



WISE UP WORKSHOPS

Empowering Parent
Carers to succeed

Wise Up Workshop 2025-2026 Calendar

For parent
carers
living in
Somerset



Needs based



Designed by parents



Range of subjects



☎ 01458 259384



WORKSHOPS RUN BY:

- Helping your Neurodiverse child manage Anxiety- CYPNP
- Smooth Starts: Supporting Your Child's Transition to a New School- The Inclusion Service
- Talking about Neurodiversity- CYPNP
- Understanding social skills & adapting for your SEN child- BIBIC
- Emotional health & wellbeing- NeuroConnect
- AuDHD- Understanding those with co-occurring ADHD & Autism- Neurodiverse training
- When siblings needs clash- Platypus
- Internal presentation of Autism- Platypus

LOCATION

Minehead

Taunton

Online

Highbridge

Yeovil

Frome

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09 Helping your Neurodiverse child manage anxiety 12.30-14.30	10	11 Smooth Starts: Supporting Your Child's Transition to a New School 12.30-14.30	12	13
14	15	16 Talking to your child about Neurodiversity 10.00-12.00	17	18 Understanding social skills & adapting for you SEN child 12.30-14.30	19	20
21	22 Emotional health & wellbeing 18.30-20.30	23	24 AuDHD - Understanding those with co-occurring ADHD & Autism 10.00-12.00	25	26 When Siblings Needs Clash 12.30-14.30	27
28	29 Internal presentation of Autism 12.30-14.30	30				

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WORKSHOPS RUN BY:

- Autism & eating difficulties- Neurodiverse training
- Adolescence 8-18 years- Platypus
- Increasing independence for children up to 12 years- Bibic
- How visuals can support your SEN child- SPCF
- Autistic masking- Platypus
- Adolescence in 8-18 years- Platypus
- Empowering Parents: Building Strong SEN Partnerships with Schools- The inclusion service
- Sleep differences in Neurodivergent young people- CYPNP
- EBSA- SPCF & EP Service

LOCATION

Wellington	Langport
Online	Cheddar
Wincanton	Shepton Mallet
	Glastonbury

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03 Autism & eating difficulties 18.30-20.30	04
05	06	07	08	09 Increasing independence for children up to 12 years 12.30-14.30	10	11
12	13 How visuals can support your SEN child 12.30-14.30	14	15 Autistic masking 10.00-12.00	16	17 Adolescence in 8-18 years 10.00-12.00	18
19	20 Empowering Parents: Building Strong SEN Partnerships with Schools 12.30-14.30	21	22 Sleep differences in Neurodivergent young People 10.00-12.00	23	24 EBSA 12.30-14.30	25
26	27	28	29	30	31	

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WISE UP WORKSHOPS

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NOVEMBER

WORKSHOPS RUN BY:

- Understanding & supporting behaviour- Link LD/A
- Meltdowns & Shutdowns- NeuroConnect
- Family wellbeing- Platypus
- Help your Neurodivergent child manage their anxiety- CYPNP
- What makes us TIC- Tourette's Action
- Decoding Dyslexia: What we all should know- Insight
- How to talk to your young person about Neurodiversity- CYPNP
- Understanding sensory processing- Bibic
- Daily Rhythms: Supporting day to day transitions- The Inclusion Service
- Sensory processing- Interoception- Neurodiverse training

LOCATION

Minehead	Taunton
Online	Highbridge
Yeovil	Frome
	Bridgwater

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03 Understanding & supporting behaviour 12.30-14.30	04	05	06 Meltdowns & Shutdowns 10.00-12.00	07 Family wellbeing	08
09	10 Help your Neurodivergent child manage their Anxiety 10.00-12.00	11	12 An Introduction to Tics & Tourette syndrome 19.00-21.00	13	14	15
16	17 Decoding Dyslexia- What we all should know 10.00-12.00	18 How to talk to your young person about Neurodiversity 19.00-21.00	19 Understanding sensory processing 10.00-12.00	20	21	22
23	24 Daily Rhythms: Supporting day to day transitions 11.00-13.00 Sensory processing- Interoception 18.30-20.30	25	26	27	28	29
30						



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DECEMBER

WORKSHOPS RUN BY:

- Sleep differences in Neurodivergent young people- CYPNP
- EBSA- SPCF & EP Service
- Parenting a child with extreme demand avoidance- Platypus
- Understanding autism & related needs- Bibic
- Increasing independence & daily living skills over 12 years- Bibic
- Social stories- SPCF
- Sensory processing- Vestibular & proprioception- Neurodiverse training

LOCATION

Wellington

Langport

Online

Cheddar

Glastonbury

Wincanton

Shepton Mallet

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Sleep differences in Neurodivergent young people 10-12	02	03 EBSA 12.30-14.30	04 Autism & Toileting 12.30-14.30	05 Parenting a child with Extreme Demand avoidance 10-12	06
07	08 Understanding autism & related needs 12.30-14.30	09	10 Communication through play 10:00 - 12:00 Increasing independence & daily living skills over 12 years 19.00-21.00	11 Social stories 12.30-14.30	12	13
14	15	16 Sensory processing- Vestibular & Proprioception 18.30-20.30	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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WORKSHOPS RUN BY:

- EBSA- SPCF & EP Service
- Numbers unlocked: A parent's guide to Dyscalculia- Insight
- Help your Neurodivergent child manage their Anxiety- CYPNP
- How visuals can help your SEN child- SPCF
- Burnout- NeuroConnect
- Talking to your young person about Neurodiversity- CYPNP
- De escalation & dealing with crisis- Platypus
- Increasing independence for children up to 12 years- Bibic

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04	05	06	07	08	09 EBSA 10-12	10
11	12 Numbers unlocked: A parent's guide to Dyscalculia 12.30-14.30	13	14	15 Help your Neurodivergent child manage their Anxiety 12.30-14.30	16	17
18	19 How visuals can help your SEN child Burnout 18.30-20.30	20 Talking to your young person about Neurodiversity 10-12	21 De escalation & dealing with crisis 12.30-14.30	22 Increasing Independence for children up to 12 years 12.30-14.30	23	24
25	26	27	28	29	30	31

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WORKSHOPS RUN BY:

- Understanding sensory processing- Bibic
- Autism, ADHD & physical health- Neurodiverse training
- Sleep differences in Neurodivergent young people- CYPNP
- Intro into SEND- SPCF
- Austistic masking- Platypus
- Building strong SEN partnerships with schools- The Inclusion Service
- Understanding language development & disorders- Bibic
- Increasing independence & daily living skills over 12 years- Bibic

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08	09 Introduction into SEND 12.30-14.30	10	11 Austistic Masking 10.00-12.00	12 Empowering Parents: Building strong SEN partnerships with schools 12.30-14.30	13	14
15	16	17	18	19	20	21
22	23 Understanding language development & disorders 19.00-21.00	24	25 Increasing independence & daily living skills over 12 years	26	27 Understanding & Supporting Behaviour 10:00-12:00	28

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WORKSHOPS RUN BY:

- Communication through play- SPCF
- Help your Neurodivergent child manage their Anxiety- CYPNP
- When siblings needs clash- Platypus
- How visuals can help you SEN child- SPCF
- EBSA- SPCF & EP Service
- How to talk to your young person about Neurodiversity- CYPNP
- Low demand parenting- NeuroConnect
- AuDHD- Understanding those with co-occurring ADHD & Autism- Neurodiverse training
- Introduction into SEND- SPCF

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08	09 When siblings needs clash 10.00-12.00	10	11	12 How visuals can help support your SEND child 10-12	13	14
15	16 EBSA 12.30-14.30	17 How to talk to your young person about Neurodiversity 10.00-12.00	18	19 Low demand parenting 12.00-14.00	20	21
22	23 AuDHD: Understanding those with co-occurring ADHD & Autism 18.30-20.30	24	25 Introduction into SEND 12.30-14.30	26	27	28
29	30	31				

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WORKSHOPS RUN BY:

- Sleep differences in Neurodivergent young people- CYPNP
- De escalation & dealing with crisis- Platypus
- Decoding Dyslexia: What we all should know- Insight
- ARFID- Understanding avoidant restrictive food intake disorder- Neurodiverse training
- Social Stories- SPCF
- EBSA- SPCF & EP Service
- Understanding social skills & adapting for your SEN child- Bibic
- Understanding & supporting behaviour- Link LDA

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			01	02 Sleep differences in Neurodivergent young people 12.30-14.30	03	04
05	06	07	08	09	10	11
12	13	14	15 De escalation & dealing with crisis	16	17	18
19	20	21 Decoding Dyslexia- What we all should know 12.30-14.30 ARFID 18.30-20.30	22 Social Stories 12.30-14.30	23 EBSA 19.00-21.00	24 Understanding social skills & adapting for SEN child 12.30-14.30	25
26	27	28 Understanding & supporting behaviour 12.30-14.30	29	30		

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MAY

WORKSHOPS RUN BY:

- Toileting- SPCF
- Attachment & Trauma- NeuroConnect
- Increasing independence & daily living skills over 12 years- Bibic
- Family wellbeing- Platypus
- Help your Neurodivergent child manage their Anxiety- CYPNP
- How to talk to your child about Neurodiversity- CYPNP
- Tourette's- Tourette's Action
- Smooth Starts: Supporting Your Child's Transition to a New School - The Inclusion Service
- Internal presentation of Autism- Platypus
- Sensory processing- Interception- Neurodiverse training

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					01	02
03	04	05 Autism & Toileting 12.30-14.30	06	07 Attachment & Trauma 18.30-20.30	08	09
10	11	12 Increasing independence & daily living skills over 12 years 10-12	13 Family wellbeing 10-12	14	15 Help your Neurodivergent child manage their Anxiety 10.00-12.00	16
17	18	19 How to talk to your young person about Neurodiversity 10.00-12.00	20 Tourette's 10.00-12.00	21 Smooth Starts: Supporting Your Child's Transition to a New School 12.30-14.30	22 Internal presentation of Autism 12.30-14.30	23
24	25	26	27	28	29 Sensory processing- Interception 10.00-12.00	30

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JUNE

WORKSHOPS RUN BY:

- Understanding & supporting behaviour- Link LDA
- Understanding sensory processing- Bibic
- Empowering parents: Building strong SEN partnerships with schools- The inclusion service
- Social stories- SPCF
- Sensory processing- Vestibular & proprioception- Neurodiverse training
- Attachment through a Neurodiverse lens- NeuroConnect
- Increasing independence for children up to 12 years- Bibic
- Sleep differences in Neurodivergent young people- CYPNP

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14	15 Social stories 10.00-12.00	16	17	18 Sensory processing- Vestibular & proprioception 18.30-20.30	19	20
21	22 Attachment through a neurodiverse lens 18.30-20.30	23	24	25 Increasing independence for children up to 12 years 10.00-12.00	26	27
28	29 Sleep differences in Neurodivergent young people 12.30-14.30	30				

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WISE UP WORKSHOPS

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JULY

WORKSHOPS RUN BY:

- Understanding social skills & adapting for you SEN child- Bibic
- Help your Neurodivergent child manage their Anxiety- CYPNP Team
- Understanding ADHD & related needs- Bibic
- Hypermobility & Ehlers danlos syndrome- Neurodiverse training
- Autism & Toileting- SPCF
- EBSA- SPCF & EP Service
- Understanding & supporting behaviour- Link LDA
- How to talk to your young person about Neurodiversity- CYPNP
- Help your Neurodivergent child manage Anxiety- CYPNP Team

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12	13 Understanding & Supporting behaviour 12.30-14.30	14 How to talk to your young person about Neurodiversity 10.00-12.00	15	16	17	18
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