

Understanding Sensory Processing workshop

Free online sessions for parent carers in the North East

Friday 16th April 2021 10:00 – 12:00

[Book here](#)

Wednesday 5th May 2021 19:30 – 21:30

[Book here](#)

Tuesday 18th May 2021 13:00 – 15:30

[Book here](#)



These online Zoom workshops will be presented by Claire Stirland of Sensory Worx. Claire is an Occupational Therapist and Sensory Integration Therapist with over 14 years experience in the NHS.

This session will give you an opportunity to:

- learn more about sensory processing and sensory integration
- reflect on your child's sensory needs (and your own) and how these might change over time
- consider the impact of sensory needs on other family members/care givers and in different environments
- identify new approaches to supporting the challenges and opportunities of sensory issues
- explore how you can obtain further help and guidance if you need it
- hear from other parents, sharing as much or as little as you wish about your own situation



This is an accessible session – you are welcome to stay muted or off camera, and we are understanding of you have any distractions. For further details contact jaimedowling@contact.org.uk

Hosted by Contact in partnership with Sensory Worx

on behalf of North Cumbria and North East ICS (NHS England and NHS Improvement)

NHS England and NHS Improvement

