

MARCH 2024 WORKSHOP CALENDAR

Date & Time	North Workshops
05/03 12.30-14.30	Why Won't You Eat
12/03 12.30-14.30	Sleep
19/03 12.30-14.30	Supporting your child to manage their anxiety

Date & Time	South Workshops
14/03 10.00-11.30	Visual supports to aid understanding, routines and transitions
21/03 10.00-12.00	Sense-Ability

North:

NCT Centre, 15 Manse Road
Newmains, ML2 9AX

South:

Blantyre LIFE
90 Park Lane, Blantyre, G72 9AS

To book workshops within the north or south please email details of which workshop you would like to attend to

Workshops.NDS@lanarkshire.scot.nhs.uk

Date & Time	HOPE for Autism Workshops
12/03 10.00-12.00	Sense-Ability
21/03 18.00-20.00	Why Won't You Eat (zoom)



We also run our workshops in partnership with HOPE for Autism. To book hope workshops, please use QR code above which takes you to their Eventbrite page.

Workshops are live to book 2 weeks before scheduled date

MENTAL HEALTH & PSYCHOLOGY NEURODEVELOPMENTAL SERVICE



SUPPORTING YOUR CHILD TO MANAGE THEIR ANXIETY

THE ANXIETY WORKSHOP AIMS TO PROVIDE FAMILIES WITH POSITIVE PARENTING STRATEGIES TO HELP MANAGE ANXIETY IN CHILDREN AND YOUNG PEOPLE AND CREATE A CLEARER UNDERSTANDING OF ANXIETY.



DATE & TIME:

TUESDAY 19TH MARCH 2024,
12.30PM-2.30PM



LOCATION:

NCT CENTRE, 15 MANSE ROAD,
NEWMAINS, ML2 9AX

PLEASE CONTACT US TO REQUEST A SPACE ON:



WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

PROVIDING THE FOLLOWING DETAILS:

CHILD'S NAME & DOB

CONTACT NUMBER FOR ADULT/S ATTENDING



DIETETICS NEURODEVELOPMENTAL SERVICE



WHY WON'T YOU EAT

WE WILL DISCUSS THE REASONS WHY CHILDREN FIND IT DIFFICULT TO TRY NEW FOODS AND START TO THINK OF SOLUTIONS AND STRATEGIES TO HELP ON HOW TO IMPROVE THE BALANCE OF FOODS IN THE DIET.



DATE & TIME:

**TUESDAY 5TH MARCH 2024,
12.30PM-2.30PM**



LOCATION:

**NCT CENTRE, 15 MANSE ROAD,
NEWMAINS, ML2 9AX**

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OCCUPATIONAL THERAPY NEURODEVELOPMENTAL SERVICE



SENSE-ABILITY WORKSHOP

THIS PARENT WORKSHOP WILL DISCUSS SENSORY PROCESSING DIFFERENCES AND THE IMPACT ON DAILY LIFE ACTIVITIES. STRATEGIES AND ACTIVITY IDEAS TO ADDRESS COMMON CHALLENGES WILL ALSO BE DISCUSSED.



DATE & TIME: THURSDAY 21ST MARCH 2024,
10.00AM-12.00PM



LOCATION: BLANTYRE LIFE, 90 PARK LINE,
BLANTYRE, G72 9AS

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SLEEP WORKSHOP

THIS PARENT WORKSHOP WILL DISCUSS COMMON CHALLENGES SURROUNDING SLEEP AND OFFER PRACTICAL STRATEGIES FOR FAMILIES.



DATE & TIME:

TUESDAY 12TH MARCH 2024,
12.30PM-2.30PM



LOCATION:

NCT CENTRE, 15 MANSE ROAD,
NEWMAINS, ML2 9AX

PLEASE CONTACT US TO REQUEST A SPACE ON:



WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

PROVIDING THE FOLLOWING DETAILS:

CHILD'S NAME & DOB

CONTACT NUMBER FOR ADULT/S ATTENDING

SPEECH & LANGUAGE THERAPY NEURODEVELOPMENTAL SERVICE



VISUAL SUPPORTS TO AID UNDERSTANDING, ROUTINES AND TRANSITIONS

THIS WORKSHOP IS FOR PARENTS OR CARERS AND WILL PROVIDE INFORMATION ON VISUAL SUPPORTS TO AID UNDERSTANDING, ROUTINES AND TRANSITIONS INCLUDING VISUAL TIMETABLES, PERSONAL STORIES AND COMIC STRIP CARTOONS.



DATE & TIME: THURSDAY 14TH MARCH 2024,
10.00AM-11.30AM



LOCATION: BLANTYRE LIFE, 90 PARK LANE,
BLANTYRE, G72 9AS

PLEASE CONTACT US TO REQUEST A SPACE ON:

✉ WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

PROVIDING THE FOLLOWING DETAILS:

CHILD'S NAME & DOB

CONTACT NUMBER FOR ADULT/S ATTENDING