



Neurodiversity & Mental Health



Friday 16th October 2026 9.30am-11.30am

We are delighted to once again invite parents and family members across the Federation to join us in meeting with Emma Holmes, along with Rosy Hall, at Westfields Junior School. This will be an opportunity to discuss supporting children with special educational needs, specifically **Neurodivergence and Mental Health**.

Both Emma and Rosy are experts from the training provider, Empower You who promote positive mental health and neuro-affirming knowledge for parents and carers within Hampshire. They will be sharing their knowledge and lived experiences in a down to earth and accessible way.

They will share why many neurodivergent people experience anxiety, low-mood and burnout. But the heart of this session will come from you: Your experiences, your questions and everyday realities; this interactive workshop will explore the real life overlap between neurodivergence and mental health.

Together, we will create a space where you can learn, connect and feel understood whilst gaining practical ideas to support your child(ren).

Aims of the session:

- Opportunity to understand and discuss mental health within **neurodivergence**
- Gain **ideas, strategies** and **knowledge** to support you at home
- Feel **empowered** and **less isolated** by sharing experiences and meeting with others

If you would like to attend, please register your interest by completing the

[Neurodiversity & Mental Health Workshop Link](#)