



Wednesday 24th September 2025

Dear Parents,

With an increasing number of neurodiverse pupils at Woodberry Down, I wanted to share a list of free services offering workshops, training, and resources for parents and carers of autistic children aged 5–11. These are available locally in Hackney and online across the UK. We will continue to offer fortnightly coffee mornings with Dr Joe Vacher to explore a range of themes across the year. Our next sessions will be **Tuesday 30th September and Tuesday 14th October (both at 9am in the lower hall)**, focusing on supporting parents to manage behavioural difficulties at home.

Local Hackney Services:

- **Autism Central – Hackney Hub**

Website: <https://www.hackneylocaloffer.co.uk/kb5/hackney/localoffer/service.page?id=ALTe52QnojE&familychannel=0>

Offers: 1:1 peer support, in-person and virtual workshops, coffee mornings

Topics: Sensory needs, meltdowns, school support, wellbeing

- **Hackney Council – Autism Services**

Website: <https://hackney.gov.uk/autism>

Offers: Autism toolkit, health passports, monthly community groups

Topics: Education, communication, sensory-friendly environments

- **Resources for Autism – Parent Workshops**

Website: <https://www.resourcesforautism.org.uk/parent-carer-workshops/>

Offers: Monthly peer-led workshops, practical support

Topics: Behaviour, direct payments, navigating services

- **Makaton Workshop for Parents**

This is a set of free workshops for parents to gain Makaton Level 1/2 qualification. Please contact the Hackney Speech and Language Therapy team at 02076834262 or email huh-tr.sltinfo@nhs.net to book your place.

National & Online Services:

- **Autism Central – London Hub**

Website: <https://www.autismcentral.org.uk/hubs/london-delivered-contact-and-ambitious-about-autism>

Offers: Free online workshops, peer-led sessions, downloadable resources

Topics: Sensory processing, executive functioning, mental health

- **BeyondAutism – Introductory Autism Course**

Website: <https://www.beyondautism.org.uk/courses/an-introduction-to-autism-a-course-for-parents-families-and-carers/>

Offers: Free online self-paced course (2–4 hours)

Topics: Communication, sensory support, behaviour, transitions

- **National Autistic Society – E-learning**

Website: <https://www.autism.org.uk/what-we-do/autism-know-how/training/e-learning>

Offers: Free e-learning modules with optional certification

Topics: Stress, sensory experiences, family support

- **Autism Education Trust – Parent Toolkits**

Website: <https://www.autismeducationtrust.org.uk/parents>

Offers: Downloadable guides and resources

Topics: School transitions, exclusions, early years support

If you have any questions or need any further information/support, please do not hesitate to contact me.

Kind Regards,

Shayne Davids

Shayne Davids
Assistant Head/Inclusion Manager
Woodberry Down Primary School
02088005758