

# How to access the Neurodiversity Hub - Support for parents and carers



## January-March 2026

### Drop in session

**What to expect:** You will have a consultation and we will discuss your concerns and support available. Our sessions jointly run with the Home-Start RAASS service and so you can chat to the RAASS team and other parents.



#### Middleton

Burnside Community Centre, 36 Burnside Crescent Langley  
Middleton, M24 5NN

9.30-11.30am

**30<sup>th</sup> January 2026    27<sup>th</sup> February 2026    27<sup>th</sup> March 2026**

#### Rochdale

St Georges Hall, Bury Rd, Rochdale OL11 4ED ·  
6-8pm

**22<sup>nd</sup> January 2026    19<sup>th</sup> March 2026**

#### Milnrow

Butterworth Hall, New St, Milnrow OL16 3PQ  
9.30-11.30am

**6<sup>th</sup> January 2026    3<sup>rd</sup> February 2026  
3<sup>rd</sup> March 2026    31<sup>st</sup> March 2026**

#### Heywood

Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE  
9.30-11.30am

**14<sup>th</sup> January 2026    11<sup>th</sup> February 2026    11<sup>th</sup> March 2026**

### Tuesday Advice Line

**What to expect:** You will have the opportunity to speak with a member of the team regarding your concerns.

**To book:** Call 0161 206 0606 between 8am-12pm on a Tuesday morning. You will then be added to a 'call back' list and a member of the team will return your call between 1pm-5.30pm.

### Evening Advice Line

**When:** Wednesday evening  
(once a month)

*7<sup>th</sup> January 2026  
4<sup>th</sup> February 2026  
4<sup>th</sup> March 2026  
1<sup>st</sup> April 2026*

**What to expect:** You will have a consultation and we will discuss your concerns and support available.

**To book:** Call 0161 206 0606 between 8am-12pm on the Wednesday morning. You will then be added to a 'call back' list and a member of the team will return your call between 6-8pm.

### Information and Advice sessions

**What to expect:** At these sessions you will have the opportunity to speak to a range of services for support and signposting.

**Services available:**



Home-Start  
RAASS



The  
Neurodiversity  
Hub



SENDiass



SEND  
Advice Service

**Dates:**

Thursday 8<sup>th</sup> January 9.30-11 at Castleton Primary School, Rochdale

Thursday 5<sup>th</sup> February 9.30-11 at Newhey Primary School, Rochdale

Thursday 5<sup>th</sup> March 9.30-11 at Cardinal Langley RC High School, Middleton.

## Workshops

We offer the following workshops for parents and carers.

- Tools for Emotional Regulation
- Managing Anger and Meltdowns
- SEND Transition sessions for Year 6 parents and Carers


Workshops delivered by the Occupational Therapy Team

- Sensory Processing and Anxiety
- Personal Care from a Sensory Perspective
- Proprioception / vestibular practical workshop

 For times and venues:

Check our **Facebook page**: HMR Neurodiversity Hub

 Email: [hmr-ndhub@nca.nhs.uk](mailto:hmr-ndhub@nca.nhs.uk)

 Call: **0161 206 0606** to request a copy of the workshop timetable.



## What is Riding the Rapids?


For parents and carers of children and young people aged **3–16** whose needs indicate they are **neurodivergent**.

## What does the course involve?

- Weekly sessions for **10 weeks**, each lasting **2 hours**
- Every session focuses on a different aspect of supporting your child or young person
- **Attendance at all sessions is important**

If you have any questions or would like more information about booking, please contact the Neurodiversity Hub:

 Email: [hmr-ndhub@nca.nhs.uk](mailto:hmr-ndhub@nca.nhs.uk)

 Call: **0161 206 0606**

## Support from the Occupational Therapy Team

### Sensory Processing Difficulties Webinar

This webinar explores how sensory processing difficulties can affect everyday activities and provides practical strategies to help manage them.

To access the Sensory Webinar, follow the link

 <https://www.youtube.com/watch?v=ilvLR5Ujluk> or scan the QR code:




After watching the webinar and applying the strategies for eight weeks, if you feel you need further support, please call 0161 206 0606 to request a discussion with the Occupational Therapy Team.

## Sleep Webinar


Gain a better understanding of sleep and how to support your family.

Access the webinar here:

 <https://www.togethertrust.org.uk/sleep-tight-rochdale>



For more information about Umbrella Sessions, visit Rochdale Parent Carers Voice on Eventbrite:

 <https://www.eventbrite.co.uk/o/rochdale-parent-carers-voice-cic-28616842419>