

FREE WORKSHOP FOR PARENT/CARERS LIVING IN SOUTH TYNESIDE

WEDNESDAY 22ND APRIL 2026
10AM - 11.30AM



Parents and carers are often overwhelmed when the term autism is mentioned to them, especially in relation to their own child. Fiona and Lynda will come together at the Autism Hub to help you begin your journey into a better understanding of what it means to be autistic and how you as a parent/carers can feel more confident in supporting and understanding your child.

We will cover key areas and dispel common everyday myths using a range of materials and drawing on lived experience from autistic individuals. This workshop has been coproduced by our staff with support from our A Team (Autistic Advisory board) and the children, young people & adults we work with.

'IN PERSON' WORKSHOP

on Understanding Autism

SIGN UP NOW

BY EMAILING AUTISMHUB@TTHT.CO.UK
OR CALL 0191 816 0550

DATE: WEDNESDAY 22ND APRIL 2026
TIME: 10AM - 11.30AM
AT: AUTISM HUB
GORDON ST,
SOUTH SHIELDS
NE33 4JP




The Toby Henderson Trust



PARENT & CARER GROUP AT THE AUTISM HUB

CUPPA AND CAKE GROUP FOR FAMILIES WITH AUTISTIC YOUNG ADULTS 18+



This monthly group is free to attend and is for parent & carers of autistic young adults 18+ who live in South Tyneside.

It is a chance to come along and meet and chat with other families as well as our experienced family support team.



To find out more and for upcoming dates or to book a place, please get in touch via email, telephone or through our website.



Do you have an Autistic Child?

WANT TO MEET OTHERS WHO 'GET IT'?

Join our free monthly Cuppa & Cake mornings for parents and carers, where no diagnosis is needed, come along if your child or young person is autistic or you think they might be. We have three age-specific groups: Ages 0-5 years, 5-11 years & 11-18 years.

Why Join Us?

- Meet other parents and carers who truly understand.
- Hear from guest speakers to find out about local services and support available to you.
- Ask questions in a relaxed, friendly environment.
- Share your story, or just listen, whatever feels right for you.



Groups are held at The Autism Hub, Gordon Street, NE33 4JP.

Scan here to find out more




AUTISM HUB
The Toby Henderson Trust

Specialist Autism FAMILY SUPPORT SERVICE



We provide free tailored pre diagnostic, throughout diagnosis and post diagnosis family support sessions which is a chance for parents/ carers and families living in South Tyneside to have an in-depth chat with members of our family support team in a safe space, where you have access to specialist support, advice, strategies, suggestions and resources, as well as signposting to other relevant agencies and that much needed listening ear and understanding. These sessions can be face-to-face at the Hub, via Zoom, telephone call or even via email, to suit the needs and flexibility of each family.

Our support appointments are always carried out by two members of the team ensuring a broad spectrum of experience available at each session. We research and create new resources and stay up to date with local offers and services available to signpost and inform our families.

We send follow up emails for all sessions which include an overview of the conversation held and we attach resources and links, strategies, advice and recommendations and if necessary we print and post relevant resources to families.

If you would like to arrange a family support appointment, please email autism.hub@ttht.co.uk or contact us on 0191 816 0550.

Scan here to find out more about the Autism Hub and how we can support you:



I can't tell you how much it's been a great help to have someone listen and understand.

It's helped me have a greater understanding and awareness of the struggles an autistic individual had and how you can support them. I was at a loose end until I found the Hub. It's a vital local service to those who need it.

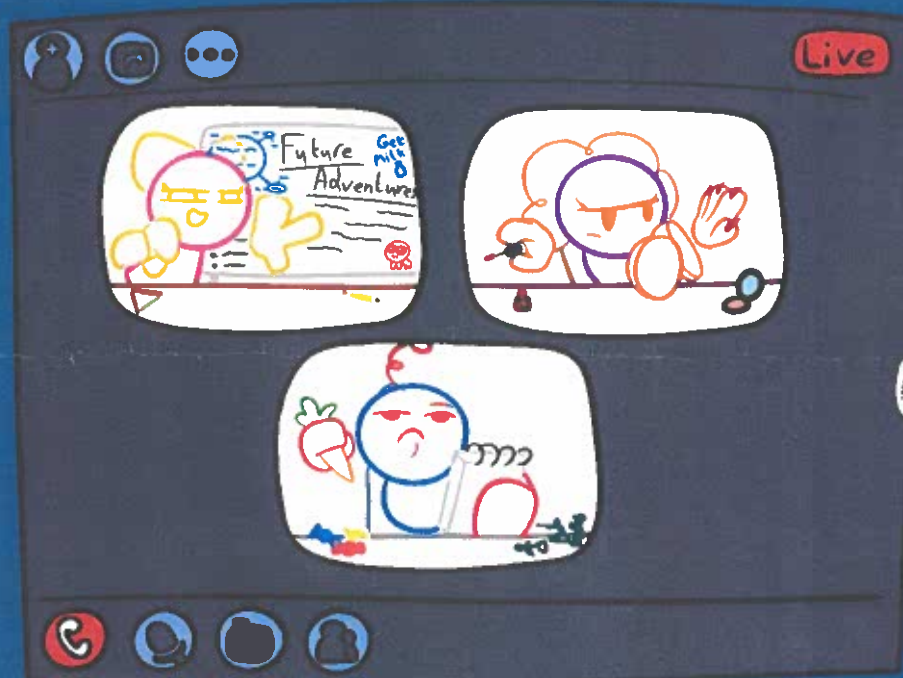
A listening ear at the Autism Hub has really helped calm my anxiety and the seminars on various topics have been educational and really helped me to understand my son better.



The Toby Henderson Trust

Webinars

For Parents and Carers of Autistic Children and Young People.



We host free online targeted webinars via Zoom around topics that families express that they need the most support with. These sessions are presented by our clinical professionals and experienced specialist staff members. Our webinars are for parents and family members only.

Please visit our website: www.ttth.co.uk to view and sign up to our webinars.