

# 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/carer 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](mailto: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**

