



WISE UP WORKSHOPS

Empowering Parent
Carers to succeed

October's Workshop Dates

We are pleased to share our WISE UP WORKSHOPS. These are open to all parent carers in Somerset who have a child with additional needs. October will theme will be Emotional Based School Avoidance.

Emotional Based School Avoidance (EBSA), also known as Anxiety-Based School Avoidance (ABSA), is a term used to describe children and young people who experience persistent challenges in attending school due to negative feelings, such as anxiety.

The workshop will have 2 main parts. Part 1 will provide information and ideas of things you can try (strategies). Part 2 will give you time to discuss your own circumstances and form a plan of what you can try to help.

Emotional Based School Avoidance: dates and locations

- 5th October 12:30-14:30 Minehead
- 9th October 10:00-12:00 Glastonbury
- 9th October 19:00-21:00 Yeovil
- 16th October 10:00-12:00 South Petherton
- 19th October 19:00-21:00 Shepton Mallet
- 20th October 12:30-14:30 Taunton

These workshops are free to attend to book your place please go to:
<https://somerseparentcarerforum.org.uk/> or call 01458



October 2023



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Emotional Based School Avoidance

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**November
2023**



WISE UP WORKSHOPS
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Establishing routines and using visuals

We are pleased to share our WISE UP WORKSHOPS. These are open to all parent carers in Somerset who have a child with additional needs and/or a disability.

These sessions will look at how you can use visuals to support your child or young persons understanding and promote independence. You will have an opportunity to create visuals that you can use at home.

The workshop will have 2 main parts.

Part 1 will provide information and ideas of things you can try (strategies).

Part 2 will give you time to discuss your own circumstances and form a plan of what you can try to help.

Dates and locations

3rd November	Wincanton	12:30 - 14:30
9th November	Wiveliscombe	19:00 -21:00
10th November	Chard	10:00 - 12:00
15th November	Cheddar	19:00 - 21:00
16th November	Frome	10:00 - 12:00
22nd November	Bridgwater	10:00 - 12:00

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Neurodevelopmental WISE Sessions

We are pleased to share our Neurodevelopmental WISE sessions (WISE stands for Workshops for Information, Support and Education). We have joined together with CAOT and the Access to Inclusion team.

Autistic people often have an uneven profile of strengths and challenges across three key areas;

- social understanding and communication,
- flexibility, information processing and understanding,
- sensory processing and integration.

This session outlines these differences and introduces the one-page profile. Giving you the opportunity to create a one-page profile that you can use.

The session will be two hours long and have 2 main parts.

Part 1 - will provide information and the opportunity to create your own one-page profile
Part 2 - for parent to parent support led by CAOT and Somerset Parent Carer Forum

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

17th October 10:00-12:00

Shepton Mallet - The Thatch Cottage. 63 - 67 Charlton Road, Shepton Mallet. BA4 5QF

6th November 10:00 - 12:00

Yeovil - Somerset Parent Carer Forum CIC. Unit2, 32 Goldcroft. Yeovil. BA21 4DH

11th December 10:00 -12:00

Taunton - The Albemarle Centre. Albemarle Road.Taunton. TA1 1BA

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