

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

30th January 2026 27th February 2026 27th March 2026

Rochdale

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

22nd January 2026 19th March 2026

Milnrow

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

**6th January 2026 3rd February 2026
3rd March 2026 31st March 2026**

Heywood

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

14th January 2026 11th February 2026 11th 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)

**7th January 2026
4th February 2026
4th March 2026
1st 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 8th January 9.30-11 at Castleton Primary School, Rochdale

Thursday 5th February 9.30-11 at Newhey Primary School, Rochdale

Thursday 5th 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

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

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>