

## Neurodiversity Hub Workshop Timetable for Parents and Carers - January-May 2026



### Tools for Emotional Regulation (primary and secondary)

We will look using the STAR tool to help you identify possible triggers and how you can make changes to support your child

**12th January 5-7pm** at Callaghan House, Cross Street, Heywood, OL10 1PU

**4th February 9:30-11:30** at Floor 2, Spotland Bridge Mill, Mellor St, Rochdale OL11 5BU

**30th April 9:30-11:30** at Milnrow Parish Primary School, James St, Rochdale OL16 3JT

### Managing Anger and Meltdowns (primary and secondary)

We will look at understanding and managing anger, anxiety, distressed behaviours and meltdowns.

**12th January 9:30-11:30** at All Souls CE Primary School, 24 Healey Ave, Heywood OL10 4DE

**12th February 5-7pm** at Floor 2, Spotland Bridge Mill, Mellor St, Rochdale OL11 5BU

**26th March 9:30-11:30** at Milnrow Parish Primary School, James St, Rochdale OL16 3JT

### SEND Transition coffee mornings for Year 6 parents and carers

Join the Neurodiversity Hub and RANS NOTES to discuss your child's transition to high school and discuss any challenges with the team and other parents/carers. Please book on both dates.

**3rd February and 21st April 10-11:30** at All Souls CE Primary School, Healey Ave, Heywood OL10 4DE

**5th February and 1st May 10-11:30** at St Peter's RC Primary School, Middleton, M24 1FL

**6th February and 27th April 10-11:30** at Castleton Primary, Hillcrest Road, Rochdale OL11 2QD

How to book:

Email: [hmr-ndhub@nca.nhs.uk](mailto:hmr-ndhub@nca.nhs.uk) - Please include your child's name and date of birth in the email

Phone: 0161 206 0606

**Please note – it is not appropriate to bring children to the session as we do not have childcare facilities available.**

The workshops below will be delivered by the Occupational Therapy Team and the Neurodiversity Hub

### Sensory Processing Difficulties Webinar

To access the Sensory Webinar scan the QR code:



Please watch the 'Sensory Processing Difficulties' Webinar before attending any of the workshops below.

### Personal Care from a Sensory Perspective (age 3-19)

We will look at how sensory needs impact self-care and discuss practical day to day strategies.

**20th January 9:30-11:30** at Bowlee Park Primary, Windermere Road, M24 4LA

### Proprioception / vestibular practical workshop (primary and secondary)

We will demonstrate practical, hands-on activities you can try with your child.

**4th March 12:30-2:30** at Callaghan House, Cross Street, Heywood, OL10 1PU

### Sensory Processing and Anxiety (primary and secondary)

We will look at how anxiety and sensory needs interlink and to recognise triggers. We will share ideas that you can try.

**11th February 9:30-11:30** at Hopwood CP School, Magdala St, Heywood OL10 2HN

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Upcoming Workshops by The Umbrella Sessions

Venue: Floor 2, Spotland Bridge Mill, Mellor Street, Rochdale OL11 5BU

### Neurodiversity and School

13th January - 10:00 AM–12:00 PM and 6:00 PM–8:00 PM

### Neurodiversity: Sensory Challenges and Strategies to Help

15th January - 6:30 PM–8:30 PM

### Supporting Your Neurodivergent Child in the Best Way

22nd January - 6:30 PM–8:30 PM

3rd February - 12:30 PM–2:30 PM

### Neurodiversity: All About It

4th March - 11:00 AM–1:00 PM



To book your place, visit Rochdale Parent Carers Voice on Eventbrite. <https://www.eventbrite.co.uk/o/rochdale-parent-carers-voice-cic-28616842419>

Looking for Neurodiversity support and help in Heywood, Middleton and Rochdale, scan the QR code to visit the **Padlet**



### Sleep Webinar



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

Topics include:

- Sleep hygiene
- Routines
- Common sleep problems
- Practical strategies

Access the webinar here:

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