



SYCANN COMMUNICATION
January 2026

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INTRODUCTION

Hello and welcome to the latest South Yorkshire CANN Update.

South Yorkshire 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 southyorkshire@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 SYCANN Website at:
<https://www.cann-network.org/blog/>

SYCANN MEETING DATES

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

Upcoming Meeting:

SY CANN Quarterly Meeting
House, Home and Hubs

on Tuesday 24th March 2026 from 10am - 12pm

Hosted by Irwin Mitchell,
Riverside East House, 2 Millsands, Sheffield S3 8DT

Future dates:

30th June 2026
24th November 2026

10am to 12pm
Irwin Mitchell's offices in Sheffield
Riverside East House, 2 Millsands, Sheffield S3 8DT

CHAIR COMMENTS

Happy New Year. We are back!! Hope you are feeling (somewhat) refreshed and ready for what 2026 holds.

There are a mere three dates for your diary this year: 24th March, 30th June, and 24th November 2026. All 10am to 12pm at Irwin Mitchell's offices in Sheffield

The first meeting will contain a presentation from Karen Hoe, Disability and Inclusion Consultant about Housing adaptations guide and Charlotte Brown, Early Help Partnership Training offer, and about their training on the Sheffield Directory.

These will all be in person only (to share what you do), however a hybrid option is available if it is helpful to hear from the presenters in the mid section of our meeting. 30 minutes either side of this will be our in person formal/informal networking time. Hope that makes sense. If the presentations are of interest then we can send out a link and let you listen in. There will be time for a Q and A in the chat for remote listeners. I really hope you opt to join us round the table though. Free hot drinks and refreshments are on offer.

See you in March.

Best wishes,

Nina Rose and Maxine Beckett
SYCANN Co-Chair's
South Yorkshire CANN
chair.southyorkshire@cann-network.org

NEW MEMBERS



Activity Alliance

Activity Alliance is the leading voice for disabled people in sports and activities. Established in 1998 as a national charity, we were previously known as the English Federation of Disability Sport.

“We all belong in sports and activities. Yet many disabled children and adults don’t feel that they do. At school, in the local park or working out in a nearby gym, we all have the right to welcoming, inclusive, and accessible opportunities. The right

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to choose how we want to be active. Be that taking part, spectating, employment or volunteering.” Honorary President, Tanni, Baroness Grey-Thompson

<https://www.activityalliance.org.uk/>

Wakefield Whirlwinds Wheelchair Basketball Club



Whirlwinds is a wheelchair basketball club, a sports club, but it's also much more. We provide opportunities for those with physical disabilities/difficulties, their friends and families to take part in wheelchair sport. It needn't be competitive, (although we do have 2 National League teams, 2 Women's League teams, 2 Development, Junior League, U-15's and U-14's, where the lower age is flexible ... 'if you can, then why not do it!') but we encourage people to use wheelchair sport for health and well being, encourage social activities and also break down the barrier of isolation. The club is open to all ages .. if a child is able to self propel a wheelchair then they are able, through the club, to get on a pathway that might eventually lead to them representing their country at the

Paralympics or European and World Championships, but that pathway can also be signposted as 'a sport for life' where you're never too old! The club has a stock of sports wheelchairs for newcomers and/or for outreach, which can be one-to-one sessions in schools, PE sessions for a small group to a whole school, 'have a go' sessions, corporate and community events, a thriving junior 'Saturday Club', the always popular 'glow-in-the-dark' wheelchair basketball, holiday activities, coaching camps, etc. Our motto is 'Once a Whirlwind, always a Whirlwind' and although we encourage players to go as far as they can in the sport, (and several have gone on to play in professional leagues in Europe) we always welcome them back (and they're often great role models for the younger players.)

wakefieldwhirlwindswbc@gmail.com

<https://wakefieldwhirlwindswbc.teamapp.com/?webpage=v1>



Guide Dogs

We are Guide Dogs, and we're here to help people with sight loss live the life they choose. Beyond Guide Dogs we offer a range of services which include: Habilitation (independent mobility and life skills training for children and young people with vision

impairments) Family support advice, Education advices, Custom eyes books, Buddy dogs, family events and My Time to Play groups for young children aged 0-4.

<https://www.guidedogs.org.uk/>
emma.foster@guidedogs.org.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/>

Please only use contact details that are for public use

RESEARCH

Barnsley CVS and BMBC Safeguarding will be working together during 2026 to understand the needs of the VCSE sector in relation to Safeguarding for both Adults and Children. This survey is a starting point for us to find out what would help you. The intention behind the survey is to determine our planning and design of a workshop for the sector. [Complete the survey here](#). Closes 9th January.

INFORMATION & DATES FOR YOUR DIARY - NATIONAL/ONLINE

Breastfeeding a baby with Down syndrome

Wednesday 28th January | 12.00 pm

In this webinar, our Breastfeeding Coordinator Sarah, talks again, about supporting families who wish to breastfeed their baby with Down syndrome.

The session aims to equip you with the facts and the lived experience of the families supported by DSUK and leave you confident in the support you give.

It talks about some of the challenges that are faced in establishing breastfeeding and what successful support looks like.

Note: To sign up, please ensure you tick the box of the upcoming webinar before completing and submitting your details.

[Register for the January Webinar here](#)

‘Youth Matters: Your National Youth Strategy’.

Please share with colleagues, allied sectors, partners.

Over the coming months will be opportunities to explore the Strategy, both on line and in person. Do look out for dates.

<https://www.gov.uk/government/news/government-unveils-ambitious-plan-to-tackle-youth-isolation-crisis-and-deliver-real-life-opportunities>

links to

Youth Strategy Final – summary report

https://assets.publishing.service.gov.uk/media/693880d1cfacd5e888491cd5/DCMS_Youth_Strategy_FINAL.pdf

Youth Strategy – full

<https://www.gov.uk/government/publications/youth-matters-your-national-youth-strategy/youth-matters-your-national-youth-strategy>

An accessible, mobile-friendly version of the summary report for Youth Matters: Your National Youth Strategy.

<https://www.gov.uk/guidance/youth-matters-your-national-youth-strategy-summary-report>

To support the NYS there are several report -

<https://www.gov.uk/government/publications/youth-matters-state-of-the-nation>

- Youth Matters: State of the Nation’ Annex
- National Youth Strategy Research Project
- National Youth Strategy Young People’s Report
- National Youth Strategy Research Project Annex (Data Tables)
- National Youth Strategy Research Project Annex (Methods)
- The Big Ambition Analysis for the National Youth Strategy

Time to get quizzical with the CP Teens UK Virtual Quiz Night!

Please note: the CP Teens UK Virtual Quiz Night is different to the annual CP Teens UK Quiz, which is an in-person event, is open to the public and is a fundraiser. The Virtual Quiz is online and is only open to youngsters 14-25 with Cerebral Palsy/a physical disability.

A fun and social quiz evening to kick off your weekend.

Who Can Join?

- Open to participants **aged 14 to 25** with **Cerebral Palsy/physical disabilities**
- Physically based in **England, Wales, or Scotland only** (due to insurance requirements)

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southyorkshire@cann-network.org

- **New to CP Teens UK?** You'll need to complete a one-time **ID check** before joining – this is part of our safeguarding process.

Accessibility & Participation

- A **chat box** is available for anyone who is non-verbal, has speech difficulties, or prefers written communication.
- Don't feel pressured to speak - you're welcome to just listen and participate in the quiz
- We kindly ask that webcams are kept on where possible so everyone feels connected
- We respectfully ask that you do not Google to get the answers to questions

Prizes

- Prize for 1st, 2nd and 3rd
- League - A league will be kept throughout 2026. Prize at the end of the year for the overall winner (must have entered at least 3 of the quizzes)

Book here: <https://www.cpteensuk.org/events>

Government launches national conversation on SEND Reform

The Schools White Paper will be published early next year and will set out our proposed reforms to the SEND system. Building on extensive engagement over the past year, the Department for Education has launched a national conversation on SEND reform.

DfE wants to hear views, experiences and insights from as many people as possible in the coming months. The national conversation encourages everyone from parents to those working in schools, colleges and early years to get involved and help build a consensus on what works to help deliver lasting reform. Every voice will help shape the system our children and young people deserve.

This will be followed by a period of formal public consultation and further engagement following publication of the Schools White Paper early next year.

How you can get involved

Online events

Join one of five sessions and submit your questions on the key principles guiding SEND reform. You can attend as many as you like. [Sign up here](#).

Share your views online

Contribute ideas and feedback directly online at www.gov.uk/dfe/SEND-conversation

[National conversation on SEND reform Stakeholder toolkit](#)

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:

- 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.



Speakers include:

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



[Register Here](#)

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.

South Yorkshire CANN
www.cann-network.org
southyorkshire@cann-network.org



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

INFORMATION & DATES FOR YOUR DIARY - REGIONAL

Barnsley CVS News

Barnsley CVS are back on the road in January! We are getting out into the community to see how we can support the brilliant voluntary and community organisations. Come and chat with us over some coffee and cake. Wednesday 21st January 2026 between 11am – 2pm at Wombwell Sports Association Centre. [Find out more here.](#)

Barnsley CVS and BMBC Safeguarding will be working together during 2026 to understand the needs of the VCSE sector in relation to Safeguarding for both Adults and Children. This survey is a starting point for us to find out what would help you. The intention behind the survey is to determine our planning and design of a workshop for the sector. [Complete the survey here.](#) Closes 9th January.

Leaders about Barnsley (LAB) has been officially launched! LAB is a new, vibrant, confidential support and development network for VCSE leaders to connect, learn, and shape the future of our sector. In order to join you must be the operational lead, your organisation must turn over at least 100k or more and attendance is personal so no deputies. [Find out more or join here.](#)

Did you know we have a venue available to hire in Monk Bretton? Whether this is for your Christmas party, staff meeting or community event we could host you! [Find out more!](#)

We have a dedicated team of community accountants who are here to help do your accounts, payroll and bookkeeping. Why not take one thing off your to-do list? [Find out more here.](#)

Full newsletter here:

<https://aidemail.co.uk/campaigns/barnsleycvcs/9VfM0AbFoRfjxQGxmI9Yd6dJr>

Bi-monthly VCSE Support Session - The South

At Barnsley CVS we are expanding and we have a lot of new staff. We are getting out into the community to see how we can support the brilliant voluntary and community organisations. Come and chat with us over some coffee and cake.

When: Wednesday 21st January 2026 between 11am – 2pm

Where: Wombwell Sports Association Centre, The Auction House Stadium Windmill Road
Wombwell S738PW

How to book: There's no need to book, just turn up and we'll do our best to answer your queries. Parking is limited on the side of the road

If your organisation has an annual income of under 100k and is needing support we would love you to come and chat with us. Some of the different topics we can help you with are:

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southyorkshire@cann-network.org

- Grant applications and monitoring
- Community Accountancy, Payroll, and Book keeping
- Volunteer recruitment, selection and retention
- Marketing, publicity and communications
- Basic finance
- Governance
- Funding

If you would like to find out how we can continue to support your organisation or decide you would like to have a future 1-1 discussion we would be more than happy to arrange this. There will be other voluntary and community organisations attending so it will be a great opportunity to network to find out what else is happening in your local area.

We look forward to meeting lots of fabulous small organisations supporting the community in Barnsley. These meetings will be happening bi-monthly and we are travelling across Barnsley to ensure we reach everyone. If you cannot get to Wombwell on this day, don't worry we will be coming to your area shortly!

[Learn more](#)

Barnsley CVS and BMBC Safeguarding will be working together during 2026 to understand the needs of the VCSE sector in relation to Safeguarding for both Adults and Children. This survey is a starting point for us to find out what would help you. The intention behind the survey is to determine our planning and design of a workshop for the sector. Complete the survey here - <https://forms.microsoft.com/Pages/ResponsePage.aspx?id=cSRqukAzFE0paUjYzcTE-LFjAgUICuhGgDDGY8pnpgFUQ1E1QkozMvk2NEs4NFFTSU5SUTRMU0ICQS4u> . Closes 9th January.

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Did you know we have a venue available to hire in Monk Bretton? Whether this is for your Christmas party, staff meeting or community event we could host you! Find out more! <https://barnsleycv.org.uk/redfearns-sports-and-social-ground>

We have a dedicated team of community accountants who are here to help do your accounts, payroll and bookkeeping. Why not take one thing off your to-do list? Find out more here. <https://barnsleycv.org.uk/community-accountancy-payroll-services>

family
action



Neurodiversity Sheffield Early Help Drop-in

- Do you have a child or young person who is living with ADHD or Autism?
- Is your child waiting for a diagnosis of neurodivergence?
- Do you need advice or support around behaviours in your child or young person which might be indicative of neurodivergence?

Delivered by Family Action and supported by Sheffield Parent Hub, Sheffield Family Hubs and Sheffield City Council.

Our informal drop in coffee sessions are a chance to have a chat with other parents/carers who are experiencing similar concerns. You will also have the chance to meet staff from **Neurodiversity Sheffield**, Sheffield Family HUBS, Ryegate, and other agencies who support families with neurodivergence.

Come along for help, support, advice and information... you will be in good hands.



neurodiversity.sheffield@family-action.org.uk



0114 2412733 or 07816 408019



Neurodiversity Sheffield

Sharrow Community Forum, South View Road,
Sheffield, S7 1DB

**At Sharrow Community
Forum:**

**Wednesday 13th May,
9.30am-12.00pm**

**No diagnosis or
booking required!**

For more information about our service,

scan



or visit
family-action.org.uk

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Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.



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ADHD Drop-in Information session

Come along to our Information session to learn more about how to support your child with ADHD.

In our information sessions, we discuss the basics of ADHD and provide advice for managing ADHD. Following the session, materials will be provided as well as signposting to other services.

Please arrive on time for the session and note that children cannot attend.

In the event of snow/ice please check our Facebook page for updates, or phone ahead to check whether the session has been cancelled.

 neurodiversity.sheffield@family-action.org.uk

 0114 2412733 or 07816 408019

 **Neurodiversity Sheffield**
Scotia Works, Leadmill Road, Sheffield, S1 4SE

At Scotia Works:

10.00am – 11.30am on

**Tuesday 13th January,
Tuesday 17th March,
Thursday 21st May**

**No diagnosis or
booking required!**

For more information about our service,

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or visit
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southyorkshire@cann-network.org



Neurodiversity Sheffield Early Help Drop-in

- Do you have a child or young person who is living with ADHD or Autism?
- Is your child waiting for a diagnosis of neurodivergence?
- Do you need advice or support around behaviours in your child or young person which might be indicative of neurodivergence?

Delivered by Family Action and supported by Sheffield Parent Hub, Sheffield Family Hubs and Sheffield City Council.

Our informal drop in coffee sessions are a chance to have a chat with other parents/carers who are experiencing similar concerns. You will also have the chance to meet staff from **Neurodiversity Sheffield**, Sheffield Family HUBS, Ryegate, and other agencies who support families with neurodivergence.

**Come along for help, support, advice and information...
you will be in good hands.**

 neurodiversity.sheffield@family-action.org.uk

 0114 2412733 or 07816 408019

 **Neurodiversity Sheffield**
Scotia Works, Leadmill Road, Sheffield, S1 4SE

At Scotia Works:

**Thursday 30th April,
4.30pm–7.00pm**

**No diagnosis or
booking required!**

For more information about our service,

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or visit
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NEW! Neurodiversity Sheffield Drop-in

- Do you have a child or young person who is living with ADHD or Autism?
- Is your child waiting for a diagnosis of neurodivergence?
- Do you need advice or support around behaviours in your child or young person which might be indicative of neurodivergence?

Come along to our new S5 drop-in!

Delivered by Family Action and supported by Sheffield Parent Hub, Sheffield Family Hubs and Sheffield City Council.

- Have a chat with other parents/carers who are experiencing similar concerns, and
- Meet staff from **Neurodiversity Sheffield**, Sheffield Family Hubs, Sheffield Parent Carer Forum, Ryegate, and other agencies who support families with neurodivergence.

✉ neurodiversity.sheffield@family-action.org.uk

☎ 0114 2412733 or 07816 408019

📍 **Neurodiversity Sheffield**
Meynell Rd, Wadsley Bridge, Sheffield S5 8GN



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Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

At Meynell Primary School:

**Thursday 15th January,
9.30am– 12.00pm**

**No diagnosis or
booking required!**

In the event of snow/ice please check our Facebook page for updates, or phone ahead to check whether the session has been cancelled.

For more information about our service,

scan



or visit
family-action.org.uk

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www.cann-network.org
southyorkshire@cann-network.org



Neurodiversity Sheffield Early Help Drop-in

- Do you have a child or young person who is living with ADHD or Autism?
- Is your child waiting for a diagnosis of neurodivergence?
- Do you need advice or support around behaviours in your child or young person which might be indicative of neurodivergence?

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Come along for help, support, advice and information.

In the event of snow/ice please check our Facebook page for updates, or phone ahead to check whether the session has been cancelled.

 neurodiversity.sheffield@family-action.org.uk

 0114 2412733 or 07816 408019

 **Neurodiversity Sheffield**
Lowedges Community Centre, Gresley Road,
Sheffield, S8 7HN

At Lowedges Community Centre:

**Tuesday 3rd February,
9.30am-12.00pm**

**Tuesday 23rd June,
9.30am-12.00pm**

**No diagnosis or
booking required!**

For more information about our service,

scan



or visit
family-action.org.uk

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southyorkshire@cann-network.org

CP Teens Sheffield Social

Kick off 2026 with the first CP Teens UK Social of the year in Sheffield!

Saturday 31st January (afternoon).
Sheffield.

Bowling is FREE. Each 'CP Teen' can claim back up to £45 for their and a +1's food/drink. Contributions towards travel costs can also be claimed back depending upon where you are travelling from - more information can be found [here](#).

£15 refundable deposit to secure place - i.e. you get this back upon showing up.

Exact location/times confirmed after registering. It WILL be in Sheffield on the afternoon of 31st January from midday onwards - times & exact venues will depend upon numbers, wheelchair users & availability. We will not know until we're in a position to book, i.e. on the deadline registration date or if we reach full capacity (whichever comes first) so please do not contact CP Teens UK prior to the deadline date to ask for specific details as we won't have any until we're in a position to book. We will endeavour to commence between 12-12:30pm.

Under-18's and those requiring support (toileting, feeding, moving & handling, Epilepsy etc.) MUST attend with a parent/guardian/carer/PA - this is not a respite service.

Minimum age - 14-years.
Maximum age - 25-years.

Deadline to register: Wednesday 14th January 2026, midday.

<https://www.cpteensuk.org/events-1/sheffield-social>

Help us create new Autism, ADHD and Mental Health resources

We are excited to share an opportunity for you to be involved in creating valuable resources that support individuals with ADHD, Autism, and Mental Health needs.

Your insights and experiences are incredibly important, and by working together, we can develop materials that truly make a difference in people's lives.

If you would like to be part of this initiative please let the Mental Health Matters Team know -

Website: www.mhm.org.uk
adultautismsupport@nhs.net

South Yorkshire CANN
www.cann-network.org
southyorkshire@cann-network.org



HELP US CREATE NEW AUTISM, ADHD AND MENTAL HEALTH RESOURCES

We want to hear from you.

Tell us what information or resources would help you the most so we can create better leaflets and booklets.

Learn how you can get involved in future work with Mental Health Matters, including paid and voluntary opportunities.

Hot drinks and biscuits provided.

JOIN OUR WORKSHOP



12 January 2026



13:00pm to 15:30pm



**ADULT AUTISM
AND ADHD
SUPPORT HUB**

**44 BANK STREET,
SHEFFIELD, S1 2DS**

TO ATTEND, PLEASE SPEAK TO A MEMBER OF THE HUB TEAM.

ADHD Employment Support



ADHD Employment Support Workshop!

Are you diagnosed with ADHD, waiting for an assessment, or think you might be neurodiverse? Do you feel that a little extra support could help you achieve your career goals?

Our **friends at MHM (Mental Health Matters)** are running an **ADHD Employment Workshop** that might be just what you need!

Held at the Adult Autism and ADHD Support Hub in Sheffield, this practical workshop provides social and emotional support to help you navigate the challenges of employment. You'll also get practical skills development to build confidence, and career-focused guidance tailored to your individual needs and experiences.

Whether you're looking for your first job, returning to work, or seeking to thrive in your current role, they will help you develop personalised strategies to overcome barriers and find meaningful, sustainable employment.

Join the Workshops: The sessions are held on **Mondays from 3:30 - 4:30 pm** and **Wednesdays from 3:30 - 4:30 pm** at the **MHM Building, 44 Bank Street, Sheffield, S1 2DS**.

Contact them to find out more:

- **Phone:** 07811 589 909
- **Email:** adultautismsupporthub.mhm@nhs.net

#ADHDSupport #Neurodiversity #EmploymentSupport #MentalHealthMatters #SheffieldJobs
#CareerGoals #Neurodivergent

ADHD Employment Support



Are you diagnosed with ADHD, waiting for an assessment, or think you might be neurodiverse? Do you feel that a little extra support could help you achieve your career goals?

Our ADHD Employment Workshop might be just what you need.

Held at the Adult Autism and ADHD Support Hub, this workshop provides:

- Social and emotional support to help you navigate the challenges of employment.
- Practical skills development to build confidence and independence at work.
- Career-focused guidance tailored to your individual needs and experiences.

Whether you're looking for your first job, returning to work, or seeking to thrive in your current role, we'll help you develop personalised strategies to overcome barriers, manage workplace challenges, and find meaningful, sustainable employment.

JOIN OUR WORKSHOPS

When: Monday: 3:30 - 4.30pm
Wednesday: 3:30 - 4.30pm

Where: MHM Building, 44 Bank
Street, Sheffield, S1 2DS

Contact Us

📞 07811 589 909

✉ adultautismsupporthub.mhm@nhs.net




Mental Health Matters January Events

Please see attached Group sessions for January 2026.

If you need more information about the groups, please do not hesitate to contact us -

Peer Support Groups will be returning in February 2026. These groups provide a safe, supportive space for individuals to share experiences, connect with others, and build resilience together.

| mhmm <small>mentalhealthmatters</small> Adult Autism and ADHD Support Hub –January 2026 group sessions @ 44 Bank Street, S1 2DS | | | |
|---|--|---|--|
| Mondays Drop-in 1:2:1 support 10:00 – 14:00 | | Wednesdays Drop-in 1:2:1 support 10:00 – 14:00 | |
| 05/01/2026 12:00 – 14:00 Dungeons & Dragons – Group 1 Please let us know if you would like to join | 05/01/2026 12:15 – 13:30 Tea & Chat | 07/01/2026 12:15 – 13:30 Arts & Crafts | |
| 12/01/2026 12:00 – 13:00 Zones of Regulations Session 1 & 2 | 12/01/2026 13:00 – 15:30 Workshop – Help us create new Autism, ADHD and Mental Health Resources | 14/01/2026 12:00 – 14:00 Dungeons & Dragons – Group 2 Please let us know if you would like to join | 14/01/2026 12:15 – 13:30 Tea & Chat |
| 19/01/2026 12:00 – 14:00 Dungeons & Dragons – Group 1 Please let us know if you would like to join | 19/01/2026 12:15 – 13:30 Tea & Chat | 21/01/2026 12:15 – 13:30 Sensory/Wellbeing/Mindfulness | |
| 26/01/2026 12:15 – 13:30 Zones of Regulations Session 3 | | 28/01/2026 12:00 – 14:00 Dungeons & Dragons – Group 2 Please let us know if you would like to join | 28/01/2026 12:15-13:30 Tea & Chat |

| | | |
|--|---|--|
| <p>12/01/2026 @ 12:15 – 13:30</p> <p>Session 1 & 2</p> | <p>What is Zones of regulation?</p>  | <p>Why learn to Self-regulate ?</p> <ul style="list-style-type: none"> • Regulation is something everyone continually works on whether we are aware of it or not • We all encounter trying circumstances that can test our limits. • If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. • This comes more naturally for some, but for others it is a skill that needs more attention and practice. <p>SORTING OUR EMOTIONS INTO 4 ZONES</p> <ul style="list-style-type: none"> • Feelings are complicated. • They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. • To make them easier to talk about, think about, and regulate, The Zones of Regulation organizes our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. • The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete. • We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being. |
| <p>12/01/2026 @ 12:15 – 13:30</p> | <p>Session 2</p> | <p>The Green Zone</p> <ul style="list-style-type: none"> - What is the Green Zone ? - Identify feelings that would be in the Green zone - Identify causes of these feelings - Identify behaviours/body language which show these feelings. <p>(How my body feels when I'm in the Green Zone ?)</p> |

| | | |
|-----------------------------|-----------|---|
| 26/01/2026 @ 12:15-13:30 | Session 3 | <ul style="list-style-type: none"> - The Red Zone - What is the Red Zone ? - Identify feelings that would be in the Red zone - Identify causes of these feelings - Identify behaviours/body language which show these feelings. (How my body feels when I'm in the Red Zone ?) |
| 09/02/2026 @ 12:15-13:30 | Session 4 | <ul style="list-style-type: none"> - The Blue Zone - What is the Blue Zone ? - Identify feelings that would be in the Blue zone - Identify causes of these feelings - Identify behaviours/body language which show these feelings. (How my body feels when I'm in the Blue Zone ?) |
| 23/02/2026 @ 12:15-13:30 | Session 5 | <ul style="list-style-type: none"> - The Yellow Zone - What is the Yellow Zone ? - Identify feelings that would be in the Yellow zone - Identify causes of these feelings - Identify behaviours/body language which show these feelings. (How my body feels when I'm in the Yellow Zone ?) |
| 09/03/2026 @ 12:15-13:30 | Session 6 | Creating a toolbox Strategies to self-regulate |

Invitation to Take Part – Multi-Agency Drop-In Information Session at Sheffield Grand Mosque

Good afternoon,

I am contacting you on behalf of Sheffield Parent Carer Forum and the Sheffield Grand Mosque. We are pleased to let you know that we are working together to host another multi-agency drop-in information session at the Grand Mosque, located at Grimesthorpe Road, Sheffield, S4 8DE. Following the success of the previous event held in May 2025, the next session is scheduled for Friday, 30th January 2026, between 11:00 am and 2:00 pm.

At this stage, we are inviting expressions of interest from organisations and services who would like to attend with a stall to share information, offer advice, or promote support available to the local community.

Further details about the event will be shared closer to the date.
 If you would like to take part or would like more information, please get in touch.

Deborah Mitchell
 deborah.mitchell@sheffieldparentcarerforum.org.uk

Information Drop-In

Do you have a child with
additional needs?

Sheffield Grand Mosque

Support for Families



Sheffield Grand Mosqu
مسجد شفيلد الكبير

Friday 30th
January

11am - 2pm



Sheffield Grand
Mosque,
Grimesthorpe Rd,
Sheffield S4 8DE

All welcome,
come along, no
need to book.



Services
Available



Tele: 0300 3214721

peersupport@sheffieldp
arentcarerforum.org.uk

[https://sheffieldparentca
rerforum.org.uk/](https://sheffieldparentcarerforum.org.uk/)

SYFAB SOUTH YORKSHIRE FUNDING ADVICE BUREAU

SYFAB FUNDRAISING COURSES

Upcoming events

**SEPT 2025 -
FEB 2026**

**FREE
PLACES
NOW
AVAILABLE**

OCT

10

**MAKING A GOOD
APPLICATION (BID-WRITING)
TWO HALF DAYS 10TH OCT
& FRIDAY 17TH OCTOBER
10.00AM-1.00PM**

NOV

11

**CHOOSING THE RIGHT
LEGAL STRUCTURE
FOR YOUR GROUP OR
ORGANISATION
10.00am-1.30pm**

OCT

14

**NATIONAL LOTTERY
REACHING COMMUNITIES
MASTERCLASS FOR
LARGER NLCF GRANTS
09.30am-2.30pm**

JAN 2026

22

**SOCIAL MEDIA
STRATEGY
MASTERCLASS
09.30am-2.30pm**

OCT

21

**MAKING THE ASK: MAKING
THE MOVE - HOW TO GAIN
BUSINESS SPONSORSHIP
OR SUPPORT FOR YOUR
GROUP OR PROJECT
10.00am-3.30pm**

JAN

27

**THE ESSENTIALS OF
GOOD BOOK-KEEPING
FOR COMMUNITY &
VOLUNTARY GROUPS
AND CIC'S
09.30am-1.00pm**

OCT

23

**SOCIAL MEDIA
STRATEGY
MASTERCLASS
09.30am-2.30pm**

FEB

3

**AN INTRODUCTION TO
BUDGETING FOR
FUNDRAISING
10.00am-1.30pm**

NOV

4

**MEET THE FUNDER
WEBINAR WITH THE
NATIONAL LOTTERY
HERITAGE FUND
10.00AM-12.00PM**

FEB

10

**UNDERSTANDING AIMS,
OUTCOMES AND IMPACT
IN FUNDRAISING
09.30am-2.30pm**

NOV

5

**FUNDING FROM
MAJOR TRUSTS &
FOUNDATIONS
9.30 am-1.00pm**

FEB

12

**INTRODUCTION TO
FUNDRAISING FOR
BEGINNERS
09.30am-2.30pm**

Book online at www.syfab.org.uk

**FREE PLACES FOR SOUTH YORKSHIRE
VOLUNTARY & COMMUNITY ORGANISATIONS
contact enquiries@syfab.org.uk or call 07395 023887**



SCAN HERE



South Yorkshire Funding Advice Bureau is part of South Yorkshire's Community Foundation and is supported by Sheffield City Council, Barnsley Metropolitan Borough Council and the Coalfields Regeneration Trust Charity No: 1140947
Company No: 7545536



BARNSELY
Metropolitan Borough Council



WHEELPOWER SPORTS FESTIVAL YORKSHIRE

29 JANUARY 2026
ENGLISH INSTITUTE OF SPORT
SHEFFIELD



wheelpower.org.uk/yorkshire

charity number: 265498



WheelPower

British Wheelchair Sport

SOCIAL MEDIA LINKS AND CONTACT DETAILS:

| | |
|-----------|---|
| Website: | www.cann-network.org |
| Email: | southyorkshire@cann-network.org |
| X: | https://x.com/CannSouth |
| Bluesky: | https://bsky.app/sycann.bsky.social |
| LinkedIn: | https://www.linkedin.com/company/south-yorkshire-cann |
| Facebook: | https://www.facebook.com/southyorkshirecann |

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

Please add southyorkshirecann@cann-network.org to your Contact list to stop it going into junk.