



East Berkshire Neurodiversity Network

Bulletin

Thank you to those of you that were able to attend the relaunch event on Tuesday 18th April. We had a great turnout and some useful discussions.

During the event we heard from Ruth Pearse (CEO - Parenting Special Children) who talked about the importance of celebrating difference and promoting neuro-inclusion. Ruth reflected on the language that we use and the importance of understanding and acceptance. Thank you to Ruth for her continued support for the Neurodiversity Network.

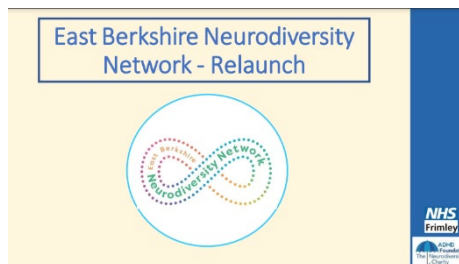


Click here to visit the Parenting Special Children
website: <https://www.parentingspecialchildren.co.uk/>



[Home Page - PSC](https://www.parentingspecialchildren.co.uk/)
www.parentingspecialchildren.co.uk

We also heard from the oversight group who reflected on the success of the face-to-face roadshows that took place in March. Network members heard about the discussion points raised during the jam packed 2 days of events and the next steps for the network. Slides from the presentation have been attached to the email.



The Umbrella Project is coming to the Lexicon!

Thursday 18th May marks the official launch date of the Bracknell Forest Umbrella Project. Come and join us between 11am - 1pm at the Braccan Walk area of the Lexicon

shopping centre, where we will be sharing information about Neurodiversity and celebrating the launch of the project.

If you would like to volunteer to support the launch event, please email Emma Weaver: emma.weaver@adhd.foundation.org.uk

Next week is Mental Health Awareness week (15th to 21st May).

Supporting mental health has been a key theme identified by the network, so we have gathered some resources to share:

1. The Charlie Waller Trust - run webinars for people supporting children and young people - parents, carers, educators - as well as young people themselves and anyone interested in psychology or mental health.

Supporting young people: Adolescence, angst and anxiety

Wed 24th May, 12-1.30pm

During this webinar we will:

- Define anxiety and explore what it means to us
- Recognise triggers that may cause anxiety
- Recognise signs and symptoms of anxiety
- Provide some tips and strategies to support young people
- Share further resources and support

[Click here](#)



[Free webinars from the Charlie Waller Trust](#)

Come along to our free training webinars - perfect for parents, carers and staff at schools, colleges and university staff.
charliewaller.org

2. Anna Freud Centre - are hosting a seminar aimed at school/college leaders and staff, particularly those with a responsibility for mental health.

This seminar is also open to educational psychologists, and any allied professionals interested in supporting mental health in schools and colleges

Tues 22nd May 16.30-18.00

Learning outcomes

This seminar will:

- provide practical tips for education professionals to use in school and college settings
- provide some additional knowledge and understanding around the difference between normal anxious feelings and anxiety disorders, and when to seek professional help
- provide helpful signposting to materials and resources

[Click here](#)



[Talking about anxiety in schools
and colleges | Training | Anna
Freud Centre](#)
/
www.annafreud.org

3. We found a handy guide that the Community Paediatric Psychology Service in NHS Ayrshire & Arran have created - A guide for parents of neurodiverse children who are experiencing anxiety.

[Click here](#)

Local info

SENDIASS Service Windsor and Maidenhead Thursday 18th May 9.30 – 11.30 Coffee Morning Drop in – Friend House Maidenhead – for info <https://www.ias-rbwm.info/events>

Social groups for young people via Gems. Gems offer a range of courses & workshops not just for those who are diagnosed, but for those who may have autism and/or ADHD.

Bear Cubs for 5 – 10 year olds

Wolf Pack for 11 -15 year olds

Connectionz for 16 – 24 year olds

Diamonds for over 25's

For more information, please contact the GEMS team on: gems.4health@nhs.net or 0800 999 1342.

East Berkshire Neurodiversity Network Sign Up Form



If you haven't registered yet, please use the QR code
above to register for the East Berkshire Neurodiversity
Network and join in the discussion!