

## Workshop Bookings

[Helping Hands Workshop Booking and Mailing List Form \(office.com\)](#)



# HELPING HANDS OUTREACH SUMMER 2024 VIRTUAL WORKSHOPS

We run monthly workshops on a range of topics including: Exploring Behaviours That Can Challenge, Introduction to Sleep, Supporting Anxiety in Children, Supporting with Transitions, Introduction to Sensory Processing.

These group workshops are open to any parents/carers of children with additional needs, including families and professionals linked with Serennu, Nevill Hall and Caerphilly Children's Centre. For more information, please speak to the Family Liaison Officer at your local Children's Centre.

Please see our additional flyer for information on how to book on to our Introduction to Sensory Processing Workshop.

The workshops will take place online via a video-call.



**MONDAY 10TH  
JUNE**

**12:30PM-2:30PM**

### **EXPLORING BEHAVIOURS THAT CAN CHALLENGE**

We will be sharing ideas behind behaviour support and help you to understand and respond to behaviours that can often challenge.

**Book by Midday on Monday 3rd June**

**MONDAY 8TH  
JULY**

**12:30PM-2:30PM**

### **INTRODUCTION TO SLEEP**

We will share ideas about how to manage common sleep difficulties in children and young people.

**Book by Midday on Monday 1st July**

**MONDAY 19TH  
AUGUST**

**12:30PM-2:30PM**

### **SUPPORTING ANXIETY IN CHILDREN**

We will share ideas about how to support children and young people with anxiety and worry.

**Book by Midday on Monday 12th August**



### **BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST**

To book a space on one of these workshops, or subscribe to our workshop mailing list for updates on all our future workshops, you can:

- Scan the QR code • Click on the QR code
- Follow this link <https://forms.office.com/e/DfqfWSd0kK>



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

## Workshop Bookings

[Introduction to sensory processing workshop booking form \(office.com\)](https://forms.office.com/e/kvGSqWyDNg)



### *Children's Centre Psychology/ Occupational Therapy Service: Introduction to Sensory Processing Parent/Carer Workshop*



This parent/carers workshop is a collaborative workshop between Children's Centre Psychology and the Occupational Therapy Service. We will share advice and information to help you to:

- understand our different senses and consider how we process information using these senses
- Explore the different ways that our children can experience sensory difficulties
- Consider the "Iceberg effect" and the importance of being a good detective to fully understand our children's behaviours
- Explore how anxiety can impact sensory tolerances
- Think about when it is important to intervene
- Develop a sensory toolkit to support our children to manage their sensory difficulties



**Wednesday 26th June: 10am-12noon**

(Closing date for bookings will be 19th June, however, closing date to pose questions will be 12th June)

If you would like to book on this workshop then you can either scan the QR code below; or follow the link:

<https://forms.office.com/e/kvGSqWyDNg>



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