Helping Hands BC

A Helping Hand service for parents of little/young people with ASD/ADHD or being assessed.

What do we do?

- We offer a Helping Hand to families where a little/young person has ASD/ADHD or being assessed, from across the Black Country. Offering support and guidance for understanding their little/young people and how behavioural needs can be understood and supported at home and in the wider community.



What support do we offer?

- Welcome call to explore individual needs/support
- Access to virtual This Is Me workshop: Understanding my behaviours as I have different needs workshops. Building a TIM plan a "window to the little/young person behaviour"
- Sharing Rooms: safe space to be yourself, relax and chat with staff and other parents. Signposting and connection into local services.
  Once a month at different venues across the Black Country.
- School service: TIM face to face workshops- am
  TIM little people: Understanding my emotions as I have different needs workshops- pm **(bespoke sessions that only schools can refer into)**
- Family sensory sessions: A safe place for families to meet other families where little/young people have ASD/ADHD or being diagnosed. These are delivered over the summer holidays at venues across the Black Country.

Workshops, coming soon for families to access:

- SEND SLEEEP VOLUNTEER workshops
- TIM4TEENS workshops (11-18)
- TIM4PARENTS workshops

To access the service please contact us on:
helpinghandsbc@family-action.org.uk
one of the team will get back to you.

www.family-action.org.uk

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Black Country Mental Health, Learning Disabilities and Autism