SEN Parent Workshops

Practical advice • Expert support • A chance to connect with other parents

A series of 6 workshops across the academic year, one each half term, delivered by parents and professionals.

Working together to help every child thrive

Term / Date / Time	Workshop	Content	Who
Autumn 1 Wednesday 21st October 2026 2.15 – 3.15pm	**Sensory Regulation Strategies**	Practical strategies to support sensory regulation for children with a range of needs.	**Alex Bedward** – Parent
Autumn 2 Wednesday 25th November 2026 2.15 – 3.15pm	**After School Restraint Collapse**	For children who struggle to regulate their emotions and consequently behaviour when they return home from school. Practical advice and strategies for supporting at home.	**Lisa Lewis** – Flourish (WF SEN outreach service)
Spring 1 Wednesday 20th January 2027 2.15 – 3.15pm	**Sensory Supports at Home**	Ideas and practical advice on how to create a sensory supportive home environment.	**Lisa Lewis** – Flourish (WF SEN outreach service)
Spring 2 Tuesday 23rd February 2027 2.15 – 3.15pm	**Supporting your SEN Child through Play and Sports**	The benefits of play and sport for wellbeing, development and confidence. Includes information and advice on how to apply to Keen London, a charity which provides weekend support for families and children with SEN.	**Neil Nute** – Parent Keen London – charity
Summer 1 Date TBC	**Zones of Regulation at Home**	An introduction to the Zones of Regulation and how to use them effectively at home with practical strategies.	**Lisa Lewis** – Flourish (WF SEN outreach service)
Summer 2 Date TBC	**Supporting SEN Learners with Literacy Skills**	Practical strategies to support the development of literacy skills at home, including ideas and resources.	**Sonia Ali** – Flourish (WF SEN outreach service)

All workshops are for parents and carers. Further details will be shared nearer the time.