

Dear Parent / Carer

Autism Parent Sessions

These sessions are drop-in mornings so there is no need to book. They are for parents /carers of children with Autism and will be an opportunity to:

Listen to speakers on a variety of topics relevant to families of children with Autism.

Chat to specialists working with children with Autism from local Health, Education and Social Care teams.

Paediatrician/ nurse specialist available if you need to talk one to one.

The sessions are at the Children's Development Centre between 10.00 and 12.00 and are formatted as below:

10:00 – 11:00 Speakers / Presentation

11:00 – 12:00 Questions / Chat / Tea & Coffee

Upcoming Sessions / Topics

17th September 2025 – Autism diagnosis

15th October 2025 – Emotional regulation

19th November 2025 – Surviving Christmas

17th December 2025 – Coffee morning

21st January 2026 – Sleep

February 2026 – No session

18th March 2026 – Autism diagnosis

15th April 2026 – Transitioning to school

20th May 2026 – Diet

17th June 2026 – Sensory

15th July 2026 – Autism & common comorbidities

August 2026 – No session

Please note the planned topics may be subject to change but if you call the development centre prior to attending, we can confirm if the original topic is running.

WE HOPE TO SEE YOU SOON

Please note

Parking at the Children's Development Centre is only for Childrens appointments so will not be available for attendees during these sessions. There is pay and display parking on the hospital site.

The brown line buses from the city centre (Milton Street) stop opposite entrance 2 on Hucknall Road and the Medilink bus stops on the campus near entrance 2. The Medilink connects with the tram at Wilkinson Street where there are Park and Ride facilities.

To reach us, enter the hospital site on entrance 1 on Hucknall Road (the entrance furthest from the ring road) and follow the signs to the Children's Centre

Sessions are for parents/carers only, apologies but we cannot provide childcare.

For more info contact:-

nuhnt.commpaedsleep@nhs.net

CHILDREN'S CENTRE
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September 2025 –
August 2026

