

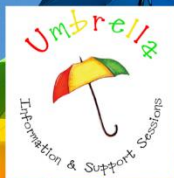
## 'What Matters To Me' Person Centred Planning Session

Person-centred thinking and planning tools can help to improve understanding, communication and relationships, supporting your neurodiverse child or young person to lead a full and fulfilling life based on their own aspirations and dreams.

This session is focused on helping individuals identify what really matters to them. Person-centred planning puts your child at the heart of every decision, supporting them to set meaningful goals, build on their strengths, and shape the life they want. This session will introduce simple tools, encouraging choice, confidence, and positive future planning.

Sessions will be held at:  
Spotland Bridge West Mill (2nd floor)  
Bridgefold Road (off Mellor Street)  
Rochdale, OL11 5BU

Monday June 8<sup>th</sup> 10-12noon  
Monday June 8<sup>th</sup> 6-8pm



Sessions are booked via  
Eventbrite - search for  
Umbrella sessions or email  
rochdaleumbrellasessions@outlook.com

## The Umbrella Sessions

Information and support for parents and carers  
of children and young people with Neurodiversity  
**NO DIAGNOSIS NEEDED**

- Has your child got a diagnosis of ADHD or Autism?
  - Are you on the way to getting a diagnosis?
  - Are you on the Neurodiversity Journey?
- ANSWERED YES TO ANY OF THESE?**  
Then the Umbrella sessions are for you

The sessions will use person-centred approaches to build understanding of your child's Neurodiversity and increase resilience to support them on their journey in a positive and empowering way

Sessions are at Spotland Bridge Mill, Rochdale, OL11 5BU

Neurodiversity All about it - part 1, Information  
Monday April 27<sup>th</sup> 6-8pm  
Neurodiversity All about It - Part 2, strategies  
Monday May 11<sup>th</sup> 6-8pm  
Sensory challenges and strategies to support  
Tuesday May 5<sup>th</sup> 12.30-2.30pm  
Sleep and Well being  
Monday June 8<sup>th</sup> 6-8pm



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