



Think Together at SEND CENTRAL October 2026

Think Together supports children and young people when mental health difficulties first arise. Their team can offer advice, information, and signposting to local services. They also provide a range of workshops. This month Think Together are delivering the following workshops at SEND CENTRAL.

Wednesday 7th October 10am - 11.30am - Understanding ADHD and how to refer for an assessment in CAMHS.

This workshop has been designed to support parents/carers to learn more about Attention Deficit Hyperactivity Disorder (ADHD). This workshop features identifying common characteristics of ADHD and how to access an ADHD assessment with specialist CAMHS services. We will provide information and resources to inform support strategies and adjustments to manage support needs. We would recommend this workshop for parents/carers considering an ADHD assessment or if their child has been recently diagnosed to help support understanding.

Wednesday 14th October 10am - 11.30 Understanding Autism and how to refer for an assessment in CAMHS.

This workshop has been designed to support parents/carers to learn more about Autism. This workshop features identifying common characteristics of Autism and how to access an autism assessment with specialist CAMHS. We will provide information and resources to inform support strategies and adjustments to manage support needs that can present with Autism. We would recommend this workshop for parents/carers considering an autism assessment or if their child has been recently diagnosed to help support understanding.

Wednesday 21st October 10am - 11.30 Energy Accounting Theory: Helping manage energy levels with Autistic young people.

Energy accounting is an idea developed by autistic psychologist, Maja Toudal. It uses the idea of a bank account, where the withdrawals and deposits are energy rather than money. Many autistic people find this idea useful as it provides a way of thinking about managing stress and energy levels. Energy accounting is something that you can use yourself, or that others around you can help you with. This workshop will introduce energy accounting, how we can plan into a daily week and how to build ourselves up when already low on energy.

No Booking Needed All held at SEND CENTRAL, Children's Centre on the site of Clifton Green Primary School, Water Lane York YO30 6JA Tel: 01904 555076 Email: SENDCENTRAL@york.gov.uk

