - 21:00 Understanding Behaviour
This workshop looks at how we can de-escalate crisis behaviours, but also importantly how we can prevent them in the first place.

Tuesday 20th February 18:00 - 20:00 Autism vs ADHD
ADHD and Autism often go together and can easily be confused for one another. It can be hard being a parent to know which is causing the most difficulty. So what is the difference between them?

Tuesday 26th February 19:00 - 21:00 Supporting Siblings
Sibling rivalry is a normal part of growing up in a family, but having a sibling with SEN can impact on other family members. Life can feel unfair and some may feel annoyed or even resentful at times towards their sibling.

Wednesday 17th July 18:00 - 20:00 Interoception
Interoception is our internal body sense. It''s what allows us to know what's going on inside our bodies: such as hunger, tiredness, nausea, or needing the toilet. The session will look at strategies which may help.

In person workshops for parent carers of neurodiverse children and young people

Friday 24th November. 12:30-2:30. Autism vs ADHD

ADHD and Autism often go together and can easily be confused for one another. It can be hard being a parent to know which is causing the most difficulty. So what is the difference between them?

Yeovil - Somerset Parent Carer Forum CIC. Unit2, 32 Goldcroft. Yeovil. BA21 4DH

Thursday 18th January 11:00 -13:00. Understanding communication and supporting difference

Communication differences is one of the key areas of autism. What does this look and how can we have effective communication.

Taunton - The Albemarle Centre. Albemarle Road.Taunton. TA1 1BA

Monday 11th March 12:30 - 14:30 What is Sensory Processing

Autism often has sensory differences at its heart, this workshop looks at the senses and how this can impact on your child.

Minehead - The Hub Soft Play Centre, Hopcott Rd, Minehead TA24 6DJ

Tuesday 7th May 10:30-12:30 Interoception

Interoception is our internal body sense. It''s what allows us to know what's going on inside our bodies: such as hunger, tiredness, nausea, or needing the toilet. The session will look at strategies which may help.

Frome - Frome Community Hospital, Enos Way, Frome, BA11 2FH

Wednesday 5th June 12:30-2:30 Autism & Disordered eating

Food and eating can be difficult for some autistic people. Sensory needs and anxiety can lead to very restricted diets. This workshop will look into the connection between autism and disordered eating.

Cheddar - Parish Hall. Church Street. Cheddar. Somerset. BS27 3RA

How to book your space

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Bookings for the course are being managed by Somerset Parent Carer Forum. You don't need to a member of the forum to attend but will need to be added to their database to enable your booking details to secure.

Already on the forum system

If you are already on the forum's system you can simply visit the website and go to the WISE up tab on the home page. From there you can select the session you want to attend. To book simply enter the email address you used to join the system.

Not on the forum system

Individuals not on the forums system will need to register first by visiting the website and completing the sign up form within the get involved section. Once added you can select the sessions you want.

If you have any problems, please contact us

E: events@somersetparentcarerforum.org.uk
T: 01458 259384
W: www.somersetparentcarerforum.org.uk

Questions you may have

WISE UP WORKSHOPS
Empowering Parent Carers to succeed

Is there a charge for the session?

We are able to offer the sessions for free due to funding which has been provided by NHS Somerset. To enable us make sure the session are helpful we will ask everyone who attends to complete a very short feedback form.

Does my child need a diagnosis?

No. Everyone in the partnership delivering the sessions believes you should have access to support when you need it. Sessions are open to all parent carers who live in Somerset.

I feel nervous about attending

It can feel uncomfortable entering a room of people you do not know. All the people attending are parent carers who are experiencing similar challenges.

If you are concerned please give us a phone call and we will arrange for our parent carer representative who will be at the session to talk to you beforehand so you will know someone.

What if I am unable to attend?

We understand that things can change and you may not be able to attend. We normally have a waiting list so it would be really helpful if you can let us know beforehand so we can offer the space to someone else.

WISE UP WORKSHOPS

Empowering Parent Carers to succeed

Workshops for Information, Support and Education

2023-2024

Somerset Parent Carer Forum C.I.C

NHS Somerset

NHS Somerset NHS Foundation Trust

Somerset Council