



Northern Health and Social Care Trust



14 hrs · ⚙️

Is your child always on the go? Does your child have a short attention span or often act without thinking?

A free online information and awareness workshop is available 📌

This workshop is suitable for:
parents/caregivers concerned about their child's inattentive or hyperactive/impulsive behaviour
parents of children ages 3-11
parents of children with or without an ADHD diagnosis

👉 Learn more about ADHD and the behaviours associated with it

👉 Get tips, tools and strategies to support your child

Tuesday
19th Jan
10am-12noon

Wednesday
20th January
6pm-8pm

Complete registration form 👉 <https://crowd.in/5tuTYo> & return to shauneen@newcolin.com or changinglives@newcolin.com.

Training for parents, wider family circle and wider stakeholders for those who support and care for children with ASD, Dyslexia/Dyspraxia etc.

Please find the following training sessions facilitated by Rebecca McCullough

Activity	Dates	Times	Price per session
Lockdown 3- How do I support my child	Mon 18 th Jan	7.30pm to 9.00pm	£5.00
How to manage your child's anxiety	Mon 25 th Jan	7.30pm to 9.00pm	£5.00
Understanding and supporting behaviour	Mon 1 st Feb	7.30pm to 9.00pm	£5.00
Supporting emotional and mental health wellbeing in your children	Mon 8 th Feb	7.30pm to 9.00pm	£5.00
Children and their brains (Part 1)	Mon 22 nd Feb	7.30pm to 9.00pm	£5.00
Children and their brains (Part 2)	Mon 1 st March	7.30pm to 9.00pm	£5.00
Autism and anxiety	Mon 8 th March	7.30pm to 9.00pm	£5.00
Social stories	Mon 15 th Mar	7.30pm to 9.00pm	£5.00
Using visuals	Mon 22 nd Mar	7.30pm to 9.00pm	£5.00
Girls and autism	Mon 29 th Mar	7.30pm to 9.00pm	£5.00

To book a place on any of the workshops listed visit our online booking system through Eventbrite

<https://www.eventbrite.co.uk/o/empower-project-14812741411>

**There will be time for Q & A at the end of every session
When your place is confirmed you will be emailed the
Video link to join**

Help for Dyslexia

How to change the tint on your android phone so that you can access all lessons.

Android Phones – Download the free app Tint Vision – Apply the colour you need



Help for Dyslexia

How to change the tint on your iPhone or iPad so that you can access all lessons.

iPad and iPhones –

Settings > Accessibility > Display Text & Size > Colour Filters > Slide to ON and pick the colour you need by sliding the intensity and hue.



Help for Dyslexia

This is a how to guide: How to change the tint on your laptop so that you can access all lessons.

Laptops – Open Google Chrome > type screen shader > click the link and add to chrome > click add extension > sign in to Microsoft Teams through Chrome browser > press the jigsaw piece on the toolbar for extensions (1) > select screen shader > select colours and pick the colour you need (2) > if you need a colour not available click the + button and select the right colour on the wheel and press add colour (3) > finally to adjust the shade of your colour select shade and drag the slider (4).

