

SEND Empowerment 2026

Event Schedule



We are delighted to offer a range of free online events throughout the remainder of 2026, designed to support, inform and empower parents and carers of children and young people with Special Educational Needs and Disabilities.

Our programme includes parent support groups, practical workshops delivered by the SEND Empowerment team, and specialist sessions led by experienced professionals covering a variety of SEND-related topics.

All sessions are delivered online via Microsoft Teams, making them accessible to families. We hope you will join us throughout the year as we continue our mission of ensuring families have access to free, high-quality SEND support and information.

Please note that dates, times and speakers may be subject to change. Any updates will be shared through our website and social media channels.

Understanding Neurodivergent Burnout

Date and Time: Tues 14th July 10:30am – 11:30am

This session will be hosted by Jodie Clarke, an experienced practitioner with over 20 years of supporting neurodivergent children, young people and families. This session will help parents understand what neurodivergent burnout is, recognise the signs, understand common triggers, and explore practical strategies to support recovery and wellbeing.

September 2026

SEND Empowerment EHC needs assessment Workshop

Date and Time: To be confirmed – this workshop will be held via Microsoft Teams.

This practical workshop is designed to help parents and carers understand the EHC Needs Assessment process and their legal rights. We will cover when an EHC Needs Assessment should be requested, the legal threshold for assessment, the evidence that can support a request, statutory timescales, and what happens throughout the process. There will also be guidance on common reasons for refusals and the options available if an assessment is declined.

Due to the interactive nature of this workshop, places will be strictly limited to allow attendees the opportunity to ask questions and gain the most from the session. Early booking is recommended.

Supporting your child or young person with PDA

Date and Time: Tues 8th September 10:30am – 11:30am via Microsoft Teams.

This session will be hosted by **Mrs. Jessie Townz a PDA Educator**. The session will help parents and carers develop a better understanding of PDA. We will explore how PDA can present in children and young people, why demands can be so challenging, and practical strategies to support wellbeing and reduce anxiety at home and in education.

Sensory Processing and Regulation – Occupational Therapy session

Date and Time: Monday 28th September 7:30pm

Join Children's Occupational Therapist **Jo** for an insightful session exploring how sensory differences can impact emotional regulation in neurodivergent children and young people. Parents will gain a better understanding of sensory processing, why regulation can be challenging, and practical sensory-based strategies that can be used at home to support wellbeing, reduce overwhelm, and help children thrive.

October 2026

Autism, Anxiety and Adolescence – Dr Melita Clinical Psychologist

Date and Time: Tuesday 8th October – 7:30pm

Join Clinical Psychologist **Dr Melita Ash**, founder of Percuro Psychology, as she explores how adolescence, autism and anxiety can interact and impact a young person's wellbeing. This session will help parents understand why certain behaviours develop during the teenage years, how anxiety can present in autistic young people, and why behaviours such as avoidance or withdrawal often have an underlying purpose. Parents will also be encouraged to reflect on their own child's experiences to gain greater understanding and confidence in supporting them.

Preparing for Annual Reviews – SEND Empowerment Workshop

Date and Time: To be confirmed

Hosted by the SEND Empowerment Team, this practical workshop will help parents understand the Annual Review process, what to expect before, during and after the meeting, and how to prepare effective evidence. We will also cover your legal rights, common pitfalls, and how to ensure your child's needs and provision are properly reviewed.

Connecting through activities – Hosted by Andreja Mindfulness Coach

Date and Time: Wednesday 14th October – 7:30pm

Join **Andreja Stefulj** the Director of RDI® Professional Training, a Certified RDI® Consultant, educator, trainer, and parent coach specialising in autism, neurodiversity, developmental differences, and relationship-based interventions to discover how everyday routines and activities can become meaningful opportunities to support your child's development.

This session will explore practical ways to strengthen connection, encourage communication, support emotional regulation, and build confidence and independence through simple interactions at home. Parents will leave with realistic strategies they can begin using in everyday life.

“Parenting Neurodiversity” – Hosted by James Koppert Neurodivergent Advocate

Date and Time: Wednesday 21st October – 10:30am

Join neurodiversity advocate **James Koppert** for a parent group session designed to help parents better understand and support their neurodivergent child. Combining lived experience with practical, evidence-based strategies, James will explore key concepts of neurodiversity and offer advice to help families navigate everyday challenges with greater confidence. The session will conclude with a live Q&A.

November 2026

Supporting your child with ARFID – Hosted by Denise

Date and Time: Tuesday 3rd November – 7:30pm

Join SEND specialist **Denise** for an informative session exploring **Avoidant/Restrictive Food Intake Disorder (ARFID)**. Parents and carers will learn what ARFID is, why it develops, how it differs from other eating disorders, and practical, evidence-informed strategies to support children and young people with additional needs. The session will also signpost families to helpful national organisations and resources for further support.

Low Cost and No Cost Assistive Technology Solutions – Hosted by Oliver from Lewis Solutions

Date and Time: Tuesday 24th November – 10:30am

Join **Oliver Lewis**, from Lewis Support, for a practical session exploring affordable assistive technology that can support children and young people with SEND. Parents will discover a range of built-in accessibility features, free apps, and low-cost tools that can help with communication, reading, writing, organisation, and accessing learning. This session will provide practical ideas to help increase independence, confidence, and participation both at home and in education.

December 2026

Supporting your child with ADHD – Hosted by Lydia Lings

Date and Time: Wednesday 2nd December – 7:30pm

Join **Lydia**, founder of SEND Support, ADHD trainer and ADHD Visual Coach, for an engaging session exploring how ADHD can affect children and young people both at home and in educational settings. Parents will gain a understanding of ADHD, its impact on daily life, and practical, visual strategies that can help support emotional wellbeing, behaviour, organisation, and learning.

Understanding Behaviour Through a Neuro-Affirming Lens- Hosted by Family Avenues

Date and Time: Tuesday 8th December – 7:30pm

Join **Joanne and Louise** from Family Avenues for a compassionate session exploring children's behaviour through a neuro-affirming approach. Drawing on their professional experience as social workers and their lived experience as parents of neurodivergent children, they will help parents understand the reasons behind behaviours, strengthen relationships, and explore supportive strategies that promote emotional wellbeing and confidence within the family.