



The Umbrella sessions – Neurodiversity 'All about it'

A friendly workshop for parents and carers to explore, understand, and celebrate different ways of thinking, learning, communicating, and experiencing the world.

Different minds • Shared belonging • Stronger support

What will parents learn?

- **Understand** what neurodiversity means and why it matters
- **Explore** common neurodivergent profiles, including autism, ADHD, dyslexia, dyspraxia, and other profiles
- **Recognise** how children may experience communication, learning, emotions, and everyday routines differently
- **Discover** practical ways to support children at home and in school conversations
- **Celebrate** strengths, acceptance, confidence, and belonging

Who is it for?

This session is for parents and carers who would like to better understand neurodiversity and feel more confident supporting children with different needs, strengths, and ways of experiencing the world.

Date – October 5th 2026

Time – 9.30-12pm or 6-9pm

Venue – Spotland Bridge Mill, (Floor 2) Mellor Street, Rochdale, OL11 5BU

Tel 07455 825540

Book on Eventbrite or email rochdaleumbrellasessions@outlook.com

