

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 - 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, Magdal 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**



Scan me

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>