

Somerset Parent Carer Forum CIC



Welcome to our Events update.

In this issue, we're sharing details of upcoming events and providing updates on the new groups and workshops we'll be running across. Whether you're a regular attendee or new to our community, we hope you find something inspiring and useful inside.

Let's Talk SEND & Inclusion Chard

Just over a week to go until Let's Talk SEND in Chard!

We're excited to welcome parent carers, and families to the next Let's Talk SEND and Inclusion event. A day dedicated to supporting children and young people with Special Educational Needs and Disabilities (SEND).

Date: Thursday 20th November

Location: The Guildhall, Fore Street, Chard, TA20 1PP

Time: 10am – 2pm

What to expect:

- Discussion tables on key SEND topics
- Local Offer Live – info stalls from a wide range of services and providers

Whether you're looking for advice, support, or simply want to connect with others in the SEND community, this event is for you.

Come along, ask questions, and be part of the conversation. We can't wait to see you there!

In this newsletter you can expect:

Let's Talk SEND & Inclusion Event

WISE Workshops

New Chill & Chat Wellington

**HANG OUT HUB
Youth group for 8 to 12 year olds**





SEND & Inclusion



Thursday 20th November



The Guildhall, Chard



10:00 AM – 2:00 PM

We are delighted to announce our Let's Talk SEND Event is coming to Chard.

The event will include:

- A range of discussion tables cover hot SEND topics
- Local Offer live – information stalls from a range of providers

This free event is open to all parent carers, and no diagnosis is needed to attend. It's a great chance to learn, ask questions, and access resources that can support children and young people both in and out of school.



SEND Somerset's
Local Offer

Workshops for Information, Support, and Education (WISE)

At the heart of this project is a simple but powerful idea: Workshops for Information, Support and Education delivered by people who truly understand.

Every workshop will be led or co-led by someone with lived experience of being a parent carer, ensuring that the guidance you receive is grounded in empathy and real-life insight.

We hope these workshops help you feel more confident, connected, and equipped to advocate for your child and your family.

How to Book a Workshop

All our workshops are free, but you will need to be registered on the Somerset Parent Carer Forum database to book a place. This helps us keep in touch with you and send you any important workshop details.

Once registered, you'll be able to sign up for any workshop using your registered email. Our database also ensures that your information is stored securely. Links or online sessions are sent 24 hours before so they don't get lost in your inbox. We recommend adding the admin@somersetparentcarerforum.org.uk email address to your contacts to prevent emails going into your junk email box.

If you have any questions or need support with booking, please don't hesitate to call us, we're happy to help



WISE UP WORKSHOPS
Empowering Parent
Carers to succeed

Our workshops run across Somerset at a range of times, aiming to make them as accessible as possible for parent carers.

These sessions are free to attend and open to all parent carers in Somerset who have a child with additional needs and/or a disability.



Meet this months new presenters

HEIDI HUMPAGE- INSIGHT

**17th November- Decoding Dyslexia:
What all should know**



With a background as a qualified teacher, SENCO, and Specialist Assessor for dyslexia, Heidi Humpage brings a wealth of expertise across nursery, primary, secondary mainstream, and special school environments.

Her approach champions understanding each child's strengths and challenges through bespoke assessments and tailored support plans leading to inclusive strategies, empowering both parents and educators to navigate the complex SEND landscape with confidence.

ZOE CRARER- THE INCLUSION SERVICE

24th November- Daily Rhythms: Supporting day to day transitions



The Inclusion Service, founded by Zoe Crarer, is a consultancy committed to making SEN support clearer, kinder, and genuinely useful. Zoe supports schools, parent carers, and home-educating families with expert advice on all things SEND.

With a strong background in education, SEN, and assessment, and years of experience in schools, Zoe works directly with children and young people of all ages to ensure their learning needs are understood. Zoe works closely with parent carers to help them feel confident navigating the SEN landscape, turning complexity into clarity with practical guidance

New Chill & Chat in Wellington @ Kings Arms Community Hub

We're excited to share our new Chill & Chat group in Wellington. This group will run on the 3rd Monday of each month during term time, a new date to mark in your calendar.

Join Lindsey, our new SEND Navigator, for a relaxed and welcoming session designed for parents and carers of children and young people (aged 0–25) with additional needs or disabilities.

This is a friendly space where you can:

- ✓ Connect with other parent carers
- ✓ Make new friends
- ✓ Share experiences, tips, and advice
- ✓ Hear from guest speakers about local services
- ✓ Ask questions—or simply enjoy some company

No diagnosis is needed, everyone is welcome!

Your first warm or soft drink is on us ☕

📍 Location: Kings Arms Community Hub, 4 High St, Wellington, TA21 8RA

🕒 Time: 10am–12pm

📅 17 3rd Monday of each month (term time only)

Want a reminder before each session?

📱 We offer a text reminder service for our Chill & Chat groups. Just email or message us and we'll add you to the list.

✉ Contact: admin@somersetparentcarerforum.org.uk



Wellington Group

Monday	20th	October	10:00 to 12:00
Monday	17th	November	10:00 to 12:00
Monday	15th	December	10:00 to 12:00
Monday	19th	January	10:00 to 12:00

If you have a child with additional needs and or disabilities 0-25 come along for a cuppa and chat with other parent carers. Children are welcome to attend with you we will have toys out for them to play with.

The groups are a place to make new friends and share experiences and ask any questions you may have.



@ Kings Arms Community Hub, 4 High St, Wellington, TA21 8RA



HANGOUT HUB

🌈 Introducing Our Brand-New Hang Out Hub for Younger Children 🌈

We've heard from so many parents asking for a youth group tailored to younger children and we're thrilled to say: you asked, we listened!

💬 That's how our Hang Out Hub was born!

Come along to our shorter intro session to explore the space, meet the team, and take part in some games and crafts a great way to see if the Hang Out Hub is right for you!

This monthly club is for children aged 8 to 12 years with additional needs and/or disabilities. It's a safe, friendly space to make friends, have fun, and just be yourself.

📍 Where? Fairmead School, Yeovil
(You don't need to attend the school to join — everyone is welcome!)

🎨 Expect creative crafts, fun games, and lots of laughter!

🧸 Thanks to Fairmead, we'll have access to their soft play area, a quiet room, and a hall full of fun activities all designed to support different needs.

First session is FREE!



📌 **Important: We kindly ask parents or guardians to stay for the session.**

Spaces are limited to help reduce overwhelm and keep the environment calm and supportive.

To book your Childs space please see out website.

Creatively Calm

Well-being sessions for parent carers

Mindful creative activities to strengthen well-being, emotional resilience & promote a sense of calm

There's Still Time to Join Us for "Creatively Calm – The Elements"
Mindful, Creative Well-being Sessions for Parent Carers

We're excited to offer our second Creatively Calm sessions designed especially for parent carers who deserve a moment to breathe, create, and reconnect.

Led by the wonderful Abi Brown – holistic practitioner, clinical aromatherapist, and one of our brilliant parent reps, these sessions are a gentle invitation to pause and nurture your own well-being.

The Elements

- Explore your connection to nature through mindful creativity. Using natural materials, paint, and craft, you'll reflect on how the elements influence us and create a personal touchstone or parcel of strength to take home, a grounding reminder of calm and resilience.
- Includes insights into essential oils, the emotional power of colour, and the healing energy of plants.

Cost: £5 per session

Refreshments provided

Spaces are limited – book now to secure your place!

Come and join us for a moment of calm, creativity, and connection.



Creatively Calm
Well-being sessions for parent carers
Mindful creative activities to strengthen well-being, emotional resilience & promote a sense of calm

We're offering two new Creatively Calm sessions designed to support the well-being of parent carers through mindful, creative activities. Led by Abi Brown, holistic practitioner, clinical aromatherapist, and one of our brilliant parent reps. These sessions offer a gentle space to recharge, reflect, and reconnect.

The Elements
Connect with and create using natural resources, paint, and craft items. Consider how we respond to the elements within the natural world, and how we can draw on this connection to support our well-being. With reference to essential oils, plants, and the emotional benefits of colour, you'll craft a touchstone or parcel of strength from nature to bring you a personal sense of grounding and calm.

Glastonbury: Thursday 13th November @ 12:30 to 14:00
Yeovil: Friday 14th November @ 10:30 to 12:00
Taunton: Thursday 20th November @ 11:00 to 12:30



There is a small charge of £5 per session.
If this is a barrier to you attending, please don't hesitate to message us, we want these sessions to be accessible to all parent carers.

Refreshments will be provided.

To book or find out more:
somerseparentcarerforum.org.uk/home/events/workshops-and-information-days



Sessions Locations:

- Glastonbury: Thursday 13th November @ 12:30 to 14:00
- Yeovil: Friday 14th November @ 10:30 to 12:00
- Taunton: Thursday 20th November @ 11:00 to 12:30

