

family  
action

# Black Country Helping Hands

Helping parents navigate the world of Neurodivergence through understanding behaviours, creating strategies and sharing lived experiences of ASD/ADHD.

## What we do

We work with parents and careers across the Black Country, supporting you to better understand your young person's autistic or ADHD needs.

We explore behaviours and help to create positive learning strategies as well as sharing lived experiences and creating safe spaces for families to come together.

The the journey before, during and after diagnosis is subjective, and parents and professionals are always learning. The TIM programme helped with structure around understanding conditions & behaviours. It has given us lots of information to consider and reflect on.

A Parent's experience.



## What support do we offer:

- **TIM Virtual workshops BC wide:** Parent/carers and in-school sessions.
- **TIM little people workshops,** aged 4–11 years– Sandwell schools only.
- **Monthly Sharing Rooms:** a safe space for parents.
- **Family Sensory Sessions;** delivered during the summer.a space for families to make connections with other families that have similar lived experiences.
- **Social prescribing/peer support;** element looks to create effective 'lived experience' support through promoting peer mentoring or befriending.
- **Books/resources** for families to access if required and signpost into **other services** when appropriate.

To contact us please email:  
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[family-action.org.uk](https://family-action.org.uk)