



WISE UP WORKSHOPS

**Empowering Parent
Carers to succeed**



www.somersetparentcarerforum.org.uk



01458 259384

Wise Up Workshop

2026-2027

Calendar



September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10 Smooth Starts: Helping Your Child Navigate School Changes and Transitions 10:00-12:00	11	12	13
14 Help your Neurodivergent Child Manage their Anxiety 12:30-14:30	15	16	17	18	19	20
21 What is Demand Avoidance 18:30-20:30	22	23 Understanding Autism & Related Needs 10:00-12:00	24 Empowering Parent: Building Strong SEN Partnerships with Schools 12:30-14:30	25	26	27
28	29 Understanding Neurodivergent Social Communication & Practical Tips 12:00-14:00	30				





October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Understanding ADHD 10:00-12:00	3	4
5	6 How to Talk to your Young Person about Neurodiversity 10:00-12:00	7	8 Understanding Emotional Base School Avoidance (EBSA) 12:30-14:30	9	10	11
12 Neurodivergent Parents Carers Raising Neurodivergent Children 10:00-12:00	13	14	15 Understanding Masking 18:30-20:30	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 Decoding Dyslexia: What we all should know 10:00-12:00	4	5	6	7	8
9 Sleep Differences in Neurodivergent Young People 12:30-14:30	10	11	12	13 Autism, ADHD & Executive Functioning 10:00-12:00	14	15
16	17 Supporting Siblings 18:00-20:00	18	19	20	21	22
23	24 Understanding your Childs Sensory World 10:00-12:00	25	26	27 Managing Behaviour in Neurodivergence 18:00-20:00	28	29
30						





December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3 Autism & Christmas 18:30-20:30	4 Daily Rhythms: Supporting day-to-day transitions for your child 12:30-14:30	5	6
7 Help your Neurodivergent Child Manage their Anxiety 10:00-12:00	8	9	10 Masking, Depression & Anxiety 10:00-12:00	11	12	13
14	15	16 Beyond Attendance: Supporting Children with Persistent EBSA 10:00-12:00	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





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January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7 Understanding AuDHD 18:30-20:30	8	9	10
11 Understanding Sensory Processing 12:30-14:30	12	13	14 How to talk to your child about Neurodiversity 18:30-20:30	15	16	17
18	19 Numbers Unlocked: A Parents Guide to Dyscalculia 12:30-14:30	20	21	22 Understanding Emotional Development & Mental Wellbeing 10:00-12:00	23	24
25 Toileting & Autism 10:00-12:00	26	27	28	29	30	31



Book here: www.somersetparentcarerforum.org.uk/home/wise-up-workshops/



February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 Managing the Red Zone 10:00-12:00	5	6	7
8	9 Understanding Emotional Base School Avoidance (EBSA) 18:30-20:30	10	11 Alexithymia 12:30-14:30	12	13	14
15	16	17	18	19	20	21
22 Sleep Differences in Neurodivergent Young People 12:30-14:30	23	24 Internal Presentation of Autism 10:00-12:00	25	26	27	28





March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Selective Mutism 19:30-21:30	3	4	5 Autism, ADHD & Behaviour 12:30-14:30	6	7
8	9	10 Parenting a Child with Extreme Demand Avoidance 10:00-12:00	11	12	13	14
15 ARFID - Understanding Avoidant Restrictive Food Intake Disorder 18:30-20:30	16	17	18	19	20	21
22 Understanding Social Skills & Adapting for Your SEN Child 10:00-12:00	23	24 Help your Neurodivergent Child Manage their Anxiety 12:30-14:30	25	26	27	28
29	30	31				





April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13 How to talk to your child about Neurodiversity 10:00-12:00	14	15 Beyond Attendance: Supporting Children with Persistent EBSA 12:30-14:30	16	17	18
19 Low Demand Parenting 18:30-20:30	20	21	22	23	24	25
26	27	28 What is Autism 12:30-14:30	29	30 Parent Carer Burnout & Nervous System Overwhelm 10:00-12:00		





May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Understanding & Supporting Communication 10:00-12:00	4	5	6 Sleep Differences in Neurodivergent Young People 12:30-14:30	7	8	9
10	11	12 Why Behaviour Happens - how our Sensory Response affects the way we React to the World 12:00-14:00	13	14	15	16
17	18 Meltdowns & Shutdowns 18:30-20:30	19	20	21	22	23
24 Understanding ADHD & Related Needs 18:30-20:30	25	26	27 Understanding Emotional Base School Avoidance (EBSA) 10:00-12:00	28	29	30
31						





June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9 Hypermobility & Ehlers Danlos Syndrome 10:00-12:00	10	11 When Siblings Needs Clash 18:30-20:30	12	13
14	15 Managing Multiple Neurodivergent Needs Within a Family 19:30-21:30	16	17	18	19	20
21	22	23 ADHD & Executuve Function 10:00-12:00	24	25	26	27
28 Help your Neurodivergent Child Manage their Anxiety 12:30-14:30	29	30				





July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 How to talk to your child about Neurodiversity 12:30-14:30	3	4
5 Understanding Neurodivergent Communication including non & pre-verbal Children 10:00-12:00	6	7 Beyond Attendance: Supporting Children with Persistent EBSA 18:30-20:30	8	9	10	11
12 De-Escalation & Dealing with Crisis 10:00-12:00	13	14	15 Understanding your child's Sensory world Exploring Sensory Preferences and Creating a Personalised Sensory Toolkit 12:30-14:30	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

