



Special Educational Needs and / or Disabilities (SEND)

Parent / Carer Workshops

September 2019 - August 2020

eventbrite

**Book your free places on the Eventbrite
website by following this link:**

<https://www.eventbrite.co.uk/o/barnardos-wesail-17787276417>

Or search for "WESAIL" on the Eventbrite website:

www.eventbrite.co.uk

Please ring Barnardo's WESAIL on 01924 304152 if you have any
questions or need help to use or access Eventbrite

Barnardo's WESAIL

Castleford Civic Centre
Ferrybridge Road
Castleford
WF10 4JH

Barnardo's Registered Charity Nos. 216250 and SC037605

In partnership with:



**South West Yorkshire Partnership
NHS Foundation Trust**

www.barnardos.org.uk

Behaviour

This workshop is delivered by one of Wakefield Council's Therapeutic Crisis Intervention (TCI) Trainers who works with children and young people with Learning Disabilities. It gives an opportunity to think about what contributes to a child / young person's challenging behaviour, what influences our responses and what we can do to respond differently.

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| <p>Saturday 12/10/19 10am - 1pm</p> | <p>New Brookhouse Club 221 Barnsley Road Wakefield, WF1 5NU</p> |
| <p>Wednesday 15/01/20 10am - 1pm</p> | <p>Kinsley Learning & Community Centre, Wakefield Road, Kinsley Pontefract, WF9 5BP</p> |
| <p>Wednesday 29/04/20 10am - 1pm</p> | <p>Legioleum Room Castleford Civic Centre, Ferrybridge Rd Castleford, WF10 4JH</p> |



For parents / carers of children and young people 0-18 years with **any** Special Educational Needs and / or Disability with challenging behaviours.

Refreshments provided

Anxiety & Self Harm

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| <p>Thursday 06/02/20 10am - 1pm</p> | <p>Legioleum Room Castleford Civic Centre Ferrybridge Road Castleford, WF10 4JH</p> |
| <p>Wednesday 10/06/20 10am—1pm</p> | <p>New Brookhouse Club 221 Barnsley Road Wakefield, WF1 5NU</p> |

This workshop is delivered by Child & Adolescent Mental Health Service (CAMHS) Primary Practitioners and gives information about what anxiety and self harm is, how they develop and are maintained, along with the effects on behaviour. It provides support strategies and signposts to relevant services.



Refreshments provided

For parents / carers of children and young people 0-18 years with **any** Special Educational Needs and / or Disability, who experience anxiety or self harm.

Please note all sessions are for adults only

Introduction to Autistic Spectrum Disorder (ASD)

For parents / carers of children and young people 0-18 years with a diagnosis of ASD, or on the waiting list for an ASD assessment.



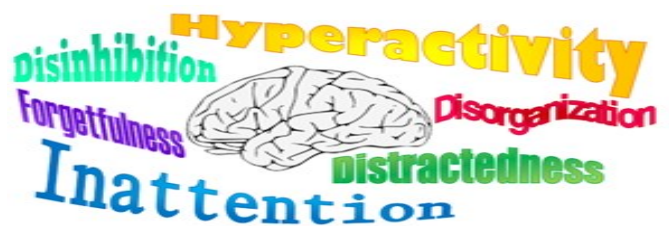
This workshop gives information about the areas of difference seen in ASD - Communication, Interaction, Flexibility of Thinking & Sensory Processing Disorder. It provides opportunity to share experiences and strategies as well as highlighting key services that can help you support your child.

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| <p>Wednesday 18/09/19 10am—2.30pm</p> | <p>Legioleum Room Castleford Civic Centre Ferrybridge Road Castleford WF10 4JH</p> |
| <p>Thursday 28/11/19</p> | <p>New Brookhouse Club 221 Barnsley Road Wakefield, WF1 5NU</p> |
| <p>Wednesday 26/02/20</p> | <p>Kinsley Learning & Community Centre, Wakefield Road Kinsley, Pontefract, WF9 5BP</p> |
| <p>Saturday 16/05/20 10am-2.30pm</p> | <p>Legioleum Room Castleford Civic Centre Ferrybridge Road Castleford, WF10 4JH</p> |

Refreshments provided - please bring lunch

Introduction to Attention Deficit Hyperactivity Disorder (ADHD)

This workshop provides information about what ADHD is and gives opportunity to share experiences and strategies. It also signposts to the services available to help you to support your child.



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| <p>Thursday 14/11/19</p> | <p>New Brookhouse Club 221 Barnsley Road Wakefield, WF1 5NU</p> |
| <p>Saturday 21/03/20 10am - 2.30pm</p> | <p>Legioleum Room Castleford Civic Centre Ferrybridge Road Castleford, WF10 4JH</p> |
| <p>Wednesday 17/06/20</p> | <p>Kinsley Learning & Community Centre, Wakefield Road, Kinsley Pontefract, WF9 5BP</p> |

For parents / carers of children and young people 0-18 years with a diagnosis of ADHD or on the waiting list for an ADHD assessment.

**Refreshments provided
- please bring lunch**

Please note all sessions are for adults only

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Improve your child's Sleep

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| Saturday 19/10/19 10am - 1pm | Legioleum Room Castleford Civic Centre Ferrybridge Road Castleford, WF10 4JH |
| Thursday 12/03/20 10am—1pm | New Brookhouse Club 221 Barnsley Road Wakefield, WF1 5NU |

This workshop provides information about sleep cycles, bedtime routines and behavioural strategies for a wide range of sleep issues.

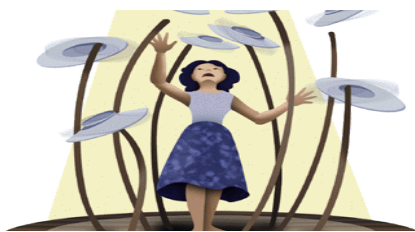


Refreshments provided

For parents / carers of children and young people 0-18 years with **any** Special Educational Needs and / or Disability, who have sleep issues such as:

- difficulty getting to sleep
- settling themselves to sleep independently
- wake frequently in the night
- wake up to start the day too early

Balancing Act



For parents / carers of children and young people 0-18 years with **any** Special Educational Needs and / or Disability who may feel overwhelmed with everything they have to juggle, feeling isolated or unable to have chance to sit down and work out what to do next or what services are available that may help.

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| Thursday 07/11/19 10am - 2.30pm | Kinsley Learning & Community Centre, Wakefield Road, Kinsley Pontefract, WF9 5BP |
| Saturday 25/01/20 10am - 2.30pm | New Brookhouse Club 221 Barnsley Road Wakefield, WF1 5NU |
| Wednesday 22/04/20 10am—2.30pm | Legioleum Room Castleford Civic Centre, Ferrybridge Rd Castleford, WF10 4JH |

Refreshments provided - please bring lunch

This workshop gives opportunity to reflect on the pressures of parenting a child or young person with SEND, shares useful resources that can help to organise and prioritise demands. It builds resilience through sharing experiences and information about services.

Coming Soon due to popular request - Workshops for Siblings