

Week beginning **Monday 9th November 2020**



Following the cancellation of our annual 'Including parents Conference' in May, due to the pandemic, we are pleased to offer a series of free online webinars, for parents and carers of children and young people with additional needs

- **Monday 9th November- Welfare Benefits:** A Webinar to explore benefits available for young people with additional needs and their carers. How to claim and what support is available to help.
Provider: Paul Stafford, Senior Benefits Advisor, NCC
To book click here: <https://www.eventbrite.co.uk/e/123033421275>
- **Tuesday 10th November- Interoception, the 8th Sense, the key to unlocking anxiety:** Interoception is a lesser known sense that helps you understand and feel what is going on inside your body; children who struggle with interoception may have trouble with feeling their emotions.
Provider: Wendy Kozakis, Senior Practitioner Communication and Interaction team
To book click here: <https://www.eventbrite.co.uk/e/124064336771>
- **Wednesday 11th November- First Aid for Your Child's Emotional Health:** Creating a home environment to encourage resilience and emotional wellbeing in children and young people with additional needs.
Provider: Claire Horn, Specialist Teacher, Cognition and Learning Team
To book click here: <https://www.eventbrite.co.uk/e/first-aid-for-your-childs-emotional-health-tickets-124069955577>
- **Thursday 12th November- Emotion Coaching:** Helping your children and young people to understand the different emotions they experience, why they occur and how to handle them.
Provider: Pauline Clarke, (E.P) Nottinghamshire Educational Psychology Service.
To book click here: <https://www.eventbrite.co.uk/e/124071688761>

Closing date: Wednesday 4th November

Webinars will be held on TEAMS

You will receive a joining invite after booking on Eventbrite

Webinars will start at 10:00 am and last for up to 90 minutes

All webinars are free to parents

For further information please contact Ruth Cook or Cath Page on (0115) 854 6464