



NECANN COMMUNICATION February 2026

INTRODUCTION	2
NECANN MEETING DATE	2
CO CHAIR COMMENTS	2
NEW MEMBERS	4
Astor Bannerman	4
RESEARCH	4
INFO AND DATES FOR YOUR DIARY - NATIONAL / ONLINE	4
H.I.E. Conference - Thursday 14th May 2026	4
Direct Payment Support Group Some Dates for your diary 2025 - 2026	6
DATES FOR YOUR DIARY - REGIONAL	6
SAVE THE DATE! - Rainbow Guide Live	7
🧠 Understanding the Impact of Trauma & ACEs in Early Years	10
Grace House Events	11
GRACE HOUSE IMPORTANT PARENT & CARER SURVEY	12
Useful Vision Events	13
North East Autism Society Dates	14
Guide Dogs My Time to Play for 0-4 year olds	18
Toby Henderson latest service in Newcastle & Gateshead	19
The Autism Hub, South Tyneside	23
Social Media Links and Contact Details:	30

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

Thurs 26th March

10am - 12pm

Grace House, Bardolph Drive, Sunderland, Tyne and Wear, SR5 2DE

Hadrians Fun Day

27th June 2026 11am-2pm

Hadrian School

Bertram Crescent, Newcastle Upon Tyne, NE15 6PY

CO CHAIR COMMENTS

Hello everyone, and welcome to our February NECANN Update!

We hope the year has started positively for you all. February is the perfect time to reconnect, refocus, and continue strengthening the collaborative spirit that makes NECANN such a valuable network for our region.

As we settle into 2026, we're looking forward to building on last year's momentum and creating even more opportunities to learn from each other, share expertise, and champion the fantastic work taking place across the North East.

Upcoming NECANN Meeting – Save the Date!

- **When:** Thursday 26th March 2026, 10am–12pm
- **Where:** Grace House, Bardolph Drive, Sunderland SR5 2DE

Please let us know by **Thursday 20th March** if you will be attending or not – thanks. We're delighted to be hosted by Grace House, and even more pleased to share that we will have:

- **The team from Grace House**, giving us insights into the impactful support they provide to children, young people, and families in the local area.
- **Jodi Heyes from WorleysWorld CIC**, sharing updates about her interesting work and journey since joining NECANN.

Networking opportunities will follow the presentations — a chance to connect, collaborate, and strengthen partnerships across the sector with some light refreshments too.

Why NECANN Continues to Matter

- Building connections that make collaboration possible
- Sharing knowledge and strengthening best practice
- Showcasing the local charities that make a real difference
- Creating a united voice for the North East charity community

A Warm Welcome to Our Newest Member We're pleased to welcome **Astor Bannerman** to our growing network. We look forward to working together throughout 2026.

Looking Ahead We are always keen to hear your ideas, suggestions, and feedback. NECANN is strongest when our members shape its direction — so please do reach out and let us know what you'd like to see this year. We are now looking for new venues across the whole of the North East; it's your chance to show and tell us all about you and the services you provide.

Coming up – Date for the Diary: National CANN Conference Please add **Thursday 30th April, 10.00am–12.30pm** to your diary for our first national online CANN conference. This will be a series of webinars bringing together all the CANNs across the country. We're excited to bring together charity and statutory leaders and professionals for a line-up of inspiring speakers who will help us look at new ways to survive the current difficult climate and flourish into the future. We need to share this event far and wide—the link and more details will follow soon.

Contact us: chair.northeast@cann-network.org

Warm regards,

Bev, Tracey & Kerry NECANN Co-Chairs

NEW MEMBERS



Astor Bannerman

With over 30 years' experience, Astor Bannerman are experts in the design and manufacture of specialist bathing and care equipment. We provide solutions to cater to the complex care needs of your family , and clients both within the home, schools , care homes or hospices etc .We

offer in-depth knowledge and technical expertise is used to design and manufacture innovative products that can be customised to suit your individual requirements.

karen.hoe@astorbannerman.co.uk
<https://www.astorbannerman.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

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.

"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.

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

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

SAVE THE DATE! - Rainbow Guide Live

We are hosting Rainbow Guide Live, a totally free SEND Family Fun Day for all of the family! Join us on Thursday 16th April, 10am - 2pm, at the Beacon of Light.

Absolutely no need to book, stay all day or drop in and out!

As you can see below, we have soo much already in attendance and on offer for the day... And we have so much more to come!

We can't wait to see you all there! Siblings welcomed!

Kindly supported by [Gentoo Group](#) & [Irwin Mitchell](#) 🍷

Team CWS

Rainbow Guide Live!



**SEND Family Fun Day for
all the family!**

For the Kids

**Fire Engine
Ambulance
Owls (to hold!)
Little Barn of calm,
petting animals
Animals About Town
(Farm Animals)
Smile Thru Sport
Under the Sea Sensory
Carnival Braids
Face Paint Saint
Circurama
Compast the Cat
Intertwined Dance
Silent Disco
Bouncy Castle
Crafts and Activities**

Choice
WELLBEING SERVICE

Kindly Part Funded by
IM irwinmitchell

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

Rainbow Guide Live!



SEND Family Fun Day for all the family!

For the Adults & Kids

Information Stalls, Freebies and Fun...

- | | |
|---------------------------------|--|
| Little SENDsations | Autismable |
| SENDelight Gifts | Sunderland SENDIASS |
| Therapeeze | NHS Physio team |
| At One | SEND Stars |
| Daisy Chain | GP Alliance |
| Heel & Toe | Assistive Tech Team |
| Oral Health Team | Wheelchair Services |
| Toby Henderson Trust | Occupational Therapy Team |
| Grace House | MCT - Durham Parent Carer Forum |
| Sunderland Carers Centre | South Tyneside Parent Carer Forum |
| North East Sight Matters | Irwin Mitchell |
| Together For Children | NECANN |
| Family Hubs | |
| Automotive Group | |
| Kalma Life | |

Choice
WELLBEING SERVICE

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IM irwinmitchell

Understanding the Impact of Trauma & ACEs in Early Years

Upcoming Summer Conference hosted by HEADS (Hadrian Education And Development Services).

This important event features guest speaker Dr Margot Sunderland and focuses on the impact of trauma and Adverse Childhood Experiences (ACEs) specifically linked to Special Educational Needs (SEN).

Event Details:

-  Date: 22nd May 2026
-  Location: Crowne Plaza Hotel, Newcastle upon Tyne
-  Time: 9:00am – 3:30pm (Lunch and refreshments included)

Why attend? This conference is designed for education staff and practitioners to:

-  Deepen understanding of how early trauma affects the developing brain
-  Equip staff with trauma-informed perspectives for SEN practice
-  Improve adult capacity for therapeutic and relational support
-  Promote whole-school, trauma-aware approaches

Booking Information: The cost is £195.00 per delegate plus VAT.

To book your place, please email:  david.palmer@hadrian.newcastle.sch.uk 
daniel.coffey@hadrian.newcastle.sch.uk  Tel: 0191 273 4440  Website:
<https://headstraining.co.uk/heads-conference-2026>

#NorthEastCANN #HEADS #TraumaInformed #SEN #EducationConference #Newcastle #EarlyYears
#ACEs



**HEADS Summer Conference 22nd May 2026 at the
Crowne Plaza Hotel, Newcastle upon Tyne**

Impact of Trauma / ACE's in the Early Years of a Child or Young Person's Life (linked to SEN)

Guest Speaker Dr Margot Sunderland

Course Aims:

Aim 1: Deepen understanding of how trauma and ACEs affect the developing brain

To help education staff gain a clear, neuroscience-based understanding of how early trauma, chronic stress, and attachment disruption impact the emotional, cognitive, and social development of children and young people with SEN.

Aim 2: Equip staff with trauma-informed perspectives for SEN practice

To ensure delegates understand how trauma interacts with special educational needs—often intensifying learning difficulties, behavioural challenges, and emotional dysregulation—and how schools can respond with compassion, empathy and understanding

Aim 3: Improve adult capacity for therapeutic, relational support

To show educators how their own emotional regulation, attunement, and relational warmth can become powerful tools for helping traumatised children and young people feel safe enough to learn.

Aim 4: Promote whole-school, trauma-informed approaches

To encourage leaders and practitioners to embed trauma-aware policies, consistent nurturing practices, and emotionally literate responses across school systems.

The conference will run from 9.00am until 3.30pm. Lunch and refreshments are included on the day.

The course is being offered at £195.00 per delegate plus VAT

Course Bookings:

If you would like to book a place on the course please email:

david.palmer@hadrian.newcastle.sch.uk

daniel.coffey@hadrian.newcastle.sch.uk

or Tel: 0191 273 4440

<https://headstraining.co.uk/heads-conference-2026>



Grace House Events

Available for registered families with Grace House.

Registration is free for those with a diagnosis or on a Diagnostic Pathway, and can be arranged by contacting myself or Vicki: KM@gracehouse.co.uk / VC@gracehouse.co.uk

- **Gong Baths for Parent / Carers**

Tuesday 13th Jan and Tuesday 10th February 10am to 11.30am

Registered families can book on ourline via Bookwhen. [Upcoming events - Booking by Bookwhen](#)

- **Health and Nutrition Workshop - 6 Week Course**

Starting Thursday 15th January 10am - 2pm for 6 Consecutive weeks

For more info Contact Vicki - VC@gracehouse.co.uk

- **Childrens Massage Therapy starts Tuesday 13.1.2026 10.30am until 1.30pm**

Offering numerous benefits for children aged 5yrs to 16yrs , supporting both physical and mental well-being. It can ease muscle tension, improve sleep, boost mood, and enhance focus,

while positively impacting emotional and cognitive development. In essence, massage therapy can help children become happier, healthier, and more resilient.

or more info Contact Keith - KB@gracehouse.co.uk

- **Feel Good Fridays - A social group for adults with disabilities (independent in personal care) , a diagnosis or undergoing a diagnosis, age 18+.**

Ticket cost £5 includes a hot snack and a drink (direct payments are accepted). A tuck shop will also be available priced between 20p and 30p or 5 items for £1. Come and join us for a couple of hours chill out time on a Friday evening. Socialise and make new friends. Facilities available include an Xbox and wii, pool, football and table tennis tables and creative activities. We also have a karaoke, silent disco equipment and a safe and secure outdoor space.

Participants must be registered with Grace House

- We do also have our free in house **Counselling Service** available to registered families. This is for the child / young person with disability or on pathway to diagnosis, Siblings in the Household and Parent / Carers . We offer 10 sessions per calendar year and the waitlist is currently circa 3-6 months. For more info please contact Keith - KB@gracehouse.co.uk

Plus with the introduction of our 3 new team members we now have some new and updated offerings for parent carers:

- Coffee Mornings & Buffet Breakfast - Starting Wednesdays, from 4th February 9.30am - 11.30am
- Book Club - Starting Mondays, from 2nd February 10am - 11am
- Sound Relaxation Gong Bath - Tuesday 10th February and Tuesday 10th March 10am - 11.30am (£2 per person)
- Yoga - Mondays 11am-12 and Wednesdays 1.15pm -2.15pm (£2 per session)

Wishing you all the best for Christmas and the New Year 🎅

Kindest regards

Kellie Moore

Tel: 0191 435 2088

Email: km@gracehouse.co.uk

Web: www.gracehouse.co.uk

GRACE HOUSE IMPORTANT PARENT & CARER SURVEY

Grace House is bringing in new support programmes and activities for families affected by disability and hidden disabilities.

To make sure these services meet your needs, we need your feedback.

Wendy has joined the Grace House team as Project Coordinator and will be leading new support for parents and carers.

👉 Please complete our short survey: (Scan the QR code or use the link)

<https://docs.google.com/.../1FAIpQLSfWD993i3QkNz.../viewform>

Your voice will shape future support at Grace House.
For more info please contact Wendy:
WH@gracehouse.co.uk
0191 435 2088

Useful Vision Events

Useful Vision provides accessible, positive opportunities and activities to visually impaired children and their families throughout the North East region. <https://www.usefulvision.org.uk/about-us/>

Bookings are now OPEN for January to March 2026 activities
<https://heyzone.com/flip-book/112d4b571b.html>

Visit the website linked below to book your place: <https://www.usefulvision.org.uk/events/>



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.

   [@NEAutismSociety](https://twitter.com/NEAutismSociety)
Registered Charity No. 1028260

north east
autism society

Durham Autism Hubs

north east
autism society

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

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

north east
autism society

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

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

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One to one appointments

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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.

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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



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](https://www.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



Toby Henderson latest service in Newcastle & Gateshead

We are working in collaboration with CYPS Newcastle/Gateshead to provide support to families who are waiting for a neurodevelopmental assessment.

The age range has now been extended. If your child is on the neurodevelopmental pathway and between the age of 5 and 17 to include up until the young person's 18th birthday, you can now access our support groups, webinars and support sound bites. Please see posters for services offered.

Parent Support Groups in Newcastle and Gateshead

Do you live in Newcastle/ Gateshead and have a child aged 5-17 years waiting for a neurodevelopmental assessment with Children and Young People's Service (CYPS)?
Come join our support groups!

Our upcoming groups in 2026 are...

Metrocentre Community Hub

Wednesday 28th January 10am-11.30am

Wednesday 25th February 10am-11.30am

Wednesday 25th March 10am-11.30am

Wednesday 29th April 10am-11.30am

Wednesday 27th May 10am-11.30am

Upper Green Mall, Metrocentre, Gateshead, NE11 9YG

Gosforth Civic Theatre

Tuesday 6th January 1.30pm-3pm

Tuesday 10th February 1.30pm-3pm

Tuesday 10th March 1.30pm-3pm

Tuesday 7th April 1.30pm-3pm

Tuesday 5th May 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 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.

Support Sound Bites

Available to Parents in
Newcastle and Gateshead

Topics include:

- Personal Care
- Preparing for your child's neuro assessment
- Clothing sensitivities
- Support in Newcastle and Gateshead
- Parents' wellbeing and realistic self-care
- Book Club at Toby House
- Borrow Box & Bags Scheme
- Explaining Social Stories



If you live in Newcastle/Gateshead and have a child aged 5-17 years who is currently waiting for a neurodevelopmental assessment with the Children and Young People's Service (CYPS) you can access our support sound bites at your convenience.

Simply email reception@ttht.co.uk or call us on 0300 365 3055, and we'll send you a secure link to access them.

Webinars for Newcastle and Gateshead Parents

Are you based in Newcastle or Gateshead and have a child aged 5-17 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!

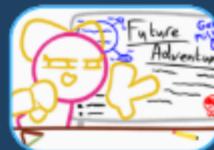
- * **Social Stories**
Wednesday 13th January 12pm-1.30pm
- * **Personal Care Challenges**
Thursday 29th January 12pm-1.30pm
- * **Neurodivergence & Mental Health Issues**
Monday 9th February 12pm-2pm
- * **Using Visual Aids**
Friday 27th February 9.30am-11am
- * **Sleep Issues**
Tuesday 3rd March 9.30am-11.30am
- * **Neurodivergent Joy**
Thursday 26th March 1pm-2.30pm

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.



The Toby Henderson Trust

Webinars & Workshops



Webinar- The Beauty of Autistic Joy

Friday 30th January 2026

09.30am - 11:00am

Presented via Zoom by our Head of Operations, Lynda Richardson and Autism Hub Manager, Fiona Richards.



Webinar- Understanding the Avoidant Profile

Tuesday 24th February 2026

09.30am - 11:30am

Presented via Zoom by our Autism Nurse Consultant & Clinical Lead, Julie Curtis.



Workshop- Toileting Issues

Wednesday 4th March 2026

09:30am - 11:30am

Presented in person by Autism Nurse Consultant, Julie Curtis at Toby House, Earth Balance, Bedlington, Northumberland, NE22 7AD.



Workshop- Autism & Mental Health Difficulties in Children and Young People

Tuesday 10th March 2026

10:00am - 12:00pm

Presented in person by Child and Adolescent Psychotherapist, Carolyn Morgan at Toby House, Earth Balance, Bedlington, Northumberland, NE22 7AD.



Webinar- Supporting the Autistic Sibling Relationship

Wednesday 11th March 2026

12.30pm - 02:00am

Presented via Zoom by Head of Operations, Lynda Richardson and Autism Specialist Practitioner, Alice Munday.

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 check out the details of our FREE 'In Person' workshop presented by OT Sophie Pearson. Sophie will be looking at personal care challenges for autistic young people. The workshop is taking place at the Autism Hub in South Shields on Wednesday 4th February 2026 between 10am and 11.30am.

Also we are thrilled to share that alongside our regular Cuppa and Cake events that take place every month, we have expanded our monthly groups to include a new group specifically for families with autistic young adults 18+. First session is Monday 23rd February at 10am at Autism Hub. You can see all our family events planned at the Hub here -

Autism Hub Events - The Toby Henderson Trust

The Toby Henderson Trust

FREE 'In person' Workshop

Personal Care Challenges for Autistic Young People

Wednesday 4th February 2026
10:00am - 11:30am
At: Autism Hub, Gordon St,
South Shields NE33 4JP



This workshop will be presented in person by our Occupational Therapist, Sophie Pearson. The session is aimed at parents/carers who find personal care routines a challenge with their child. We will cover common difficulties experienced by autistic children and offer helpful and practical advice that you as a parent/carer can use to support your child to feel more confident and supported in completing their own personal care routines.

Book your place

If you are interested in joining, please book your place by emailing autismhub@ttht.co.uk or calling 0191 816 0550 (Please leave a voice message, missed calls can not be replied to)

Please note: This workshop is for families living in the South Tyneside area.





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



WHAT'S ON AT THE AUTISM HUB THIS FEBRUARY 2026



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 2ND FEBRUARY 2026 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 9TH FEBRUARY 2026 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED 5 TO 11 YEARS
(YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)

MONDAY 16TH FEBRUARY 2026 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED 11 TO 18 YEARS
(YOUR YOUNG PERSON DOES NOT NEED TO HAVE A DIAGNOSIS FOR YOU TO ATTEND)

****NEW GROUP****

MONDAY 23RD FEBRUARY 2026 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC YOUNG ADULTS 18+
(YOUR YOUNG ADULT 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 JANUARY 2026



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 12TH JANUARY 2026 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 19TH JANUARY 2026 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED 5 TO 11 YEARS WITH ALAINE ROBSON (PARTICIPATION & ENGAGEMENT OFFICER SEND) & REBECCA GIBBONS (ENGAGEMENT & IMPROVEMENT OFFICER SEND) FROM SOUTH TYNESIDE COUNCIL TO GATHER FAMILY FEEDBACK FOR REVIEW OF SEND RANGE OF SERVICES

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

MONDAY 26TH JANUARY 2026 10AM - 11.30AM

CUPPA & CAKE!

FOR FAMILIES WITH AUTISTIC YOUNG PEOPLE AGED 11 TO 18 YEARS WITH ALAINE ROBSON (PARTICIPATION & ENGAGEMENT OFFICER SEND) & REBECCA GIBBONS (ENGAGEMENT & IMPROVEMENT OFFICER SEND) FROM SOUTH TYNESIDE COUNCIL TO GATHER FAMILY FEEDBACK FOR REVIEW OF SEND RANGE OF SERVICES

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



Free training for professionals 2026



As part of the commissioned service at the Autism Hub, TTHT offer free specialist webinars via zoom for professionals from Health, Education and Social care settings who are involved in supporting autistic children and their families in the **South Tyneside area only**.

Supporting young people with selective Mutism – Monday 16th March 4pm-5pm

Join us for an insightful webinar led by Julie Cota, Specialist Speech and Language Therapist, as she guides you through the nuances of Selective Mutism (sometimes known as Situational Mutism). SM is anxiety based and presents as an individual not being able to speak in certain situations, whilst being able to do so freely in others. This engaging session, is your key to understanding what Selective Mutism is, (what it isn't) and discovering effective ways to support children and young people in their daily lives.

Explaining Social Stories™ – Wednesday 10th June 4pm-5pm.

This session will be presented by Speech and Language Therapist, Emily Searle and aims to help you understand how to develop and use Social Stories™ to support children/young people. Social Stories™ were created by Carol Gray in 1991. They are short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why. They are an effective tool to address issues of social misunderstanding and confusion. They inform, reassure, support and praise children who often struggle to make sense of the world around them.

Sensory processing differences – Tuesday 29th September 4pm-5.30pm.

This session will be delivered by Occupational Therapist and Sensory Integration Practitioner, Sophie Pearson. The session will give an overview of what sensory processing is, how it impacts on behaviour and how a child/young person can present when navigating sensory difficulties. The aim of the session is to gain a better understanding of sensory differences and to offer strategies and practical advice that can be used to support young people with sensory processing difficulties.

PLEASE NOTE – All of our webinars have been co-produced by our staff with support from our A Team (Autistic Advisory board) and the children and young people we work with

If you would like to book a place on any of our specialist webinars, please visit our website using the QR code or link to complete a booking form.

ttht.co.uk/hub-professional-events



“ *loved it! So informative and I loved your passion* ”



PARENT & CARER GROUP AT THE AUTISM HUB

NEW

CUPPA AND CAKE GROUP FOR FAMILIES WITH AUTISTIC YOUNG ADULTS 18+



This monthly group is free to attend and is for parent & carers of autistic young adults 18+ who live in South Tyneside.

It is a chance to come along and meet and chat with other families as well as our experienced family support team.



To find out more and for upcoming dates or to book a place, please get in touch via email, telephone or through our website.



 Gordon St, South Shields  autismhub@ttht.co.uk  www.ttht.co.uk  0191 816 0550
 The Toby Henderson Trust at The Autism Hub

Social Media Links and Contact Details:

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

Please share NE CANN links with your followers and encourage them to follow too.

Chairs: chair.northeast@cann-network.org

To ensure our digital presence remains a safe and inclusive space that reflects our core values, the CANN Network has made the decision to step away from X (formerly Twitter) and will now be focusing our community engagement on our other social media platforms.