

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**

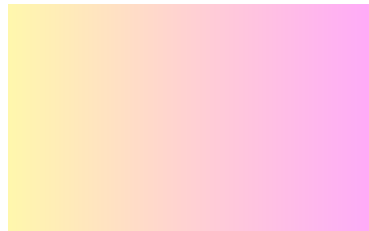
**Zoom
Thursday eve
7.30pm- 8.30pm**

6th Jan
Women and Girls

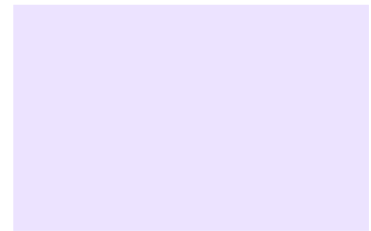
7th Jan
Meet Up and Chat



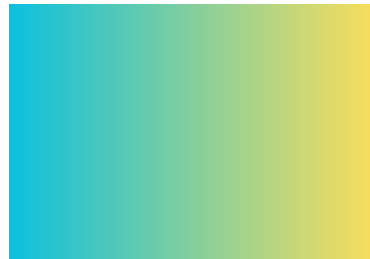
13th Jan
Understanding and
Supporting ADHD



14th Jan
Meet Up and Chat



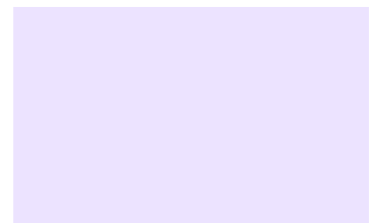
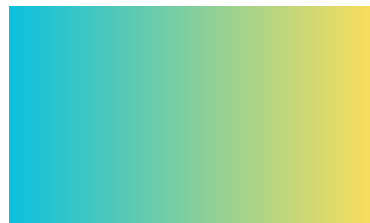
20th Jan
Speaker: Dr Sarah
Lewis-Hayes
What should be in an EP
report.



22nd Jan
Evening Parent/Carer
Support Group

27th Jan
Speaker: Charley Crowe
(SAAS) Social Stories
and Comic Strip Convos

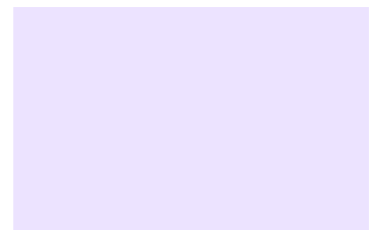
28th Jan
Meet Up and Chat



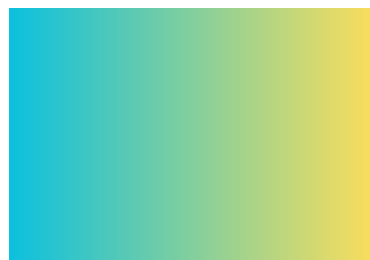
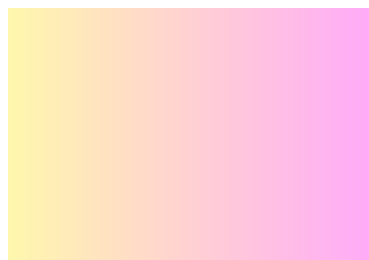
3rd Feb
EBSA



4th Feb
Meet Up and Chat



10th Feb
Understanding PDA



12th Feb
Evening Parent/Carer
Support Group

FEBRUARY HALF TERM - 16th - 22nd Feb

For support during this period please contact The Neurodiversity Support Hub:

Tel: 01727 833963

lines are open from 9am-1pm weekdays

www.add-vance.org/parents/neurodiversity-support-hub/

Zoom every Tuesday
10am-12noon

Letchworth
10am-12noon

Stevenage
10am-12noon

Zoom
Thursday eve
7.30pm- 8.30pm

24th Feb

Speaker: Paul Chambers
Poets In - Wellbeing

25th Feb

Meet Up and Chat

3rd March

Speaker: Helen Nice2Meetya
Rejection Sensitive
Dysphoria (RSD)

4th March

Meet Up and
Chat

10th March

SEN Support: Ordinary
Available Provision
(OAP)and EHCPs

12th March

Evening Parent/Carer
Support Group

17th March

Helping to reduce
meltdowns

18th March

Meet Up and Chat

24th March

Supporting Sensory Needs

25th March

Meet Up and
Chat

EASTER HOLIDAYS 30th March - 13th April

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