



NECANN COMMUNICATION

December 2025

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INTRODUCTION

Hello and welcome to the latest North East CANN Update.

North East Children's Additional Needs Network shares information and helps to increase the reach of your services for children and young people in the region.

Regarding updates and information, if you have material or information that you would like forwarded to the members of the Network, or any updates, please ensure that you email it to Miriam on northeast@cann-network.org, before the end of the month.

Thanks to everyone who shared the information below for our latest update, which contains information and sessions for children and young people with additional needs and their parent carers.

You can find these Communications on the CANN Network site at:
<https://www.cann-network.org/blog/>

NECANN MEETING DATE

Please let us know if you need any support accessing the meetings

Next Meeting


Christmas meeting
4th December
12pm - 2pm


Irwin Mitchell Office Newcastle
5th floor Wellbar Central, Gallowgate
Light refreshments available


CO CHAIR COMMENTS


NECANN Christmas Meeting– 4th December 2025

Wishing you all a Merry Christmas and a joyful festive season! We're excited to celebrate the spirit of giving and collaboration together.





This month we will be having a face-to-face Christmas meeting at Irwin Mitchell's Newcastle office on Thursday, 4th December from 12 midday to 2pm. If you haven't done so already, please let us know if you will be attending. 


We're thrilled to welcome Amy from Daisy Chain, who will share the incredible work the charity does across the region. Let's celebrate the season of giving by learning how we can support their mission. 

Light festive refreshments will be served, with plenty of opportunities to network and spread Christmas cheer! 

Remember: We've moved floors from the 8th to the 5th floor. Don't get lost on your way to the festivities! 

Why NECANN is the Gift that Keeps on Giving

-  Networking with like-minded charities and organizations
-  Sharing knowledge and best practices for greater impact
-  Opportunities for collaboration and joint initiatives
-  A platform to champion the incredible work happening across the Northeast

As we look forward to 2026, let's make it a year of continued growth and success for the NECANN. Please share your ideas and suggestions with us – together, we can achieve even more! 

Best wishes
Bev, Tracey and Kerry
NECANN Co-Chair's
chair.northeast@cann-network.org

NEW MEMBERS

Worley's World CIC



Worley's World CIC works with parents and carers who are overwhelmed, living in survival mode or supporting children with additional needs. We use the Worley's World Model, which is a trauma-aware and play-led approach that helps families build emotional language, connection and

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calmer routines. We offer parenting workshops, one-to-one support and practical home resources that make daily life feel more manageable.

We also work with schools, nurseries, community organisations and professionals, helping them use the Worley's World Model with the families they support. Our approach is neurodiversity affirming and shaped by lived experience, along with a strong educational background as a former primary school teacher and training in NLP, behaviour and emotional regulation. Everything we do is designed to help adults feel confident, supported and empowered to parent in a way that works for their world.

<https://www.worleysworld.co.uk/>

If you know of any groups that may be interested, please get them in touch!

If you are not yet on the CANN website, you can be added by completing this form:

<https://www.cann-network.org/member-registration-form/>

RESEARCH

No new research this month

INFO AND DATES FOR YOUR DIARY - NATIONAL / ONLINE

Child Brain Injury and Early Years Education Conference

Guiding those who support children with birth and brain injuries through the early years' SEN and EHCP process.

Open to parents, families, and professionals. Free to attend.

Date:

Thursday, 29 January 2026

Venue:

Stewarts

5 New Street Square

London, EC4A 3BF

Schedule:

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- Lunch: 12:00 PM – 1:00 PM
- Presentations & Questions: 1:00 PM – 5:00 PM
- Drinks & Discussions: 5:00 PM onwards

Additional Info:

- CPD points available
- Opportunity to network and gain expert insights

Speakers include:

- Dr Ruth Kent – Consultant in Neurological Rehabilitation
- Dr Angela Simcox – Consultant Neuropsychologist
- Emily Neal – Special Education Advisor
- Jennifer Wright – Solicitor from Roeb Irwin Sweeney
- Launa Randles – Headteacher, The Children's Trust

Registration:

[https://sites-stewartslaw.vuturevx.com/25/1542/landing-pages/rsvp-\(blank\).asp?sid=blankform](https://sites-stewartslaw.vuturevx.com/25/1542/landing-pages/rsvp-(blank).asp?sid=blankform)

STEWARTS

Child Brain Injury and Early Years Education Conference

*Guiding those who support children with birth and brain injuries through the early years' SEN and EHCP process. Open to parents, families and professionals.
Free to attend.*

Thursday 29 January 2026

Stewarts, 5 New Street Square, London, EC4A 3BF

Lunch: 12pm – 1pm

Presentations and questions: 1pm – 5pm

Drinks and discussions: 5pm onwards

CPD points available.



Free guide to Disability Living Allowance (DLA) for parents and carers of autistic and neurodivergent children.

Free guide to Disability Living Allowance (DLA) for parents and carers of autistic and neurodivergent children. The guide looks in detail at each question to help you effectively identify your child's needs.

<https://www.theautismpage.com/dla-guide/>

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Over The Wall Camp Referrals Needed

Hello!

It's hard to believe a month has already passed since we opened applications for our 2026 Residential Camps!

We are now seeking referrals for our Residential Camps. We've caught up with the initial rush of applications, and with us offering more camps, we'd really appreciate receiving referrals as early as possible.

It only takes two minutes to complete our [Referral Form 2026](#). Once it's submitted, our team will contact the family directly, talk everything through, and support them with their application if needed. You don't need to provide any additional information. Better yet—there's no limit to how many families you can refer!

The dates for our Camps can be found here [Camp Calendar 2026 - Over The Wall Camp - A UK Children's Charity](#).

Would you like to hear more about our FREE camps?

Our team are happy to chat on the phone, Teams or Zoom or in person - just let us know when you're available.

Don't forget to refer a family today: [Short online referral form](#).

We hope to welcome some of the young people you support at camp soon.

Warm regards,
The Camper Recruitment Team
Email: campers@otw.org.uk
Tel: 01332 977589 Option 1

Enter our Christmas card competition

As we prepare to deck the halls, we're inviting your child to capture the Christmas spirit by entering our card competition.

The lucky winner's design will feature on our e-Christmas card, and will also receive a new 128GB iPad Air. Two runners-up will each receive a £100 Amazon voucher.

We welcome entries from all children with additional needs. Please encourage them to get involved and to create their design on an A4 piece of paper, showing what Christmas means to them.


Next, take a picture of their drawing and email it to us at christmascomp@irwinmitchell.com. Please include their name, age, where they're from, and what inspired their design.


Entries must be submitted by midnight on Sunday 7 December. The competition is only open to those aged 19 and under. One entry per child. Full Terms & Conditions are available here:


<https://www.irwinmitchell.com/terms-conditions>

We can't wait to see what they come up with.

ARDIF online information session

 Online information session on Avoidant Restrictive Food Intake Disorder (ARFID)

 Tuesday 2 December

 6-7pm

 Online - Microsoft Teams

 FREE

The NHS England North East and Yorkshire Regional Mental Health Team are hosting a free online ARFID information session on Microsoft Teams with an experienced panel of multi-disciplinary professionals including a speech and language therapist, occupational therapist, and dietitian.

This session will focus on children and young people, and is for parents, carers and family wanting to find out more about ARFID. Professionals are also welcome to attend.

To register: [ARFID Parent, Carer and Family Information Session - Registration Form 2 December 2025](#)

When you register you will have the opportunity to submit topics for consideration. Please do not ask questions about specific individual circumstances. The session is intended to be educational and is not direct clinical support.

If you experience any issues joining the session please email england.ney-mh@nhs.net



Avoidant Restrictive Food Intake Disorder (ARFID)

Information session for parent/carers



Parent, Carer/Family Free Online Information Session on the Key Themes of Avoidant Restrictive Food Intake Disorder (ARFID) in Children and Young People

2 December 2025, 6pm-7pm

The North East and Yorkshire Regional Mental Health Team are hosting a **free online ARFID information session** on Microsoft Teams with an experienced panel of multi-disciplinary professionals including a Speech and Language Therapist, Occupational Therapist, and Dietitian.

This session will focus on **children and young people**, and is for parents, carers and family wanting to find out more about ARFID. Professionals are also welcome to attend.

Please note: the session will be based on generic ARFID themes submitted in advance and will not include an opportunity for Q&A on the day or specific advice or guidance relating to individual circumstances. The session is intended to be educational and not direct clinical support.

To register, please click [here](#). This also includes the opportunity for you to submit generic topics/themes for consideration. **We kindly ask that you do not detail specific individual circumstances.**

In the meantime, **helpful resources** are available on the CNTW [here](#) (available to all) or [ARFID Awareness UK](#).

If you experience any issues joining the session please email england.ney-mh@nhs.net

Meet Grandad Wheels

Brian Abram is '*Grandad Wheels*'

I'm 68, retired and from Halifax. After a serious cycling accident in 2013, I was left paraplegic and a full-time wheelchair user. I started writing stories to amuse my Grandson Charles, but I was encouraged to share them with a wider audience. I have now self-published six books in the series '*The Adventures of Grandad Wheels!*' – exciting tales of the crazy things I get up to with my grandson Charles (Charlie in the stories). Each story gives the reader some appreciation of the challenges that face wheelchair users. But the main objective is to show that a Grandad in a wheelchair (or anyone in a wheelchair for that matter) can still have a whole lot of fun!

All the proceeds from my books are donated to charity, divided equally between the **Spinal Injuries Association** and **Back Up**. Both these charities work to improve the lives of people like me who have suffered a spinal injury. I've now raised **£90,000**.

As at September 2025, I've visited **200 schools** and met almost **40,000 children**. I raise awareness of the challenges disabled people face whilst entertaining the children and encouraging them to interact with me in a fun way.

Grandad Wheels is available to visit schools and charities in South and West Yorkshire, and can offer **online sessions** for groups further afield. If you're interested in booking a visit, please get in touch!

Brian Abram
brianabram@btinternet.com
07770 643562
www.grandadwheels.com

Incoming B&A Online events December 2nd and 3rd 2025

Registrations are live for our next online B&A events for 11–25-year-olds.

Open for any young person 11-25 years old who has been impacted by Meningitis. This event is open to the young person who has experienced the disease and their siblings

Our 11–17-year-olds will take part in a creative session with The Crafty Hen and our 18–25-year-olds will enjoy a practical session looking at their personal strengths and how to use them to move forward positively in their lives, with Morissa from Family Action

Please do share the links far and wide and let's make this our most successful online ever!

<https://www.meningitisnow.org/get-support/supporting-young-people/believe-achieve/events-weekends/>

Kidz to Adultz North heads to Liverpool with a bigger focus on transition and brilliant prizes to be won

I'm Carmel from Disabled Living. We're a charity that's been supporting people of all ages with disabilities and additional needs across the UK since 1897. Alongside our services and helplines, we also run the Kidz to Adultz events, which I think could be really valuable for you, your colleagues, and the people you support, please do feel free to share.

Wednesday 3rd December 2025 | ACC Liverpool Port of Liverpool, Kings Dock Street, L3 4FP | 9.30am – 4.00pm

Free entry | Parking available | Fully accessible

One of the UK's largest free events dedicated to children and young people with disabilities and additional needs, supporting people across the whole of the North West is returning to the North this winter.

Kidz to Adultz North will take place at ACC Liverpool on Wednesday 3rd December 2025 – welcoming families, carers and professionals from across the region for a day of expert advice, practical support and inclusive fun. Kidz to Adultz exhibitions offer a unique opportunity to connect with over 100 exhibitors – from mobility and seating to education, employment, funding, sensory products and more.

A bigger focus for 2025: Navigating transition

Alongside the usual paediatric elements of the event, this year's event will spotlight an important new area of support across all Kidz to Adultz exhibitions: helping young disabled people and their families navigate life's key transitions – whether that's preparing for adulthood, accessing further education, moving into employment or gaining greater independence. Parents, carers, and professionals will be able to explore dedicated information and services to help make these transitions smoother and more informed.

Expert-led seminars – CPD certified

Our CPD-certified seminars are a key highlight of the event. Covering all the hot topics, they're free to attend, expert-led, and packed with useful insights for parents, carers, and professionals. Just turn up on the day and scan at the end of the presentation to collect your CPD Certificate. The full timetable is available on our website.

Alongside the exhibition and seminars, there will also be:

A fun-filled soft play area to keep little ones entertained

A magical Santa's Grotto bringing festive cheer for all ages
Join in the Bubble Ology experience
And much more.....

Competition time

To mark the return of Kidz to Adultz North to Liverpool, all visitors attending the event will have the chance to enter an exclusive competition with exciting prizes kindly donated by Premium at M&S Bank Arena including:

Four accessible tickets to see ELF the Musical – a festive treat for the family
Two premium tickets to see James Arthur at the M&S Bank Arena, Liverpool
Two premium tickets to see Jimmy Carr at the M&S Bank Arena, Liverpool
Full competition details will be available at the event.

This event is ideal for parents, carers, healthcare professionals, SENCOs, therapists, and anyone supporting a child or young adult with a disability or additional needs. With a wide range of companies providing specialist equipment and organisations offering support and services, whether you're seeking practical solutions, expert advice, or the opportunity to connect with others, you'll find it all here.

Register for free now and find out more:
<https://www.kidzexhibitions.co.uk/kidz-to-adultz-north-1/>

Interested in being more involved? We would love to hear from you... do get in touch
kidzteam@disabledliving.co.uk

Kind regards

Carmel Hourigan
Email Address - carmel.hourigan@disabledliving.co.uk
Website - www.kidzexhibitions.co.uk

H.I.E. Conference - Thursday 14th May 2026

Tickets are on sale for our first H.I.E. Conference, taking place on Thursday 14th May 2026 at The Lowry, Manchester.



H.I.E. CONFERENCE

14th May 2026
The Lowry, Salford Quays

Kindly supported by:



BoltBurdonKemp



The theme is **“Hear, Inform, Empower.”**

Our first announced speakers are Nicholas Hamilton & Paula Abramson.

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"Nicolas is a disability ambassador and hugely inspiring speaker. Born with Cerebral Palsy, following an H.I.E. event at birth, Nicolas and his parents were told that he would never walk, or talk, but this did not stop him for achieving his dream of becoming a successful racing driver."

Paula Abramson will be joining us on the 14th May 2026, and we hope you will too. Paula is a psychotherapist and training facilitator, specialising in providing bereavement support to families and training for professionals, following the death of a baby or child.

Conference tickets here: <https://www.eventbrite.co.uk/e/hie-conference-tickets-1434277846649>

Direct Payment Support Group Some Dates for your diary 2025 - 2026

Liz Leach from Imagineer Development UK CIC & Support Brokerage Network and Katie Clarke from Accessible Calderdale are pleased to announce a new series of workshops.

Our workshops are for people who already receive a Direct Payment or Personal Budget, or those people who are interested in this option.

These sessions help people to develop a greater understanding about the assessment process, financial assessment, support planning and recruiting and training of Personal Assistants.

Workshops will help attendees know their rights as a Direct Payments recipient.

Our sessions are a safe place to come together with like-minded people, learn together and share what works, what doesn't work and what we can do to make employing our own team/s easier.

Thanks to Skills for Care we are running the following sessions:

- 12th November online 6pm to 8pm Not Another Assessment
- 3rd December online 6pm to 8pm Support Planning for Individual Employers
- 12th January online 6pm to 8pm Managing your own PA/s
- TBC February online Disability Related Expenses workshop
- 2nd March full day workshop 10am to 3pm What Does Good Support Look Like?

We will be running 3 outreach workshops for family and disabled led organisations so do get in touch if you want us to join one of your sessions.

We run a closed group for anyone receiving Social Care to share ideas, knowledge, and support.

For more information on the Direct Payment Support Group please contact katie@visitsunlimited.org.uk and follow us on social media @AccessibleCalderdale

For bookings contact lorraine.accessiblecalderdale@gmail.com

DATES FOR YOUR DIARY - REGIONAL

Newcastle Adult Autism Support – Professionals Networking Event-Save the date

Hello, I hope this email finds you well.

Following the success of our last networking event, we are pleased to announce that we will be running it again. Please find the details below and save the date. Feel free to share this invitation with any professionals who may benefit from attending.

Newcastle Adult Autism Support – Professionals Networking Event



Friday 23rd January 2026



9:30am – 11:00am



Recovery College Collective, No. 1 Carliol Square, Newcastle upon Tyne, NE1 6UF

This informal networking event is a great opportunity to:

- Connect with fellow professionals
- Share ideas and best practice
- Learn more about the support offered by the Newcastle Daisy Chain Adult Autism Service
- Explore opportunities for collaboration

Refreshments will be provided, and we look forward to welcoming you for a morning of connection and collaboration.

We hope to see you there!

Warm regards,

The Daisy Chain Team

amy.jordison@daisychainproject.co.uk

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Amy Jordison (*she/her*)

Senior Adult Autism Support Lead

Foundation of Light Christmas Holiday Courses

Book here: <https://www.abler.io/shop/foundationoflight/holidaycourses>

CHRISTMAS HOLIDAY COURSES



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

FOOTBALL

**22 DECEMBER | FORD HUB |
9.30AM-3PM | £20**

HOLIDAY CLUB

**23 DECEMBER | BEACON OF LIGHT |
9.30AM-3PM | £20**





Do you have a child with a vision impairment aged 0-4?

Give them the best possible start in life and sign up for our My Time to Play programme today.

We offer fun and supportive group sessions to help your child develop the practical skills and confidence to explore their world – all through the power of play. You will meet other parents and pick up skills from our expert staff that will help you support your child's early development with confidence.

Our next programme starts at:

Hemlington Lake & Recreation Centre

Cass House Road, Middlesbrough, TS8 9QW

Fortnightly, Mondays 10 am - 12 noon.

Find out more at guidedogs.org.uk/mttp

or contact our local team at

MTTPNewcastle@guidedogs.org.uk or call

0800 781 1444 to sign up.

The Guide Dogs for the Blind Association is a company limited by guarantee and a registered charity in England and Wales (209617), Scotland (SC038979) and Isle of Man (1334). A136 10/22



North East Sight Matters Events

I have attached a link to our future events, we are still planning and adding to this as they are finalised. We always suggest people keep checking our website.

<https://northeastsightmattersltd.co.uk/events>

Festive fun for all at Life Science Centre

It's the most wonderful time of the year, and Life's much-loved festive calendar is there for all to enjoy, including those with sensory needs.

Life runs regular relaxed sessions throughout the year, and this involves favourite seasonal events like The Santa Experience and Ice Skating.

The Santa Experience

Santa and his elf are ready to welcome you to an unforgettable Christmas experience.

Relaxed sessions on the following dates:

Sunday 23 November, 10:15am – 11:45am Sunday 30 November, 5:00pm – 6:30pm Sunday 7 December, 11:45am – 13:15am

These sessions have been modified for people with sensory needs. Lighting and noise levels will be adjusted, and doors will remain open. Santa and his elf will open the doors to accommodate visitors. At these Relaxed Sessions, we allow for 1 carer free per child.

Ice skating

Fancy a calm and quiet skate with no music, no lights and fewer visitors?

Join us on one of our relaxed skating sessions on the following dates:

Sunday 16 November, 10:00am – 11:00am

Sunday 7 December, 10:00am – 11:00am

Sunday 4 January, 10:00am – 11:00am

Situated in Times Square, just outside Life Science Centre, the rink, made of real ice, runs throughout the Christmas season, providing skaters of all ages and abilities with the ultimate festive experience.

Visiting the science centre

Life is committed to supporting those with accessibility needs when they visit the science centre, even if it's not a relaxed session. To support your visit, we have a visual story and sensory map which can be downloaded before your visit, or picked up at reception on the day.

We also hire ear defenders and sensory bags, and carers go free! Find out more about accessibility at life.

The Special Lioness Upcoming Events

Our Christmas buy and swap toys Coffee group at the special lionesses 1st December 12-2.30pm
[Christmas Coffee group & Buy and Swap @ The Special Lioness Office | The Special Lioness](#)

Our special Bonds group for children that are cared for which is on the 2nd December 10-12 [Special Bonds | The Special Lioness](#)

Our Christmas Craft coffee group at the special lionesses on the 11th December 10-12 [Coffee group @ The Special Lioness Office | The Special Lioness](#)

Our Christmas light display which is Friday the 12th December and Saturday the 13th December 5-7pm [Christmas Light Switch On | The Special Lioness](#)

The Sensory Place Christmas Events

They can all be booked via our website
www.thesensoryplace.net



Enjoy a hot breakfast buffet along with a visit to meet the magnificent North East Santa in his enchanting grotto.

While creating a magical wooden elf door

Sunday 14th December at 10:30

@ Mercure George Washington Hotel

🎄 Each child will have a choice of gifts.

🎄 Starting from £10 per person



Bookings at
www.thesensoryplace.net



SEND TEEN 15YRS+ AND YOUNG ADULTS BREAKFAST WITH SANTA

SUNDAY 14TH DECEMBER 9.15

MERCURE GEORGE

WASHINGTON HOTEL

From £12.50 includes gift of
choice from santa



bookings @
www.thesensoryplace.net

Hadrian School events

Dear All,

Hadrian School are running an excellent training course on the 5th Dec free of charge to parents/carers around Bereavement, you don't have to be a parent at Hadrian to attend the training its open to all! The training is a virtual course running from 10am – 1pm.

Please see the link below to register for the training. Could you also email david.palmer@hadrian.newcastle.sch.uk to let him know you are interested/registered.

<https://events.teams.microsoft.com/event/33f3dec1-b102-4849-b344-f3f0a0b842cc@36455dd3-e36-4341-8d66-851e1847d543>

Also our Christmas Fayre is on Friday 5th December, both events are from 5:50-7:30pm, no charge for the Christmas Fayre.

Hadrian Education and Development Services

"Working in Partnership with Hadrian School"



Hadrian Education and Development Services (HEADS) is a registered company Limited by Guarantee that was established in 2007. HEADS work in partnership with Hadrian School, Newcastle upon Tyne to offer:

- Quality SEN Training
- Advice/Consultancy and Support
- Quality Publications
- An excellent range of Facilities and Resources including our new Rebound Therapy Training Centre

Hadrian School run a range of training courses for Parents, Carers throughout the school year 2025/6. All courses start at 9.30am unto 12.30pm. We are keen to hear from parents about ideas for training, so if you have any specific training requests please let us know by filling in the attached form.

Training for Parents/Carers

9th October 2025 – Bereavement Training – New Course – virtual training (10am – 1pm)

- Living with anticipatory grief
- The impact of sudden, traumatic, unexpected, or expected death
- The physiological and emotional impact of grief and its impact on communication
- Understanding why bereaved people may be vulnerable
- Understanding the impact of life-limiting illness and terminal illness on the individual and the carer
- Understanding grief and loss in children and families
- Supporting children with learning disabilities with their own grief
- Family communication: conversations about death and dying
- Signposting and offering support– how and where
- Resilience, self-care and seeking support, to include vicarious trauma and compassion fatigue
- An overview of the experience of bereavement, grief & loss, to include different types of grief and the impact of different types of death

24th October 2025 – Behaviour as a form of Communication

This practical course teaches delegates the core skills of how to empathise with, and meet the needs of the people they support.

Because empathy is such an important part of SEN care and education, this course is relevant for all professionals and family members who support a person with a learning disability, autism, or mental health problem, including teachers, teaching assistants and clinical staff and managers working in challenging circumstances with people with complex needs.

6th November 2025 – An Introduction to First Aid

This 3-hour workshop is designed for school staff, parents, and other community members to provide essential first aid knowledge until a qualified first aider arrives on the scene. A certificate of attendance will be provided upon completion.

What to do in an emergency
Cardiopulmonary resuscitation (CPR)
First aid for an unconscious casualty
Managing wounds and bleeding
How to assist a choking person

21st November 2025 – Sleep Training

Causes of sleep disturbance in children. Methods for addressing these issues, including using natural therapies. Ways to manage parent's feelings about sleep problems. Parents will be able to discuss issues together in a supportive environment, and learn from each other too. There is no single 'cure' or approach that will guarantee their children will sleep through, however the approaches we discuss can be applied in a person centred way to hopefully bring some help to every family.

5th December 2025 – Introduction to Autism

We will consider autism as a condition and how it impacts on the lives of individuals and how, in turn this can reflect on their learning. We will develop an understanding of how individuals with this condition may need to be supported in a school environment and the adaptations that can be made. Special reference will be made to sensory issues and the importance of working in a person centered way.

23rd January 2026 and Introduction to Sensory Loss

This course will help delegates to learn how our senses affect us on a daily basis. How it feels to have Sensory Loss. Finding out what can cause Sensory Loss. Ways to help and support people who have a Sensory Loss, alongside disabling conditions such as learning difficulties/physical disabilities. Knowing who the organisations are who provide support for individuals who have a Sensory Loss.

27th February 2026 – Complimentary Therapies

Consider how complementary therapies can be used in person centred and holistic ways to help manage stress, pain and sleep problems. Introduce a number of complementary therapies which can be used by everyone. Discuss how to give a hand and foot massage. Learn a number of relaxation techniques. How these approaches have been used to help individuals with a range of problems.

29th April 2026 – Mental Health Awareness Training

HEADS Training in partnership with Hadrian School and Traincon Learning are facilitating a Mental Health Awareness Training course very soon. We would like the course to take place physically at the HEADS Training Centre at Hadrian school where we have strict COVID practices in place, but depending on what delegates preferences are we can facilitate via zoom too, just let us know what is practicable for yourself if you would like to book..

In the current COVID climate Mental Health is at the forefront of many organisations agendas, and attending this training will give you opportunity to take back much needed knowledge and skills to your own working environment.

24th June 2026 - Introduction to Epilepsy

This course will help delegates to understand more about people with Epilepsy, understand what Epilepsy is. Some causes of Epilepsy. The effects on daily living of Epilepsy. Using a person centered approach to support individuals with Epilepsy. Learn how to deal with seizures. And understanding common treatments for Epilepsy.

If you would like to book a place on any of the training, could you please email:

david.palmer@hadrian.newcastle.sch.uk or daniel.coffey@hadrian.newcastle.sch.uk, or call school on 0191 273 4440.

Meet, Chat, Learn

The Tiny Lives 'Meet, Chat, Learn' sessions are a great way to meet other neonatal families, learn new skills and spend some bonding time with your little one. Our groups and classes are organised and funded by Tiny Lives and facilitated by our approved delivery partners, so they are always free of charge to neonatal parents.

We are delighted to offer classes across Newcastle, Gateshead, South Shields and Sunderland locations. Our classes are open exclusively to families who have spent time on the neonatal unit and/or Transitional Care. 'Stay & Play' and 'Stay & Splash' sessions and Bubbles are only open to families that have spent time on a neonatal unit.

Until April 2026, Meet, Chat, Learn is funded by a grant from the National Lottery Community Fund.

<https://www.tinylives.org.uk/meet-chat-learn>



MEET, CHAT, LEARN POST DISCHARGE PROGRAMME

Once home why not come along to one of our fully funded parent-baby classes or groups that are open to all families who have had a baby on a Neonatal Unit or Transitional Care

Meet other parents who have had babies on the neonatal unit,
Chat and support each other, Learn new things that can help
your baby's development.

BABY YOGA
BABY MASSAGE
SENSORY CLASSES
ART & MESSY PLAY

For more information please scan the QR code below or
contact
victoria@tinylives.org.uk OR meetchatlearn@tinylives.org.uk



Upcoming Events at Useful Vision

Flip book here with full details: <https://heyzine.com/flip-book/6605c49ce7.html>



usefulvision

October - November - December 2025

**Activities for visually impaired children
across the North East**



Welcome to Your New Activity Brochure

www.usefulvision.org.uk

Now part of  **30 Healthworks**
CELEBRATING 30 YEARS



Events at a glance...

October:

Saturday 11th October: Japan Golf

Saturday 18th October: Repeat Sensory

Wednesday 29th October: Halloween Spectacular

Thursday 30th October: Tweddle Farm

Friday 31st October: Humbles Wood Activity Farm

November:

Saturday 15th November: Let's Get Messy!

Saturday 22nd November: The Special Lioness

December:

Saturday 13th December: Cinderella Panto at Strawberry Lane

Sunday 28th December: Newcastle Eagles

www.usefulvision.org.uk

30 Healthworks
27/11/2024 15:34

How to book



Get in touch with our friendly team via one of the following options.

CALL: 0191 264 1959

EMAIL: usefulvision@hwn.org.uk

ONLINE: usefulvision.org.uk/events

Once you have booked you will receive a confirmation email.



www.usefulvision.org.uk

Now part of

30 Healthworks
CELEBRATING 30 YEARS



ZOOM WEBINARS

**SUPPORTING THE EMOTIONAL
WELLBEING OF AUTISTIC
CHILDREN**

24th February
28th April
12.00 - 3.00pm

Please note this course is suitable for parents / carers of children 7
and over who are experiencing low level emotional wellbeing
difficulties.

Places are limited and must be pre-booked.

✉ kerrie.highcock@ne-as.org.uk

☎ 0191 410 9974

Parents/carers only. You only need to attend one date for each course, they are repeat sessions.

f i t @NEAutismSociety
Registered Charity No. 1028260

north east
autism society

Durham Autism Hubs

For parents / carers of children who are awaiting a referral to the neurodevelopmental team, on the diagnostic pathway, or post diagnosis of autism.

Children must be living in Durham

We have the following dates available:

Stanley Family Hub
Clifford Road,
DH9 0AB

08/01
05/02
05/03
02/04

Willington Family Hub
Chapel Street,
DL15 0EQ

15/01
12/02
12/03
09/04

north east
autism society



Supporting your autistic child workshop

The workshop will cover:

- worries and action planning
- common misconceptions
- differences in autistic children
- practical strategies to use in everyday life

These sessions will run 10-12 and must be pre-booked.

One to one appointments

These appointments are for families that have questions or would like to discuss any issues in confidence.

These appointments are available between 9-3pm and must be pre-booked.



**To book please contact Kerrie Highcock on
0191 410 9974 or kerrie.highcock@ne-as.org.uk**

Registered Charity No. 1028260 | Company Limited by Guarantee No. 2859620

North Tyneside Autism Hubs

For parents / carers of children who are awaiting a referral to the neurodevelopmental diagnostic team, on the diagnostic pathway, or post diagnosis of autism.

Children must be living in North Tyneside.

We have the following dates available:

Riverside Family Hub NE29 6DQ

06/01
03/02
03/03
07/04

Howdon Family Hub NE28 0AL

13/01
10/02
10/03
14/04

Shiremoor Family Hub NE27 0TA

20/01
17/02
17/03
21/04



north east
autism society

Supporting your autistic child workshop

The workshop will cover:

- worries and action planning
- common misconceptions
- differences in autistic children
- practical strategies to use in everyday life

These sessions will run 10-12 and must be pre-booked.

One to one appointments

These appointments are for families that have questions or would like to discuss any issues in confidence.

These appointments are available between 9-3pm and must be pre-booked.



**To book please contact Kerrie Highcock on
0191 410 9974 or kerrie.highcock@ne-as.org.uk**

Registered Charity No. 1028260 | Company Limited by Guarantee No. 2859620

Newcastle Autism Hubs

north east
autism society

For parents / carers of children who are on the diagnostic pathway or post diagnosis of autism.

Children must be living in Newcastle

We have the following dates available:



**Nunsmoor Centre,
Studley Terrace,
NE4 5AH**

07/01
04/02
04/03
01/04

**Galafield Family Hub
Newbiggin Lane,
NE5 1LZ**

14/01
11/02
11/03
08/04

**Byker Sands Family Hub
19 Raby Cross,
NE6 2FF**

21/01
18/02
18/03
15/04

**Charlton Street Hub,
Charlton Street,
NE15 8RN**

21/01
18/02
18/03
15/04

**Fawdon Childrens Centre,
Cairns Way,
NE3 2SN**

28/01
25/02
25/03
22/04

**The Treehouse Early
Years Centre, Brunel
Terrace
NE4 7NL**

28/01
25/02
25/03
22/04

Supporting your autistic child workshop

The workshop will cover:

- worries and action planning
- common misconceptions
- differences in autistic children
- practical strategies to use in everyday life

These sessions will run 10-12 and must be pre-booked.

One to one appointments

These appointments are for families that have questions or would like to discuss any issues in confidence.

These appointments are available between 9-3pm and must be pre-booked.



To book please contact Kerrie Highcock on
0191 410 9974 or kerrie.highcock@ne-as.org.uk

Registered Charity No. 1028260 | Company Limited by Guarantee No. 2859620

NHS

North East Autism Society Autism Friendly Guide

It may also be useful to highlight our Christmas events guide we have put together for families.

[Autism-friendly Christmas events in the North East - North East Autism Society](#)



The Toby Henderson Trust

Toby's Festive Family Fun

Sunday 30th November 12pm-3.30pm

Come along with the family to enjoy some “getting ready for Christmas” festive family fun and food.

There will be a Christmas gift for all of our young people, special guests, games, a festive disco, fun, crafts and Jumpin’ Jay The Bubble Whisperer. All festive food will be informal and served buffet style. Adults will enjoy hot turkey, stuffing and cranberry baps with roast potatoes and gravy and children will enjoy a hot and cold buffet.

Join us in The Cheviot Suite of The Holiday Inn, Gosforth Park.

All tickets are priced at £15 per head.

Children aged 2 and under go free.

To book your tickets call 0300 3653055 or email vicki.armstrong@ttht.co.uk.



Grace House Parent Carer Support Coffee Mornings are back!

Grace House is thrilled to announce the return of our Parent Carer Support Coffee Mornings! 🙌

These relaxed sessions will take place on the first Wednesday of every month (term-time) from 10am – 12pm, starting Wednesday 5th November.

Come along to meet other parents and family carers, share experiences, and enjoy a friendly chat over tea and coffee. ☕

Occasionally, guest speakers will join for the first half hour, leaving plenty of time for open conversation and connection.

✨ No charge & no booking required but must be registered with Grace House ! ✨

✉ For more information, contact:

LK@gracehouse.co.uk

VC@gracehouse.co.uk

☎ Or call 0191 435 2088 and ask for Lyn or Vicki.

♥ Make time for yourself, you deserve it!

Dr Katherine Uher will be coming in to do a presentation/workshop for parent carers regarding 'Supporting Autistic and ADHD Families in Systems Not Built for Us'. This will be on Tuesday, 11th November 9:30-12:30pm

Visit Santa on his magical, fully accessible and inclusive grotto bus this Christmas!

Our Santa Grotto Bus welcomes all ages and needs, because everybody deserves the opportunity to meet Santa.

This year, we're in a NEW location! Find us on Nelson Street, between the Christmas Markets and Eldon Square entrance.



Friday 5th - Sunday 7th December

Friday 12th - Sunday 14th December

While Santa's sleigh will be getting prepared and polished for its long route on Christmas Eve, the ever-generous team at Stagecoach have very kindly arranged to bring him to Newcastle City Centre on one of their buses to pay children, adults and families in our region a very special visit!

We understand that this year especially, money will be tight for most of us, which is why all visits to Santa remain FREE of charge. Our grotto bus is also fully accessible with wheelchair access.

We understand that visiting Santa can be an overwhelming experience, and we can't always predict a child's mood - we don't require any booking, just turn up when you can, and our team can make adaptations if your child needs it so that they feel as comfortable as possible.

All visits to Santa are completely free, though any donations on-the-day are welcome and will go directly towards supporting local children living with disabilities, additional needs and term

<https://www.thesunshinefund.org/santabus>

Chronicle
SunshineFund



SANTA CLAUS

is coming to Toon!

THE ORIGINAL SANTA GROTTO BUS RETURNS FOR 2025!



FULLY ACCESSIBLE. NO BOOKING REQUIRED. FREE TO ALL.

Visit Santa on his magical, fully accessible and inclusive grotto bus this Christmas! Visits to Santa are FREE and welcome to all ages and needs.

Newcastle City Centre - Nelson Street (next to the Christmas Markets)

Week 1: Friday 5th - Sunday 7th December - 09:30am - 05:00pm

Week 2: Friday 12th - Sunday 14th December - 09:30am - 05:00pm

Donations welcome - all proceeds go to The Sunshine Fund to improve the lives of North East children living with disabilities and terminal illness.

For more information please contact hello@thesunshinefund.org



North East CANN
www.cann-network.org
northeast@cann-network.org

Grace House Christmas Fair



BINGO!
Saturday 22nd
November
just £10 per
person
From 6:30PM
Whitburn &
Marsden Social
Club!
18+ only!

Grace House
Enriching the lives of disabled children, young people and their families.

**Christmas
Fair!**

11AM-3PM No need to book!

**Under 16's FREE
£1 for adults**

Help us make a difference again
this Christmas!
Every visit, raffle & purchase
supports local families through
Grace House!

**Sunday 7th
December**

The Grand Hotel

The Autism Hub, South Tyneside

The Hub runs regular events in South Shields that are specifically for our families in South Tyneside.

Check out the Autism Hub events page - Autism Hub - The Toby Henderson Trust (ttht.co.uk).

Please see below for details of our next Cuppa and Cake events.



SCAN HERE

To view our groups on
our website and to
book your place.



WHAT'S ON AT THE AUTISM HUB THIS DECEMBER 2025

WE ARE EXCITED TO OFFER OUR FACE-TO-FACE MONTHLY
SUPPORT GROUPS AT THE AUTISM HUB.
PLEASE BE AWARE THAT THESE GROUPS ARE FOR
PARENT/CARERS ONLY.
PLACES WILL NEED TO BE BOOKED TO
ATTEND.

MONDAY 1ST DECEMBER 2025 10AM - 11.30AM

CUPPA & CAKE!

**FOR FAMILIES WITH AUTISTIC CHILDREN AGED
0 TO 5 YEARS.**

(YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)

MONDAY 8TH DECEMBER 2025 10AM - 11.30AM

CUPPA & CAKE!

**FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED
5 TO 11 YEARS WITH GUESTS - AMY BURGESS FROM
AJ BRAINS (AUTISTIC, ADHD PSYCHOLOGY
GRADUATE) PASSIONATE ABOUT SHARING HER
EXPERIENCES**

(YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)

MONDAY 15TH DECEMBER 2025 10AM - 11.30AM

CUPPA & CAKE!

**FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED
11 TO 18 YEARS WITH GUESTS - AMY BURGESS FROM
AJ BRAINS (AUTISTIC, ADHD PSYCHOLOGY GRADUATE)
PASSIONATE ABOUT SHARING HER EXPERIENCES**

(YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)



The Toby Henderson Trust



SCAN HERE

To view our groups on
our website and to
book your place.



WHAT'S ON AT THE AUTISM HUB THIS NOVEMBER 2025

WE ARE EXCITED TO OFFER OUR FACE-TO-FACE MONTHLY
SUPPORT GROUPS AT THE AUTISM HUB.

PLEASE BE AWARE THAT THESE GROUPS ARE FOR
PARENT/CARERS ONLY.

PLACES WILL NEED TO BE BOOKED TO
ATTEND.

MONDAY 3RD NOVEMBER 2025 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC CHILDREN AGED
0 TO 5 YEARS WITH GUESTS - TEAM MEMBERS FROM
YOUNG CARERS AND CONNECTED CARING

(YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)

MONDAY 10TH NOVEMBER 2025 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED
5 TO 11 YEARS WITH GUESTS - TEAM MEMBERS FROM
YOUNG CARERS AND CONNECTED CARING

(YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)

MONDAY 17TH NOVEMBER 2025 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED
11 TO 18 YEARS WITH GUESTS - TEAM MEMBERS FROM
YOUNG CARERS AND CONNECTED CARING

(YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)



The Toby Henderson Trust

Christmas Breakfast at The Autism Hub

North East CANN
www.cann-network.org
northeast@cann-network.org

Date: Tuesday, 2nd December 2025

Time: 9:30 AM – 11:30 AM

Location: The Autism Hub, Gordon Street, South Shields

Join **The Toby Henderson Trust** team for a festive morning!

Celebrate the Christmas season with:

- Free festive-themed food and drinks
- Crafts and activities
- A chance to catch up with the team or meet us for the first time

Everyone is welcome!

No booking required – simply drop in and enjoy the festivities.


The Toby Henderson Trust

INVITE YOU TO JOIN THE TEAM FOR



CHRISTMAS BREAKFAST



**JOIN THE TEAM FOR A MORNING OF
FESTIVITIES. CELEBRATE THE CHRISTMAS
PERIOD WITH US, WHILST ENJOYING SOME
FREE FESTIVE THEMED FOOD, DRINKS &
CRAFTS. CATCH UP WITH THE TEAM OR
COME & MEET US FOR THE FIRST TIME.
EVERYONE IS WELCOME.
SIMPLY DROP IN,
NO BOOKING REQUIRED.**



**TUESDAY 2ND DECEMBER 9:30AM – 11:30AM
@ THE AUTISM HUB, GORDON ST, SOUTH SHIELDS**




AUTISM HUB

2025

Northumberland PDS Time to Talk - TIME TO TALK

This is our our face-to-face monthly post diagnostic support group at The Toby Henderson Trust in Bedlington.

This group is for Northumberland parents/carers only of children and young people of ALL ages. The group is free to attend and is for parents & carers who live in Northumberland and their child has a diagnosis of Autism. It is a chance to come along and meet and chat with other families as well as our experienced family support team. This will be a great opportunity for parents to come along and ask her any questions about all things education.

For more info click - Northumberland PDS Time to Talk - The Toby Henderson Trust (ttht.co.uk)

Our next Meet and Greet session will take place at Toby House on Friday 28th November 1pm - 2.30pm. See poster below.



Northumberland Autism Post Diagnostic Support Service

**Meet & Greet session for parents/carers of
newly diagnosed autistic young people**

Friday 28th November at 1pm-2.30pm

Toby House, Earth Balance
Bedlington, Northumberland, NE22 7AD

Why Join Us?

- Discover the Toby Henderson Trust journey so far.
- Find out about our service and support available to you.
- Meet other parents and carers who truly understand.
- Ask questions in a relaxed, friendly environment.
- Arrange your first post diagnostic support appointment for your family.



GET IN TOUCH



Call: 0300 365 3055



NorthumberlandPDS@ttht.co.uk

✓ Parent Support Groups in Gateshead

Audience: Parents/carers in Gateshead with a child aged 5–11 years waiting for a neurodevelopmental assessment with CYPS.

Location: Metrocentre Community Hub, Upper Green Mall, Gateshead, NE11 9YG

Sessions:

- **Wed 24th Sept, 10–11:30 AM**
- **Wed 22nd Oct, 10–11:30 AM**
- **Wed 26th Nov, 10–11:30 AM**
- **Wed 17th Dec, 10–11:30 AM**

Guest: Charlotte Hodgkinson, Social Welfare Advisor – *Living With Neurodiversity* (Citizen Advice Gateshead)

✓ **Parent Support Groups in Newcastle**

Audience: Parents/carers in Newcastle/Gateshead with a child aged 5–11 years waiting for a neurodevelopmental assessment.

Location: Gosforth Civic Theatre, Regent Farm Road, Newcastle upon Tyne, NE3 3HD

Sessions:

- **Tue 7th Oct, 1:30–3 PM**
- **Tue 4th Nov, 1:30–3 PM**
- **Tue 2nd Dec, 1:30–3 PM**

✓ **Online Parent Support Groups**

Audience: Parents/carers in Newcastle/Gateshead with a child aged 5–11 years waiting for a neurodevelopmental assessment.

Platform: Zoom

Sessions:

- **Wed 15th Oct, 6–7 PM**
- **Wed 19th Nov, 6–7 PM**
- **Wed 17th Dec, 6–7 PM**

Hosts: Lynda Richardson (Head of Operations) & Sophie Pearson (Occupational Therapist)

✓ **Webinars for Newcastle & Gateshead Parents**

Audience: Parents/carers in Newcastle/Gateshead with a child aged 5–11 years waiting for a neurodevelopmental assessment.

Platform: Zoom (Free)

Topics & Dates:

- **Pathological Demand Avoidance** – Mon 6th Oct, 9:30–11:30 AM
- **Understanding Neurodiversity** – Fri 24th Oct, 9:30–11 AM
- **Emotional Wellbeing for Parents/Carers** – Thu 6th Nov, 9:30–11 AM
- **Preparing for Christmas** – Fri 21st Nov, 9–11 AM
- **Food Worries** – Mon 1st Dec, 9:30–11:30 AM
- **Strategies for Children Who Struggle with Change** – Tue 9th Dec, 9:30–11:30 AM
- **Personal Care Challenges** – Wed 21st Jan, 5:30–6:30 PM

Booking for all sessions:

✉ Email: reception@tht.co.uk

Include: Name, child's medical number (RIO), child's age, and postcode.

☎ Call: **0300 365 3055**

Parent Support Groups in Gateshead



Do you live in Gateshead and have a child aged 5-11 years waiting for a neurodevelopmental assessment with Children and Young People's Service (CYPS)? Come join our support groups!

Our upcoming groups are...

Metrocentre Community Hub

- * **Wednesday 24th September 10am-11.30am**
With guest **Charlotte Hodgkinson Social Welfare Advisor- Living With Neurodiversity from Citizen Advice Gateshead**
- * **Wednesday 22nd October 10am-11.30am**
With guest **Charlotte Hodgkinson Social Welfare Advisor- Living With Neurodiversity from Citizen Advice Gateshead**
- * **Wednesday 26th November 10am-11.30am**
- * **Wednesday 17th December 10am-11.30am**
With guest **Charlotte Hodgkinson Social Welfare Advisor- Living With Neurodiversity from Citizen Advice Gateshead**

Upper Green Mall, Metrocentre, Gateshead, NE11 9YG

To book your place onto these sessions, please email us at: reception@ttht.co.uk. Please include your name, your child's medical number (this is the medical number assigned to the young person waiting for an assessment-you will find this on your letter from CYPS), your child's age and your postcode.

Parent Support Groups in Newcastle

Do you live in Newcastle/ Gateshead and have a child aged 5-11 years waiting for a neurodevelopmental assessment with Children and Young People's Service (CYPS)? Come join our support groups!

Our upcoming groups are...

Gosforth Civic Theatre

Tuesday 7th October 1.30pm-3pm

Tuesday 4th November 1.30pm-3pm

Tuesday 2nd December 1.30pm-3pm

Regent Farm Road, Gosforth, Newcastle upon Tyne, NE3 3HD

We would love to see you at any of our groups. If you'd like to join us, please ask questions or book on by emailing: reception@ttht.co.uk. Please include your name, your child's RIO number (this is the medical number assigned to the young person waiting for an assessment- you will find this on your letter from CYPS), your child's age and your postcode.





Online Parent Support Groups

For those who live in Newcastle/ Gateshead and have a child aged 5-11 years waiting for a neurodevelopmental assessment.

Our virtual group runs on the third Wednesday evening of the month via Zoom. Join us on...

Wednesday 15th October 6pm-7pm

Wednesday 19th November 6pm-7pm

Wednesday 17th December 6pm-7pm

These sessions will be hosted by Lynda Richardson, Head of Operations and Sophie Pearson, Occupational Therapist.

We would love to see you on our group.
If you'd like to join us, please email us at: reception@ttht.co.uk. Please include your name, your child's medical number (this is the medical number assigned to the young person waiting for an assessment-you will find this on your letter from CYPS), your child's age and your postcode. You can also call us on 0300 365 3055 to book.

Webinars for Newcastle and Gateshead Parents

Are you based in Newcastle or Gateshead and have a child aged 5-11 who is waiting for a neurodevelopmental assessment with Children and Young People's Service (CYPS)? Join our FREE webinars, offering a variety of topics designed to support you throughout the pre-diagnostic journey.

Our upcoming webinars...

All free and hosted on Zoom!

★ **Pathological Demand Avoidance**

Monday 6th October 9.30am-11.30am

★ **Understanding Neurodiversity**

Friday 24th October 9.30am-11am

★ **Emotional Wellbeing for Parents/ Carers**

Thursday 6th November 9.30am-11am

★ **Preparing for Christmas**

Friday 21st November 9.30am-11am

★ **Food Worries**

Monday 1st December 9.30am-11.30am

★ **Strategies for Children who Struggle with Change**

Tuesday 9th December 9.30am-11.30am

★ **Personal Care Challenges.**

Wednesday 21st January 5.30pm-6.30pm

If you'd like to sign up to any webinars, please email us at: reception@ttht.co.uk. Please include your name, your child's RIO number (this is the medical number assigned to the young person waiting for an assessment-you will find this on your letter from CYPS), your child's age and your postcode.



Adult Autism and ADHD Support Hub for December

Please see attached groups for December 2025

mhm <small>mentalhealthmatters</small> Adult Autism and ADHD Support Hub – December group sessions @ 44 Bank Street, S1 2DS					
Monday – 01/12/2025 Drop-in 1:2:1 support 10:00 – 14:00	Monday – 01/12/2025 12:00 – 14:00 Dungeons & Dragons – Group 1 Please let us know if you would like to join	Monday 01/12/2025 12:15 – 13:30 Tea & Chat	Wednesday – 3/12/2025 Drop-in 1:2:1 support 10:00 – 14:00	Wednesday – 03/12/2025 12:15 – 13:30 Peer Support Group Festive season - Coping skills/strategies	
Monday – 08/12/2025 Drop-in 1:2:1 support 10:00 – 12:00	Monday – 08/11/2025 12:15 – 13:30 ASCETS – Self-advocacy (Session 3)		Wednesday – 10/12/2025 Drop-in 1:2:1 support 10:00 – 14:00	Wednesday 12/12/2025 12:00 – 14:00 Dungeons & Dragons – Group 2 Please let us know if you would like to join	Wednesday 10/12/2025 12:15 – 13:30 Tea & Chat
Monday – 15/12/2025 Drop-in 1:2:1 support 10:00 – 14:00	Monday – 15/12/2025 12:00 – 14:00 Dungeons & Dragons – Group 1 Please let us know if you would like to join	Monday 15/12/2025 12:15 – 13:30 Tea & Chat	Wednesday 17/12/2025 Drop-in 1:2:1 support 10:00 – 14:00	Wednesday – 17/12/2025 12:15 – 13:30 12:15 – 13:30 Arts and Crafts	
Monday – 22/12/2025 Drop-in 1:2:1 support 10:00 – 12:00	Monday – 22/12/2025 12:15 – 13:30 Peer Support Group Self-acceptance		Wednesday – 24/12/2025 Drop-in 1:2:1 support 10:00 – 14:00	Wednesday – 24/12/2025 12:00 – 14:00 Dungeons & Dragons – Group 2 Please let us know if you would like to join	Wednesday 24/12/2025 12:15 – 13:30 Festive Tea & Chat
Monday – 29/12/2025 Drop-in 1:2:1 support 10:00 – 12:00	Monday – 29/12/2025 12:15 – 13:30 Goal setting for 2025		Wednesday – 31/12/2025 Drop-in 1:2:1 support 10:00 – 14:00	Wednesday 31/12/2025 12:15 – 13:30 Tea & Chat	

Autism-friendly Christmas events guide for the North East from NEAS

From quiet grottos to relaxed panto performances, more and more venues are providing sensory-friendly visits for autistic people and families in the run-up to Christmas.

This often involves venues adjusting lighting and noise levels, reducing visitor numbers, keeping queues to a minimum, and allowing people to move around and make a noise.

We've compiled a round-up of autism-friendly sessions – often called “relaxed”, “SEND” or “quiet” sessions – of Christmas events in the region.

See our Christmas events guide:

<https://www.ne-as.org.uk/autism-friendly-christmas-events-in-the-north-east/>

Read our Autism Friendly Christmas Guide by The Toby Henderson Trust

We'd like to remind our families about our autism friendly Christmas guide! The Team at the Toby Henderson Trust have both lived experience of raising autistic children and some of us are autistic ourselves.

North East CANN
www.cann-network.org
northeast@cann-network.org

We have put together this guide which is full of advice and tips as a way of trying to help other families. We hope that some of these suggestions might help you navigate the festive season. Our main message every year is to try and do Christmas your way, we are often consumed by pressure from family and social media but it's ok to put boundaries in place to help make this period more manageable for your family.

To read the guide [PLEASE CLICK HERE](#)

https://www.canva.com/design/DAG2-U2Neiw/BAu92Y0hIV1VIJaMbXB8nA/view?utm_content=DAG2-U2Neiw&utm_campaign=designshare&utm_medium=link&utm_source=viewer

What's Happening at The Special Lioness?

We've got lots going on for families and carers – here's what's coming up:

Sensory Spaces

Our sensory spaces are open for **weekly drop-in sessions**, twice a week from **10:00 AM – 2:00 PM**. These are a great way for families to relax and enjoy a supportive environment.

Find details on our website: <https://www.thespeciallioness.com>

Special Bonds Group

Next session: **18th November, 10:00 AM – 12:00 PM**

This group is for children who are cared for and their carers/guardians. Sessions run every two weeks at The Special Lioness HQ.

Moonbeam Event

Join us on **15th November** at The Special Lioness HQ:

4 Baird Close, Washington, NE37 3HL

Coffee Groups

We run coffee groups at **Portland Academy** and at **The Special Lioness HQ** – perfect for a chat and connection. All dates are listed on our website.

Second-Hand Toy Sale

1st December, 12:00 PM – 2:30 PM

Bring along your unwanted toys or SEND-specific items to sell, or come and find something new! Held at The Special Lioness HQ.

For full details and updates, visit: <https://www.thespeciallioness.com>

Social Media Links and Contact Details:

Website:	www.cann-network.org
Email:	northeast@cann-network.org
X:	https://x.com/CannNorth
BlueSky:	https://bsky.app/necann.bsky.social
LinkedIn:	https://www.linkedin.com/company/north-east-cann/
Facebook:	https://www.facebook.com/northeastcann

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Chairs:	chair.northeast@cann-network.org
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