



**Northumbria Healthcare**  
NHS Foundation Trust

## **Children's Occupational Therapy Sensory Processing Service in Northumberland**

Our aim is to support parents, carers, education staff and other professional groups to understand how sensory processing can impact on daily life.

### **We offer:**

- Patient information leaflets on a range of activities of daily living.
- Short videos to support how to implement a range of sensory processing strategies.
- Sensory Processing workshops for parents and carers.
- Sensory Processing workshops for professionals.
- Advice and Signposting.
- A consultation line for professionals, which will provide universal advice and signposting.
- Information on how to modify activities and the environment to support participation in activities of daily living for children and young people with sensory processing challenges.



### **Contact us:**

01670 564 050

[sensoryot.northumbria.nhs.uk](mailto:sensoryot.northumbria.nhs.uk)

Professional Consultation Line

[Paediatricsotadvicenld@northumbria-healthcare.nhs.uk](mailto:Paediatricsotadvicenld@northumbria-healthcare.nhs.uk)



# The Toby Henderson Trust

## What we offer...

TTHT provides support to autistic children, young people, adults & their families, without requiring a referral or even a confirmed autism diagnosis. TTHT services offer a combination of face-to-face and virtual support. If you would like to access any of our services, please call 0300 365 3055 or email [support@ttht.co.uk](mailto:support@ttht.co.uk).

## Our services include:

- Face-to-face family support appointments for parents/caregivers.
- One to one Zoom or telephone family support sessions.
- Targeted webinars (please see our website [www.ttht.co.uk](http://www.ttht.co.uk) and our Facebook page: The Toby Henderson Trust- for more information).
- Monthly family support group via Zoom.
- Monthly families of autistic girls support group via Zoom.
- Monthly 'a Grandparent's guide to autism' support group via Zoom.
- Monthly social groups for autistic children & young people age 6+.
- Monthly sibling support group for children aged 6+ who have an autistic brother or sister.
- A range of autism specific related resources are also available on our website which are being continuously updated.







## ADELLE HICKS & ROBYN ROBINSON

**We are Autism Family Support Workers that are a part of the Autism Support Team within HINT at Northumberland County Council.**

We run our Autism Family Drop in sessions across all of Northumberland. Each session is free, two hours long and is a chance to come along to meet us and other parents for an informal chat over a cuppa. There is no set agenda for the drop ins. It is a chance to seek support and advice from us and other parents, however there is no expectation to talk about your child if you don't want to.

Any parent/carer or family members are welcome to attend any session, you do not need to attend the session in the area that you live in. The sessions are not for professionals.

### FAQ

**Do I need to book?**

**No, just turn up on the day.**

**Do I need to stay for the two hours?**

**No, you can drop in at any time that is convenient for you.**

**Can I bring my child with me?**

We normally advise parents/carers not to bring their children if they can, as this allows you to speak freely. However, if childcare is preventing you from attending then please bring them along. Please be aware that other parents may want to discuss sensitive topics.

**What happens if I can't attend?**

We try and alternate days and times of the drop ins at each location so hopefully the next session will be more convenient for you. Unfortunately, we are unable to offer advice via email or telephone due to our capacity. However, please bring any questions or queries along to the drop in session. We look forward to seeing you!

If you have any questions, please contact your local Family Hub or email us at:  
[robyn.robinson@northumberland.gov.uk](mailto:robyn.robinson@northumberland.gov.uk) or [adelle.hicks@northumberland.gov.uk](mailto:adelle.hicks@northumberland.gov.uk)



**Do you have a child aged 0-19 years? Come along for a cuppa and chat and to meet other parents. No diagnosis needed!**

**JOIN US ON:**

**Tuesday 10th June 2025 10am-12 at Alnwick Family Hub**

On St Michaels School Site, Howling Lane, NE66 1DJ

**Thursday 3rd July 2025 1-3pm at Berwick Family Hub**

Ladywell Place, Tweedmouth, Berwick-upon-Tweed, TD15 2AE

**Tuesday 3<sup>rd</sup> June 2025 10am-12 at Hexham Family Hub**

On Hexham First School Site, Beaufront Avenue, NE46 1JD

**Tuesday 8<sup>th</sup> July 10am-12 at Morpeth Golf Club**

Morpeth Golf Club, Loansdean, NE61 2BT

**Wednesday 18<sup>th</sup> June 2025 1-3pm at Ashington Family Hub**

Alexandra Road, NE63 9EF

**Wednesday 2<sup>nd</sup> July 2025 10am-12 at The Community Hub at Cramlington**

Forum Way, Manor Walks Shopping Centre, NE23 6YB (Next to Concordia)

**If you have any questions, please contact your local Family Hub or email us at:**

**[adelle.hicks@northumberland.gov.uk](mailto:adelle.hicks@northumberland.gov.uk)**



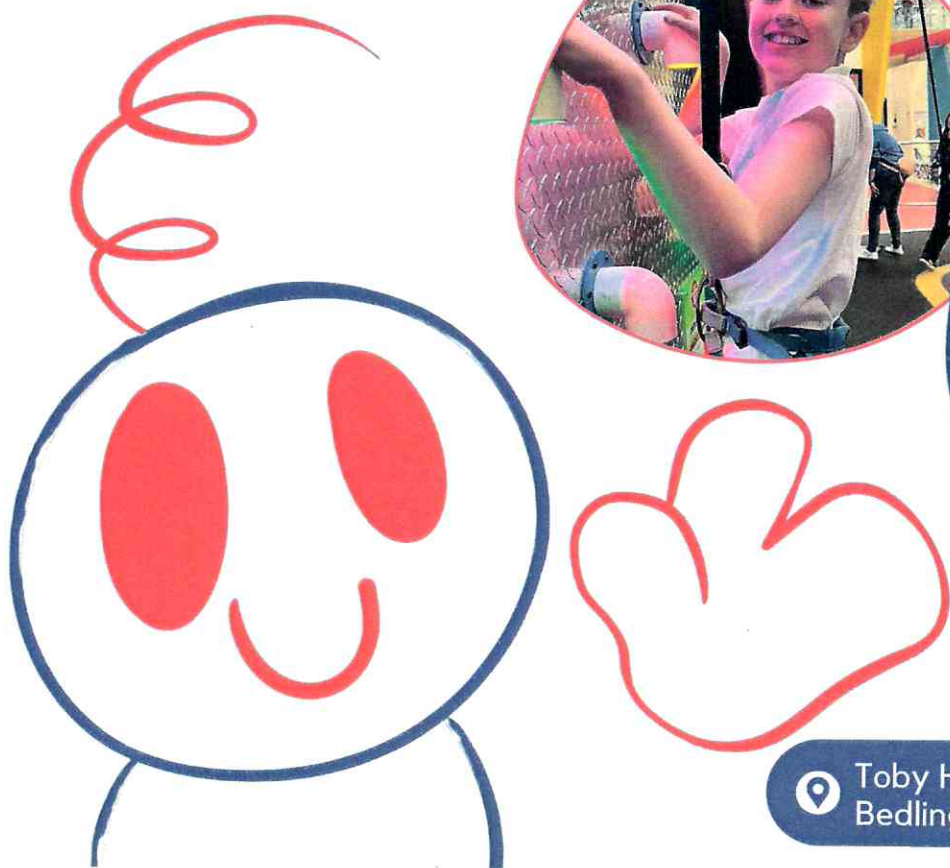
# The Toby Henderson Trust

## OPEN DAY AT TOBY HOUSE

Thursday  
12th June  
10am-2pm

The Toby Henderson Trust is delighted to welcome parents, carers, family members and professionals to come along to learn more about us and how we support autistic children, young people, adults and their families and carers in the North East of England.

This is the ideal opportunity to meet & chat with the team and find out about all of the services we offer from Toby House. So please come along & enjoy some refreshments over lunch & explore the magic that is Toby House. There's no need to book, just drop in.



Toby House, Earth Balance,  
Bedlington, Northumberland, NE22 7AD



The Toby Henderson Trust

# Webinars 2025



## AUTISM AND TRANSITIONS IN EDUCATION

Friday 23rd May 2025

09:30am - 11:00am

Presented via Zoom by Head of Operations, Lynda Richardson and Autism Specialist Practitioner, Alice Urwin.



## SUPPORTING YOUNG PEOPLE WITH SELECTIVE MUTISM (ALSO KNOWN AS SITUATIONAL MUTISM)

Monday 2nd June 2025

01:30pm - 02:30pm

Presented via Zoom by Specialist Speech and Language Therapist, Julie Cota.



## AN INTRODUCTION TO NON VIOLENT RESISTANCE (NVR)

Monday 30<sup>th</sup> June 2025

12:00pm - 02:00pm

Presented via Zoom by Child and Adolescent Psychotherapist, Carolyn Morgan.

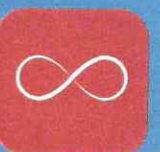


## TOILETING ISSUES

Tuesday 8th July 2025

09:30am - 11:30am

Presented via Zoom by Autism Nurse Consultant, Julie Curtis.



## UNDERSTANDING AUTISM

Friday 11<sup>th</sup> July 2025

09:30am - 11:00am

Presented via Zoom by our Head of Operations, Lynda Richardson and Autism Hub Manager, Fiona Richards.



Scan here to view our  
webinars on our website  
and to book your place.





## LANGUAGE DEVELOPMENT FOR UNDER 5's

Monday 29<sup>th</sup> September 2025

09:30am - 10:30am

Presented via Zoom by Specialist Speech and Language Therapist, Julie Cota.



## AUTISM AND MENTAL HEALTH DIFFICULTIES IN CHILDREN & YOUNG PEOPLE

Monday 6<sup>th</sup> October 2025

12:00pm - 02:00pm

Presented via Zoom by Child and Adolescent Psychotherapist, Carolyn Morgan.



## OUR AUTISM HIDDEN IN PLAIN SIGHT: OUR JOURNEY TO LATE DIAGNOSES

Monday 13<sup>th</sup> October 2025

09:30am - 11:00am

Presented via Zoom by Specialist Speech and Language Therapist, Julie Cota and Practitioner Psychologist, Toni Brown.



## COMMUNICATING WITH AUTISTIC TEENAGERS

Monday 3<sup>rd</sup> November 2025

12:00pm - 02:00pm

Presented via Zoom by Child and Adolescent Psychotherapist, Carolyn Morgan.



## PREPARING FOR CHRISTMAS WITH YOUR AUTISTIC CHILD

Tuesday 11<sup>th</sup> November 2025

09.30am - 11:30am

Presented via Zoom by Head of Operations, Lynda Richardson and Autism Specialist Practitioner, Alice Urwin.



## EMOTIONAL WELLBEING FOR PARENTS OF AUTISTIC CHILDREN

Friday 29<sup>th</sup> November 2024

12:30pm - 02:00pm

Presented via Zoom by our Autism Specialists Practitioners, Katherine McBride and Kerry Borini.



Scan here to view our webinars on our website and to book your place.



# Book your place

To register for an upcoming webinar please complete our online registration form via our website: [www.ttht.co.uk](http://www.ttht.co.uk) (Webinars - The Toby Henderson Trust ([ttht.co.uk](http://ttht.co.uk))). Alternatively, you can email a staff member directly or [support@ttht.co.uk](mailto:support@ttht.co.uk).



## General webinar information:

- These sessions are for UK residents only.
- All webinars will be held on Zoom and you will be sent the link via email prior to the session (please check your junk and spam folders ahead of the event if you haven't received an email).
- Our webinars are for parents and family members only.
- We kindly ask that you only book a place if you can definitely attend. Please let us know if you are no longer able to join us so that we can reallocate your space.
- The window to book a place on each webinar will close 2 days before the session.
- Prior to the webinar, please make sure that your Zoom name is the same as the name you registered under to allow you entry into the session.
- We love it when parents turn their cameras on to engage in the session but we understand that you may need to turn this off.
- We have made the decision to not record any of our webinars as we want to ensure safe spaces so participants can ask questions and voice their thoughts.



Scan here to view our webinars on our website and to book your place.

## Follow us on...

-  Facebook: The Toby Henderson Trust
-  Instagram: [The\\_toby\\_henderson\\_trust](https://www.instagram.com/the_toby_henderson_trust)
-  X: [@autismTTHT](https://twitter.com/autismTTHT)
-  YouTube: The Toby Henderson Trust
-  TikTok: [@thetobyhendersontrust](https://www.tiktok.com/@thetobyhendersontrust)
-  LinkedIn: The Toby Henderson Trust

 The Toby Henderson Trust



View a list of [businesses who are happy for you to use their loo](#) and look out for this red sticker in their window.



## Sign your business up for the scheme

Become part of the scheme to help promote Northumberland as a welcoming, friendly and accessible place. By signing up, your businesses will receive a sticker to place in public view inviting people to use your facilities without having to make a purchase.

## Benefits

- a 'you're welcome' sticker
- potential increase in footfall and more sales
- a sense of community spirit

Any businesses interested in joining scheme should:

Telephone: [0345 600 6400](tel:03456006400)

Email: [yws@northumberland.gov.uk](mailto:yws@northumberland.gov.uk)



## 'Use our loo' scheme



- Druridge Bay Country Park  
Red Row  
Morpeth  
NE61 5BX
- Holy Island  
Green Lane Car Park  
TD15 2SQ
- Newbiggin Sports and Community Hub  
Woodhorn Road  
NE64 6HG
- Seahouses  
Seafield Road  
NE68 7SN

A complete list of non-council run accessible toilets can be found on the [Changing Places website](#).

## **RADAR keys**

A Royal Association for Disability and Rehabilitation key allows people with accessibility needs to open locked accessible toilets all over the UK.

## **Ordering a RADAR key**

RADAR keys can be ordered from the [Disability Rights UK website](#) and [the Blue Badge Company](#).

There will be a small charge for purchasing a key, which should include the cost of delivery. If you are registered as disabled, you should be able to buy one VAT-free.

## **'Use our loo' scheme**

A voluntary scheme where traders pledge to open their toilets to the public.