



The Compass Partnership Bolton CIC
Home of Bolton Parent Carers and Bolton Information Advisory Service

The Compass Partnership Bolton is home to Bolton IAS and Bolton Parent Carers. Together we provide opportunities for parents and carers to access free advice, guidance, training and support along their SEND journey.

Parent Carer Support

neurodiversity



PARENT CARER SUPPORT

We have a range of opportunities for Bolton parents and carers who would like to understand more about neurodiversity, including autism and ADHD. The sessions are aimed where there is no diagnosis in place.

They are aimed at families who are curious to learn about neurodiversity, and exploring what this might mean for their child. They offer valuable advice, helpful tips, and support for your family.

Sessions are held in small groups, providing parents and carers the chance to connect with other families facing similar experiences.

Our sessions are delivered by staff and volunteers from The Compass Partnership, all whom are parents or carers of children and young people with neurodevelopmental conditions.

WORKSHOPS

Our workshops are longer sessions with time to chat, alongside a longer learning element.

-  Curious about Autism
-  Curious about ADHD
-  Exploring Sensory Differences

GROUP SESSIONS

Group sessions are more informal and mix learning with conversation and the opportunity for peer support.

-  Neurodiversity and Sleep
-  Neurodiversity and Eating
-  Neurodiversity and Toileting

At workshops and group sessions, parents can explore our resource hub.



www.compassbolton.co.uk/nd-offer

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WORKSHOPS

Curious about Autism

An introduction to autism, designed to give parents and carers a clear and supportive overview of autism and wider neurodevelopmental conditions. The session offers practical strategies, hints and tips to support you, with a focus on what can help in day-to-day life. The content has been designed for parents and carers whose child does not have an autism diagnosis.

Exploring Sensory Differences

This workshop explores sensory differences across the neurodevelopmental spectrum. Whilst often associated with autism, sensory differences are experienced across many neurodevelopmental conditions. You will gain insight into the sensory world and learn practical ways to better understand and support your child in everyday life.

Curious about ADHD

Our ADHD workshop offers parents and carers an introduction to ADHD, exploring it from a broader neurodevelopmental perspective. We provide helpful insights, along with practical hints, tips and strategies to support you on your parenting journey. The content has been designed for parents and carers whose child does not have an ADHD diagnosis.

GROUP SESSIONS

These sessions are topic based: Eating, Sleeping and Toileting. A little different to the workshops, these sessions will still have an element of learning how and why neurodevelopmental conditions affect these areas, but they will also be an opportunity to chat with other parents in an understanding space. You will also be able to explore our resource hub for inspiration!

All our workshops and sessions run regularly throughout the year. For more information on any of our sessions, dates and booking information visit our website or scan the QR code using the camera on your phone.



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