

Training & Workshops

Impact Report

April 2022 - March 2023



Working with trainers from local charities and specialists within their fields we have delivered a wide range of free practical training sessions that focus on strategy and knowledge-based learning to increase Parent Carer skills, confidence, decrease their anxiety and improve their relationships with themselves, their children/young people and professionals. We are helping Parent Carers connect with the local SEN community, share their experiences and feel supported.

Average Parent Carer Rating

0 = low / 5 = high/good



4.7

Content of training

Before Training

3

Happiness before training

After Training

4.3

Happiness after training

0 = very alone / 5 = connected

2.3

Connection before training

3

Connection after training

0 = low / 5 = high

2.7

Anxiety before training

2.1

Anxiety after training

KEY FACTS



Number Of Attendees

481 (434 parent carers | 47 professionals)



Types of Sessions

33 Training | 11 Training Workshops



Locations

21 Online | 18 In-person (South)
 5 In-person (North)

“This was a real lifeline for what can feel like a very lonely and difficult experience being the parent of a neuro-divergent child who is yet to get the recognition. It was so reassuring to be “seen” and understood and to not feel alone.”

“Very helpful, we were put at our ease straight away, we both feel we have gained valuable help in moving forward to the next step in helping our granddaughter. Thank you so very much.”

“Thank you all for everything you do for us parent carers we appreciate you so much. I would not know half of what I do without any of you.”

Training Topics Covered:

- Puberty in Girls
- Dyslexia
- Dyscalculia
- Dyspraxia
- An introduction to FASD
- “How can I be a strong advocate for the child in my care”
- “How to become confident for YOU”
- Parent/Carers Financial Advice Toolkit
- Epilepsy Awareness
- Sensory resources creation session
- How to support your child with SEN with sleep
- Diabetes and Insulin awareness for children and young people
- Attachment and Childhood Trauma
- De-escalation in Challenging Behaviour
- Positive handling for Primary age children
- Early Years Makaton
- Positive handling for Secondary age young people
- Sensory Needs
- Autism Q&A
- Mental Health
- EHCP Q&A
- ADHD
- Paediatric First Aid
- Autism and Eating Disorders
- What is Autism?
- What’s Next After The Autism Diagnosis?
- Mental Health First Aid Kit

“Really appreciating the support this service provides - having a SEN child can feel very isolating/lonely - this service is so valuable to the children and their parents. Thank you.”

