Neurodiversity Hub Workshop Timetable for Parents and Carers - April-July 2026

The Neurodiversity Hub
Signpost & Support Service

Tools for Emotional Regulation (primary and secondary aged children)

We will look at how the STAR tool and the Hand-Brain Model can help you understand what might be happening for your child and explore supportive ways to help them feel safe and regulated.

30th April 9:30-11:30 at Milnrow Parish Primary School, James St, Rochdale OL16 3JT
8th June 9.30-11.30 at Callaghan House, Cross Street, Heywood, OL10 1PU

Join us for a shorter, online session designed to help you better understand your child's emotional and sensory responses.

7th May 6-7pm **29th June 10-11am** **16th July 12-1pm**

Managing Anger and Meltdowns (primary and secondary)

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

27th April 9.30 - 11.30am at Bowlee Park Primary School, Windermere Rd, M24 4LA
20th May 5pm - 7pm at Callaghan House, Cross Street, Heywood, OL10 1PU
22nd June 9.30-11.30 at Floor 2, Spotland Bridge Mill, Mellor Street, Rochdale OL11 5BU

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.

21st April 10-11:30 at All Souls CE Primary School, Healey Ave, Heywood OL10 4DE
27th April 10-11:30 at Castleton Primary, Hillcrest Road, Rochdale OL11 2QD
1st May 10-11:30 at St Peter's RC Primary School, Middleton, M24 1FL

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.

22nd April 9:30-11:30 at Norden Family Hub, Shawfield Lane Rochdale, OL12 7RQ

Sensory Processing and Anxiety (primary/secondary)

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

13th May 9:30-11:30 Boarshaw Family Hub, Stanycliffe Lane, Middleton, M24 2PB

Proprioception / vestibular practical workshop (primary/secondary)

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

24th June 9.30-11.30 Callaghan House, Cross Street, Heywood, OL10 1PU

How to book:

Email: hmr-ndhub@nca.nhs.uk - Please include the workshop you want to attend, 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.

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Upcoming Workshops by The Umbrella Sessions

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

27th April 2026 6-8pm - Neurodiversity, All about it (part 1)

5th May 2026 12.30-2.30pm - Neurodiversity and Sensory Challenges

11th May 6-8pm - Neurodiversity, All about it (part 2)

8th June 10-12am - What matters to me, what is important to your young person now and in the future

8th June 6-8pm - 'What matters to me, what is important to your young person now and in the future'

8th June 6-8pm - 'Neurodiversity, sleep and wellbeing'

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

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

What is Riding the Rapids?

Riding the Rapids is for parents and carers of children and young people aged 3-16 whose needs indicate they are Neurodivergent.

What does the course involve?
The course takes place for **2 hours a week for 10 weeks.**
Each weekly session covers a different aspect of supporting your child and young person. It is important that you attend all of the sessions.

How to book

If you have any questions, or would like more information on how to book, please contact the Neurodiversity Hub—hmr-ndhub@nca.nhs.uk

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

Scan me