

Training for Parents and Carers: Online and face-to-Face

Adult learning from Worcestershire County Council



Adult Learning offer new courses each term. Some of these may be of specific interest to parents and carers of children and/or young people with SEND. The courses have a charge associated with them, which is dependent on your circumstances.

SEND - Managing their mindfulness is an online course for any adult, parent or carer supporting and caring for children, young people or adults with their Social Emotional and Mental Health. As well as those with Special Needs and Disabilities (SEND) to increase their well-being and reduce any anxiety and depression they may feel so they are better able to manage their mindfulness.

To book and find out more: [SEND - Managing their Mindfulness](#)

Herefordshire and Worcestershire SENDIASS training and development

[Herefordshire and Worcestershire SENDIASS](#) offer FREE training to local parents/carers to increase knowledge of SEND law and guidance, local policy, and participation. They run face to face workshops and online information sessions.

Available workshops:

- SEN Support and the Graduated Response in schools
- What does a good Education Health & Care Plan (EHCP) look like?
- SENDIASS online Information Session

The workshops/information sessions are held monthly. You can find out more and book on via this link: [SENDIASS workshops for parent and carers | Worcestershire County Council](#)

Free Autism West Midlands online training

Herefordshire and Worcestershire Integrated Care Board have commissioned Autism West Midlands to deliver more free online training webinars for parent carers who have a child on the assessment pathway (Umbrella Pathway) or who has an Autism diagnosis.

The webinars can be accessed on computers, laptops, tablets, phones and smart TVs. Once registered you can watch live or a recording later.

Webinars available to book using the [Autism West Midlands Events](#) page:

Monday 17 April, 9:30am to 11:00am – Autism and Anxiety

Tuesday 2 May, 9:30am to 11:00am – Autism and Communication

Monday 22 May, 9:30am to 11:00am - Autism and Behaviour

Monday 12 June, 9:30am to 11:00am - Autism and Anxiety

Other organisations that provide courses

- The National Autistic Society offer [online training courses](#), some modules are free but most have a small cost
- [The Curly Hair Project](#) offer a number of courses across the country (Dudley and Bristol being the closest to Worcestershire) and some are offered as webinars
- [Independent Parental Special Education Advice](#) (known as IPSEA). They provide online and face to face training on the SEND legal framework for parents and carers, professionals and other organisations

• Starting Well Partnership

- The Starting Well Partnership offers two different courses for parents and carers of children on the Autistic Spectrum and/or with language delay. They give you the opportunity to meet new people who may be experiencing similar issues and develop your knowledge. The courses are available across the county.
- Incredible Years is a group-based programme for parents with children age 2 to 6 years.
- [The Incredible Years ASD Programme from Starting Well](#)
- Solihull Approach – Understanding Your Child (ASD) is another group-based programme for parents and carers of older children.
- [Understanding Your Child with Special Needs/ASD from Starting Well](#)

The Solihull Approach online parenting

The Solihull Approach online parenting courses are a series of [NICE approved](#) resources for parents and carers who want to learn more about sensitive and effective parenting and building a positive relationship with their child. Parents are also helped to understand how they can influence their relationship with their child through play.

There are a variety of **free** courses available including 'Understanding your child with additional needs'. If you care for a child with a physical or learning disability or who may have autistic traits this course is for you.

[Starting Well Online Parenting Courses](#)