

Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.

Monthly in person support Letchworth and Stevenage:
Will be running on a Wednesday see programme for dates



Our podcasts series “Neurodiversity Chats” cover a wide range of topics, search “Neurodiversity Chats” on Spotify or Apple Podcasts or listen on our website:

<https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelssupportgroup.org.uk

Zoom every Tuesday 10am-12noon	Letchworth Wednesday 10am-12noon	Stevenage Wednesday 10am-12noon	Zoom Wednesday eve 7.30pm- 8.30pm
8 Sept Speaker: HPCI Lynn Turnball SEND Reform Update	9 Sept Meet Up and Chat		
15 Sept Workshop: Understanding Behaviour Policies		16 Sept Meet Up and Chat	
22 Sept Speakers: Herts and Bed's Local Offer			23 Sept Evening Parent/Carer Support Group
29 Sept Service Meet and Greet Breakaway Scheme Outside of the Box&Space			
6 Oct Speaker: Charley Crowe Herts CC SASS Autism and Puberty	7 Oct Meet Up and Chat		
13 Oct Workshop: EBSA, part time/flexi school, Section 19, ESMA		14 Oct Meet Up and Chat	
20 Oct Workshop: Understanding and Supporting ADHD			21 Oct Evening Parent/Carer Support Group

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10am-12noon**

**Letchworth
10am-12noon**

**Stevenage
10am-12noon**

**Zoom
Wednesday eve
7.30pm- 8.30pm**

3 Nov

Workshop: Accessing
Healthcare and writing a
health passport

4 Nov

Meet Up and Chat

10 Nov

Workshop: Use of
declarative language and
emotional literacy

11 Nov

Meet Up and Chat

17 Nov

Workshop:
Autism and Anxiety

18 Nov

Evening
Parent/Carer
Support Group

24 Nov

Workshop: Surviving the
Christmas Season

1 Dec

Paul Chambers Thinking Hat
Wellbeing Session

2 Dec

Meet Up and Chat

8 Dec

Speaker: Michelle Jaques
Arfid Life UK -
Let's talk ARFID

9 Dec

Meet Up and Chat

15 Dec

Workshop: Women and Girls

16 Dec

Evening
Parent/Carer
Support Group

Christmas Holidays - For support during this period please contact the Neurodiversity Support Hub



Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

Tel: 01727 833963 - lines are open from 9am-1pm weekdays