

## 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](http://www.angelssupportgroup.org.uk)

**Zoom every  
Tuesday  
10am-12noon**

**Letchworth  
Wednesday  
10am-12noon**

**Stevenage  
Wednesday  
10am-12noon**

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

**9<sup>th</sup> Sept**  
What makes a good  
EHCP and annual review

**10th Sept**  
Meet Up and Chat

**16th Sept**  
Reducing Sibling  
Conflict

**17th Sept**  
Meet Up and Chat

**23rd Sept**  
Understanding  
Behaviour Policies

**25th Sept**  
Evening Parent/Carer  
Support Group

**30th Sept**  
**Speaker:** Paul Chambers  
Poets In

**7th Oct**  
Managing Meltdowns

**8th Oct**  
Meet Up and Chat

**14<sup>th</sup> Oct**  
**Speaker:** Claudia Ferlisi  
Herts local offer

**15th Oct**  
Meet Up and Chat

**21st Oct**  
**Speaker:** Lauren  
McQuade. Autism and  
Sleep

**23rd Oct**  
Evening Parent/Carer  
Support Group

**OCTOBER HALF TERM - 27th - 31st Oct**

**Zoom every  
Tuesday  
10am-12noon**

**Letchworth  
10am-12noon**

**Stevenage  
10am-12noon**

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

**4th Nov**  
Relationships and  
Sexuality

**5th Nov**  
Meet Up and Chat

**11th Nov**  
EBSA

**12th Nov**  
Meet Up and Chat

**18th Nov**  
Supporting Sensory  
Needs

**20th Nov**  
Evening Parent/Carer  
Support Group

**25th Nov**  
Tribunals

**2nd Dec**  
**Speaker:** Charley Crowe  
(SAAS) Social Stories  
and Comic Strip Convos

**3rd Dec**  
Meet Up and Chat

**9th Dec**  
**Speaker:** Helen Coularas  
Nice2Meet Ya -  
Rejection Sensitive  
Dysphoria

**10th Dec**  
Meet Up and Chat

**16<sup>th</sup> Dec**  
Visual Supports

**18<sup>th</sup> Dec**  
Evening Parent/Carer  
Support Group

**CHRISTMAS HOLIDAYS 22<sup>nd</sup> Dec - 2<sup>nd</sup> Jan 2026**

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/](http://www.add-vance.org/parents/neurodiversity-support-hub/)