

# WEST NORTHUMBERLAND FAMILY HUBS

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## WHAT'S ON



### LTP AND 0-5 (ADDITIONAL NEEDS AND/OR DISABILITY)



A group for families with a child under 5 with an additional need or waiting for assessment. The Family Hubs are delighted to co-facilitate LTP (AND) with Wecan.

### AND Calm Events Wecan Explore

Family Hubs will be organising events with Wecan for children with additional needs and/or disabilities. This will include seasonal activities, that will offer a sensory experience and be a calm space for families.



### Autism drop in sessions



Come along to access free support and advice in your local area, for parents and pupils aged 0-19 years. No diagnosis needed!



### AND Sensory Chill Out

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along after school and meet other young people and families in a safe space.

## ADDITIONAL SUPPORT AT THE FAMILY HUB

### Sensory Boxes

Our sensory boxes are an interactive opportunity to support your visit to the Family Hub.

### Hidden Disabilities

Not all disabilities are visible. Our Family Hub staff offer extra help or assistance in the Family Hub, for communication, help with evacuating the building or being able to provide information in different formats, languages, prints, voice overs or video formats.



## ADDITIONAL SUPPORT WITH OUR PARTNERS

### Healthy Parent Carer Programme

A programme that improves the health and wellbeing of parent carers of disabled children by promoting empowerment, confidence, and resilience. The programme supports parent carers feel empowered to look after their own health, through an achievable goals approach.



### Neuro Youth Group

A peer support group for young people with autism or a similar neurodiversity. The sessions create a space for you to meet other young people, share experiences, learn about new things and have fun. The group will also explore wellbeing, such as communicating how you feel, friendship, or looking after your mental health.



### Positive Behaviour Workshops

The workshops focus on helping you understand and support your child's behaviour. They will help you to think about strategies and put in place a plan that will improve the quality of life for you, your child and your family.

Our Practitioners have awareness of the use of the portage approach



### TACPAC- Communication Through Touch and Music

TACPAC uses touch and music to create a structured half hour of sensory communication between two people. TACPAC creates sensory alignment and helps people of any age who have sensory impairment, for example, visual impairment, developmental delay, complex learning difficulties, Sensory Processing Disorder (SPD) or limited or pre-verbal levels of communication.



### Course for parents and carers of children with a learning disability

A course to help parent carers understand what a learning disability is and what can cause learning disabilities. The aims of the course will focus on support mechanisms, and positive and proactive strategies to manage your child's behaviour.