



Our Offer

APRIL 2025 – MARCH 2026

**It's a lot more than coffee mornings you
know.....**

**Term Time Only Service
Monday – Friday 0930 -230**

T: 01422 343 090 | hi@uniqueways.org.uk | W: www.uniqueways.org.uk

- Unique Ways, Hanson Lane Enterprise Centre, Hanson Lane, Halifax, HX1 5PG
- Company Number: 05098716 | Charity Number: 1109413



If you are not a Member yet:-

You need to be a Member to access any of our free services, Membership is free.

To become a Member of our charity, please visit our website:-

<http://www.uniqueways.org.uk/become-a-member/>

- 1 Click 'Get Involved'
- 2 Click 'Become a Member'
- 3 Complete the on-line Membership Form, press submit.

Once you receive a welcome email from us, you are a registered Member of Unique Ways. Congratulations.

If you need to contact us:-

We are open:-Monday-Friday 09:30 – 2:30 during term time only.

T: 01422 343 090 | E: hi@uniqueways.org.uk | W: www.uniqueways.org.uk

Unique Ways
Hanson Lane Enterprise Centre
Hanson Lane
Halifax
HX1 5PG

Unique Ways - Our Service Offer

Overview

Unique Ways is a local **Membership** charity which operates throughout the borough. The charity is based on Hanson Lane Enterprise Centre, Halifax. The charity has been established since 2001 (registered 2003).

What we do

We are a Membership Charity which means Parent Carers need to join us as a Member before they can access any support from us. Membership is free. Our service offer is free. We offer support, guidance and a range of free services to our Parent Carer Members who have children/young people (aged 0 – 25) who have Specialist Educational Needs and Disabilities (SEND) or any additional need.

Term Time Only Service

We provide a term time only service. Parent Carer support is available Monday to Friday from 9.30am to 2.30pm. The majority of the team members are Parent Carers themselves.

Membership Criteria

The home address of the Parent Carer must be Calderdale or, their child/young person's education setting must be Calderdale.

The child/young person does not need a formal diagnosis to be able to access any support from us.

Our Service Offer to our Parent Carer Members

Our precise offer changes every year, we work in financial years and the best place to view our current service offer is our website www.uniqueways.org.uk We provide:-

- Specialist one to one support:-
 - Education (SEND Navigator).
 - Family Hubs (Family Hubs Navigator).
 - Form Filling (Volunteer – limited availability).
 - Membership Support (Membership Practitioner).
 - Sleep Support (Sleep Practitioner).
- Training Courses and Workshops.
- Peer Support Sessions (coffee mornings and afternoon teas).
- Sensory aid/toy library/book library.
- [Max Card](#) provider (family discount card).
- Membership communications.
- Targeted signposting.
- Family Voice Calderdale (the Parent Carer Forum for Calderdale).

What we don't do

We don't directly support children or young people.

We don't undertake case-work.

We don't provide any other services or support other than our targeted offer.

We are not a drop-in centre – all services are by appointment only (except peer support sessions and collection of Max Cards).




**LIKE US
LOVE US
DON'T LOSE US**

Text UNIQUE 3 to 70490 to donate £3 a month.

Texts cost £3 plus two standard rate messages, and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £3 but do not wish to receive marketing communications, text UNIQ3NOINFO 3 to 70490.



Specialist Sleep Service (Sleep Practitioner)

- This Specialist Service forms part of the Unique Ways offer and is available to Members of Unique Ways.
- Calderdale Integrated Care Board (ICB) fund this service (part time, all year round including some evenings and Saturday mornings). Unique Ways are very grateful for this funding from the ICB to enable the charity to provide this service .
- The Sleep Practitioner works throughout the borough supporting families with children/young people (aged 0 – 25) that have additional needs.

What the Sleep Practitioner can help with: -

The Sleep Practitioner's role is to support families of children with Specialist Educational Needs and/or disabilities in Calderdale who are having difficulty with their children's sleep.

The Sleep Practitioner can provide strategies/ practical ideas to support children/ young people who may:

- Struggle to sleep independently.
- Wake too early or not go to sleep until late.
- Present with anxiety that affects sleep including sensory difficulties.
- Have nightmares or night terrors.
- Have an inconsistent bedtime routine.
- Support Parent Carers to find a positive way to move forward.

Support is offered through 1-1 consultations with Parents Carers via the phone, virtually via zoom or face to face in at the Unique Ways office.

What the Sleep Practitioner cannot help with: -

The Sleep Service is **not** an emergency/crisis support service and this role is designed to work alongside other services such as Calderdale Council's children and young people's services. <https://new.calderdale.gov.uk/council/council-departments/children-and-young-peoples-services>

The Sleep Practitioner is unable to: -

- Enter a family home to carry out a bedtime routine and or put a child/ young person to bed.
- Prescribe sleep medication i.e. melatonin.

How to contact the Sleep Practitioner

If you are a current Member of Unique Ways, email -

Jill Greenwood, **Sleep Practitioner**

E: Jill.Greenwood@uniqueways.org.uk | W: www.uniqueways.org.uk

Working Pattern: Monday, Tuesday evenings
Thursday & Friday daytime & Saturday am



Specialist SEND Family Hubs Navigator

Unique Ways would like to thank Family Hubs Calderdale who fund this service.

- The Family Hubs Navigator is a new role (from January 2024).
- This Service will form part of the Unique Ways offer directing Members of Unique Ways to the services and support available from the network of Calderdale. Family hubs.

The Family Hubs Navigator works throughout the borough supporting families with children/young people (aged 0 – 25) that have additional needs to navigate the Calderdale network of Family Hubs.

What the Family Hubs Navigator can help with: -

The Family Hubs Navigator's role is to help families of children with Specialist Educational Needs and/or disabilities in Calderdale to: -

- Access good quality relevant information about the Family Hubs.
- Signpost to people/services who can help (both Unique Ways services and Family Hubs).
- To keep Parent Carers up to date about the offer available in the Family Hubs.

The Family Hubs Navigator is unable to: -

- Provide general advice and signposting to non-Members of Unique Ways.

How to contact the Family Hubs Navigator

If you are a current Member of Unique Ways, ring/email (during term time only): -

Emily Carpenter | **Family Hubs Navigator**
Working Pattern: Monday- Thursday 0930 – 2.30

T: 01422 343 090 | E: emily.carpenter@uniqueways.org.uk | W: www.uniqueways.org.uk



Specialist Membership Support Service – (Membership Practitioner)

Unique Ways are very grateful to Calderdale Council who contribute towards the funding of this service.

- The Role of a Membership Practitioner is to be the first point of contact for existing Members of Unique Ways and for general enquirers.
- Provide Signposting to existing Members.
- To maintain the upkeep of records on the Unique Ways database.
- Support the Unique Ways Peer Support sessions (Coffee Mornings and Afternoon Teas).
- Prepare the training courses and workshop materials.

The Membership Practitioner is mostly office based at Hanson Lane supporting families with children/young people (aged 0 – 25) that have additional needs throughout Calderdale.

What the Membership Practitioner can help with: -

The Membership Practitioner's role is to help families of children with SEND or any additional needs/or disabilities in Calderdale to: -

- Understand the Unique Ways Service Offer.
- Access good quality relevant information.
- Signpost to websites/services who can help, as it can be hard to navigate the services available.
- Meet other Parent Carers in similar situations by running the Peer Support Groups.
- Supporting our Parent Carer Members to develop their skills and build their resilience to access the services that they are entitled to.

What the Membership Practitioner cannot help with: -

The Membership Practitioner is **not** an emergency/crisis support service and this role is designed to work alongside other services such as CAMHS [Northpoint Wellbeing | Mental Health Support in West Yorkshire](#); your GP and Kooth [Home - Kooth](#).

The Membership Practitioner is unable to: -

- Provide general advice and signposting to non-Members of Unique Ways.

How to contact the Membership Practitioner

If you are a current Member of Unique Ways, ring/email (during term time only): -

Siobhan Garforth, **Membership Practitioner**

T: 01422 343 090 | E: siobhan.garforth@uniqueways.org.uk | W: www.uniqueways.org.uk

Working Pattern: Mon - Fri 9:30am – 2:30pm



Specialist Education Support Service – (SEND Navigator)

- The SEND Navigator is a new role (from September 2024) and is a time limited pilot project.
- This Specialist Service will form part of the Unique Ways offer and is available to Members of Unique Ways.
- We are incredibly grateful to Calderdale Council for funding this new role (part time, term time).

The SEND Navigator works throughout the borough supporting families with children/young people (aged 0 – 25) that have additional needs.

What the SEND Navigator can help with: -

The SEND Navigator's role is to help families of children with Specialist Educational Needs and/or disabilities in Calderdale to: -

- Access good quality relevant information.
- Signpost to people/services who can help (both Unique Ways services and other providers).
- Support Parent Carers to prepare for meetings and appointments.
- Help Parent Carers understand help they can get.
- Help Parent Carers build confidence in understanding and supporting their child's needs.
- Help with the Parent Carer section (Section A) of an assessment for an Education, Health, and Care Plan.
- Support Parent Carers to find a positive way to move forward.

What the SEND Navigator cannot help with: -

The SEND Navigator is **not** an emergency/crisis support service and this role is designed to work alongside other services such as Calderdale Sendiass <https://www.calderdalesendiass.org.uk/> and Calderdale Council's children and young people's services. <https://new.calderdale.gov.uk/council/council-departments/children-and-young-peoples-services>

The SEND Navigator is unable to: -

- Advocate or speak on behalf of the Parent Carer, their role is to support the Parent Carer in being heard.
- Attend school meetings with Parent Carers.
- Be involved if you have already moved to Tribunal stage.

How to contact the SEND Navigator

If you are a current Member of Unique Ways, please ring/email (during term time only): -

Leah Webster, **SEND-Navigator**

T: 01422 343 090 | E: SENDNavigator@uniqueways.org.uk | W: www.uniqueways.org.uk

Working Pattern: Tuesday, Wednesday 9:30am – 3:30pm
Thursday 9:30am – 2:30pm



- **Family Voice Calderdale (FVC) is a project of Unique Ways, it is the voice and influence arm of the charity.**
- **FVC is the Parent Carer Forum for Calderdale which is part of the National Network of Parent Carer Forums (NNPCF).**

- **What is the National Network of Parent Carer Forums (NNPCF)**

NNPCF is the independent, national voice of Parent Carer Forums across the nine Department of Education (DfE) regions in England. The NNPCF was established in 2011.

NNPCF is a representative organisation which brings together all recognised local Parent Carer Forums (PCF's) across England.

The NNPCF's role is to champion strategic Parent Carer participation at a local level whilst working at a regional and national level, ensuring the voices of Parent Carers are heard in shaping policies and services.

Para 1.13 SEND Code of Practice 2015

“Parent Carer Forums are representative local groups of Parents and Carers of children and young people with disabilities who work alongside local authorities, education, health and other service providers to ensure the services they plan, commission, deliver and monitor, meet the needs of children and families”.

Family Voice Calderdale

- Are an active Steering Group of Parent Carers of children and young people aged from pre-school to twenty-five years who have Specialist Educational Needs and Disabilities or other additional needs who live and/or are educated in Calderdale.
- We meet on a monthly basis, hosted by Unique Ways.
- We are part of the decision-making groups (usually known as workstreams) within Calderdale Council and the Integrated Care Board (ICB) meaning we have a seat at the table so we can share our lived experience to improve service outcomes.
- We attend regional meetings of all the Parent Carer Forums in Yorkshire & Humberside.
- We feedback to the National Network of Parent Carer Forums (NNPCF's) who represents the voice of Parent Carers to government.
- We host an Annual Plan of Information Sessions and Focus Groups on themes and issues raised by the Parent Carer Members of Unique Ways.
- We host an Annual Conference bringing together Parent Carers, Politicians and professionals to provide a meaningful space to develop co-production in Calderdale.

For more information on FVC, please contact:-

Joe Thompson | Family Voice Calderdale Co-Ordinator

T: 01422 343 090 | E: joe.thompson@uniqueways.org.uk |

W: [www.uniqueways.org.uk/family-voice- Calderdale/](http://www.uniqueways.org.uk/family-voice-Calderdale/)



Training Courses and Workshops

April 2025 – March 2026

One of the most important things we do at Unique Ways is to offer training courses for our Members, helping you to build your skills and resilience, learn techniques and tactics for dealing with schools, health services and Local Authorities, and develop a person-centred method of dealing with your child's additional needs.

Courses are free * for Unique Ways Members, and are led by our own fully trained and qualified practitioners. Most of our team are also Parent Carers themselves, so you can be sure that our courses are being led by someone who knows what you're going through, and really is there to help

Refreshments and biscuits will be provided.

***BOOKING TERMS & CONDITIONS**

Unique Ways is a small charity and our programme of Training Courses which are provided free of charge at the point of delivery to our Parent Carers have a significant cost to us. To secure a place you will be required to pay a £5.00 refundable deposit for all of our training courses when booking, and a £2.00 refundable deposit for all of our workshops. Upon completion of the course, this will be refunded to you in full upon request.

- **Any retained fees will contribute to deposit and refund processing and administration costs.**
- **All our Training Courses need a minimum of 12 Parent Carers to go ahead.**
- **Please do not book onto one of our longer (6/7 wk.) Insider's Guide Courses if you have recently attended the same course - please leave at least 1 clear year between courses.**
- **When booking on a Unique Ways training course, you will need to disclose any Professional Interests.**
- **Booking links open 8 weeks prior to start date.**
- **Non-Attendance**
Unfortunately, we have experienced a high volume of Parent Carers signing up for our courses and then not attending. We understand that there will be genuine reasons why you cannot attend a course, or all sessions of a course, you signed up for, but we ask that you please advise us in advance if possible as a courtesy to other Parent Carers who are on the waiting list, otherwise, you are preventing other Parent Carer getting on the course.
- Refunds are available up to 7 days before the beginning of the course.
- Refunds within 7 days will be at Unique Ways discretion.
- By cancelling your place and receiving a re-fund, you will open up a place for another Parent Carer.

COURSES & WORKSHOPS SEND SUPPORT IN EDUCATION



4 WEEK COURSE! Refreshments and biscuits provided!

“I just wanted to say thank you for running the course ‘SEND support in Education. I have just heard that my parental request for an EHCP has been approved.”

WHO

A course to help empower Parent Carers to secure the education their child is legally entitled to.

The course will be delivered by a Parent Carer who is also trained specifically in SEND.

WHAT

This course will increase Parent Carers knowledge and understanding of the SEN Legal Framework. The course will cover:-

- Reasonable adjustments in school.
- What is an Individual Education Plan (IEP)?
- What is an Education Health and Care Plan (EHCP)?
- How do I get an EHCP ?.
- What if they say no ?.

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Tuesdays 10am until 1pm
Starting Tuesday 22nd April 2025
for 4 consecutive weeks: 22nd, 29th April
6th, 13th May 2025.

WHY

Because we know that the world of SEN support in schools is confusing and can be very different from area to area and school to school. Parent Carers need to feel empowered to have what they might think are difficult conversations relating to what education their child is legally entitled to.

BOOK ONLINE: <https://Send22042025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS

PREPARING FOR ADULTHOOD



6 WEEK COURSE! Refreshments and biscuits provided!

“There was something interesting and useful that we took away from every session, from housing and next steps to health stuff and knowing that they get to have a say in their care and future is really reassuring.”

WHO

This course is for parents and carers of young people who have an EHCP and aged 13-25

WHAT

The course offers information about the practical changes ahead including the Mental Capacity Act and decision making, the Care Act and support options after school. The course also gives parents and carers the chance to think about the years ahead and begin a person centred plan for themselves and their child. You will explore ideas to help your child approach adulthood. The course is delivered by a parent who has worked as an advocate for many years. Practitioners will be invited to share their knowledge as well.

WHERE

MYTHOLMROYD COMMUNITY CENTRE
CALDENE AVENUE, MYTHOLMROYD,
HALIFAX HX7 5AF

WHEN

Tuesday Evenings 6pm until 9pm
Starting Tuesday 3rd June 2025
for 6 weeks: 3rd, 10th, 17th, 24th June
1st, 8th July

WHY

Because Parent Carers need to feel informed and empowered about their young persons transition into adulthood.

BOOK ONLINE: <https://Prep03062025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS



RELATIONSHIPS MATTER

1 DAY SESSION Refreshments and lunch provided!

Based on feedback from our Annual Survey, we are excited to bring you this new training offer for 2025 - 2026. We hope that it's well received by Parent Carers.

WHO

A course for parents, carers and grandparents who would like to learn how to have healthier relationships.

WHAT

This is a workshop geared towards helping us all to have healthier relationships. Strong Relationships are important for our wellbeing and happiness, as well as those of our families. If relationships are stressed, we can feel sad and lonely, this workshop will help you maintain strong relationships and will give lots of tips on how to resolve problems. All participants will receive a 'Handy Guide to Healthier Relationships'.

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Wednesday 4th June 10:00am - 2:30pm (lunch provided)

WHY

Because healthy relationships are important for our wellbeing and happiness.

BOOK ONLINE: <https://Relat04062025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS



SLEEP SUPPORT - CHILDREN WITH SEND Early Years (2-5)

1 DAY SESSION Refreshments and biscuits provided!

“Thank you so much for your support. It’s been nice to talk to someone who knows what they are talking about, you have given me lots of ideas to try.”

WHO

A course for parents, carers, grandparents who would like to know more about how to support Early Years children (2-5 years) with their sleep.

WHAT

This interactive, informal workshop will:

- Look at some of the reasons children with SEND may have sleep issues.
- Explore what a good sleep routine looks like.
- Look at practical ways to support a child with SEND to develop a good sleep routine.
- Have time for questions and answers!

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Thursday 5th June 2025 9:30am - 11:30am

WHY

Sleep is vital to our mental, emotional and physical wellbeing.

BOOK ONLINE: <https://Sleep05062025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS SEND SUPPORT IN EDUCATION



4 WEEK COURSE! Refreshments and biscuits provided!

“Learning what the responsibilities of a school/ LA are has allowed me to make the informed decision to move my child to a new school which will be able to better meet their needs.”

WHO

A course to help empower Parent Carers to secure the education their child is legally entitled to.

The course will be delivered by a Parent Carer who is also trained specifically in SEND.

WHAT

This course will increase Parent Carers knowledge and understanding of the SEN Legal Framework. The course will cover:-

- Reasonable adjustments in school.
- What is an Individual Education Plan (IEP)?
- What is an Education Health and Care Plan (EHCP)?
- How do I get an EHCP ?.
- What if they say no ?.

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Tuesdays 10am until 1pm
Starting Tuesday 9th September 2025
for 4 consecutive weeks: 9th, 16th, 23rd, 30th Sept

WHY

Because we know that the world of SEN support in schools is confusing and can be very different from area to area and school to school. Parent Carers need to feel empowered to have what they might think are difficult conversations relating to what education their child is legally entitled to.

BOOK ONLINE: <https://Send09092025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS



BEHAVIOUR THAT CHALLENGES

the Insiders Guide to... understanding behaviour that challenges

6 WEEK COURSE! Refreshments and biscuits provided!

"I feel I have more confidence in myself as a parent now and understand my son more. I have liked being able to talk through and understand why he sometimes acts as he does."

WHO

A course for dads, mums and anyone who cares for a child or young person with challenging behaviour.

WHAT

This course offers a mixture of practical skills for things like dealing with professionals or responding to behaviour. It will help you to understand different or challenging behaviours, and what can trigger children acting out. Then explore ways of positively dealing with challenging behaviours. It will be run by a parent who knows what it's like.

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Wednesdays 10am until 1pm
Starting Wednesday 10th September 2025
for 6 consecutive weeks: 10th, 17th, 24th
1st, 8th, 15th October 2025

WHY

Because Parent Carers getting together to better understand challenging behaviour can make life easier for you and your family.

BOOK ONLINE: <https://Behav10092025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS



SLEEP SUPPORT - CHILDREN WITH SEND School Age (5 years-Teen)

1 DAY SESSION Refreshments and biscuits provided!

“I have been given so much more relevant information from speaking to you than I have had from any GP, Paediatrician or Consultant.”

WHO

A course for parents, carers, grandparents who would like to know more about how to support School Age children (5 years - Teens) with their sleep.

WHAT

This interactive, informal workshop will:

- Look at some of the reasons children with SEND may have sleep issues.
- Explore what a good sleep routine looks like.
- Look at practical ways to support a child with SEND to develop a good sleep routine.
- Have time for questions and answers!

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Thursday 16th October 2025 9:30am - 11:30am

WHY

Sleep is vital to our mental, emotional and physical wellbeing.

BOOK ONLINE: <https://Sleep16102025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS

PREPARING FOR ADULTHOOD



6 WEEK COURSE! Refreshments and biscuits provided!

"I felt quite alone, I felt there was no-one giving me the information I really needed in terms of how best to support my daughter moving into adulthood. The course really helped me, it highlighted a lot of things I hadn't thought of. The trainer was knowledgeable and clearly got it as she's a Parent Carer herself."

WHO

This course is for parents and carers of young people who have an EHCP and aged 13-25

WHAT

The course offers information about the practical changes ahead including the Mental Capacity Act and decision making, the Care Act and support options after school. The course also gives parents and carers the chance to think about the years ahead and begin a person centred plan for themselves and their child. You will explore ideas to help your child approach adulthood. The course is delivered by a parent who has worked as an advocate for many years. Practitioners will be invited to share their knowledge as well.

WHERE

UNIQUE WAYS
HANSON LANE ENTERPRISE CENTRE, HANSON LANE,
HALIFAX, HX1 5PG

WHEN

Tuesdays 10am until 1pm
Starting Tuesday 4th November 2025
for 6 weeks: 4th, 11th, 18th, 25th November
2nd, 9th December

WHY

Because Parent Carers need to feel informed and empowered about their young persons transition into adulthood.

BOOK ONLINE: <https://Prep04112025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS



HAPPY HEALTHY SAFE

6 WEEK COURSE! Refreshments and biscuits provided!

Based on feedback from our Annual Survey, we are excited to bring you this new training offer for 2025 - 2026. We hope that it's well received by Parent Carers.

WHO

This course is for parents and carers of children aged 3+.

WHAT

This is a course for parents and carers on how to talk to your child or young person about sex, relationships, changing bodies and puberty. Using picture books, videos, and discussion we explore answering 'nightmare questions', age-appropriate language, identifying opportunities to spark conversation and learning from our own experiences about what works and what doesn't. All participants receive course notes with resource recommendations.

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Thursdays 10am until 11am
Starting Thursday 6th November 2025
for 6 consecutive weeks: 6th, 13th, 20th, 27th Nov
4th, 11th December

WHY

Because staying happy, healthy and safe is so important for all children and young people.

BOOK ONLINE: <https://Happy06112025.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS



BEHAVIOUR THAT CHALLENGES

the Insiders Guide to... understanding behaviour that challenges

6 WEEK COURSE! Refreshments and biscuits provided!

"I enjoyed all the 'Understanding behaviour that challenges' course but especially the section on the various ways to cope with challenging behaviour. I now have the tools to deal with the behaviour."

WHO

A course for dads, mums and anyone who cares for a child or young person with challenging behaviour.

WHAT

This course offers a mixture of practical skills for things like dealing with professionals or responding to behaviour. It will help you to understand different or challenging behaviours, and what can trigger children acting out. Then explore ways of positively dealing with challenging behaviours. It will be run by a parent who knows what it's like.

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Wednesdays 10am until 1pm
Starting Wednesday 7th January 2026
for 6 consecutive weeks: 7th, 14th, 21st, 28th Jan
4th, 11th February 2026

WHY

Because Parent Carers getting together to better understand challenging behaviour can make life easier for you and your family.

BOOK ONLINE: <https://Behav07012026.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS



COPING WITH ANXIETY

6 WEEK COURSE! Refreshments and biscuits provided!

Based on feedback from our Annual Survey, we are excited to bring you this new training offer for 2025 - 2026. We hope that it's well received by Parent Carers.

WHO

A course for parents and carers who look after a child or young person who struggles with anxiety.

WHAT

This 6 week course will offer practical tips and techniques to manage anxiety including identifying warning signs, mindfulness, grounding techniques, relaxation, resilience, and gratitude.

All participants will receive a 30 page course pack.

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Thursdays 10am until 12noon
Starting Thursday 8th January 2026
for 6 consecutive weeks: 8th, 15th, 22nd, 29th Jan
5th, 12th February 2026

WHY

Because Parent Carers getting together to learn strategies on how to help your child/ young person cope with anxiety will have a positive impact on you and your family.

BOOK ONLINE: <https://Coping08012026.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE

COURSES & WORKSHOPS

SLEEP SUPPORT - CHILDREN WITH SEND Early Years (2-5)



1 DAY SESSION Refreshments and biscuits provided!

“The Unique Ways Sleep Workshop was really helpful; it gave me practical tips to try but also where to get additional support from too.”

WHO

A course for parents, carers, grandparents who would like to know more about how to support Early Years children (2-5 years) with their sleep.

WHAT

This interactive, informal workshop will:

- Look at some of the reasons children with SEND may have sleep issues.
- Explore what a good sleep routine looks like.
- Look at practical ways to support a child with SEND to develop a good sleep routine.
- Have time for questions and answers!

WHERE

Unique Ways
Hanson Lane Enterprise Centre, Hanson Lane,
Halifax, HX1 5PG

WHEN

Thursday 22nd January 2026 9:30am - 11:30am

WHY

Sleep is vital to our mental, emotional and physical wellbeing.

BOOK ONLINE: <https://Sleep22012026.eventbrite.co.uk>

COURSE BOOKING WILL OPEN 8 WEEKS PRIOR TO THE COURSE START DATE



Peer Support

April 2025 – March 2026

What is Peer Support?

Peer Support is when people use their own experience to help each other. There are different types of Peer Support, at Unique Ways Peer Support sessions, we:-

- Bring together Parent Carers with shared experiences to support each other.
- Provide a space where you feel accepted and understood.
- Treat everyone's experiences as being equally important.
- Involve giving and receiving support.

In Peer Support, everyone's views and experiences are equally valued, rather than anyone being seen as more of an expert than others. How much support you give and receive can vary depending on what feels right for you at different times.

What you do at a Peer Support session:

You might want to focus on discussing a particular topic or specific difficulties you are experiencing, anything you feel like talking about really, it's up to you.

It's not always about getting or giving advice. It's also about having a safe space to get things off your chest and occasionally sharing a laugh about it all.

Peer Support is always led by a Parent Carer who understands what it's like, and we always have a hot drink and a biscuit on offer!

What Peer Support is on Offer:

- **Coffee Morning @ Halifax Central** – 1st Tuesday of every month.
- **Coffee Morning @ Upper Valley** – 2nd Wednesday of every month.
- **Afternoon Tea @ Halifax Central** – 3rd Wednesday of every month.
- **Coffee Evening @ Halifax Central** – 4th Thursday of every month.

HALIFAX CENTRAL COFFEE MORNING

1st Tuesday of every month (school holiday dependent)



TIME: 10:00 - 11:30

@ HANSON LANE ENTERPRISE CENTRE, HANSON LANE, HALIFAX HX1 5PG

APRIL 2025	TUESDAY	1st
MAY 2025	TUESDAY	6th
JUNE 2025	TUESDAY	3rd
JULY 2025	TUESDAY	1st
AUGUST 2025	SCHOOL HOLIDAYS	
SEPTEMBER 2025	TUESDAY	9th
OCTOBER 2025	TUESDAY	7th
NOVEMBER 2025	TUESDAY	4th
DECEMBER 2025	TUESDAY	2nd
JANUARY 2026	TUESDAY	13th
FEBRUARY 2026	TUESDAY	3rd
MARCH 2026	TUESDAY	3rd

UPPER VALLEY COFFEE MORNING

2nd Wednesday of every month (school holiday dependent)



TIME: 10:00 - 11:30

@ HEBDEN BRIDGE TOWN HALL, HEBDEN BRIDGE, HX7 7BY

APRIL 2025	SCHOOL HOLIDAYS	
MAY 2025	WEDNESDAY	14th
JUNE 2025	WEDNESDAY	11th
JULY 2025	WEDNESDAY	9th
AUGUST 2025	SCHOOL HOLIDAYS	
SEPTEMBER 2025	WEDNESDAY	10th
OCTOBER 2025	WEDNESDAY	8th
NOVEMBER 2025	WEDNESDAY	12th
DECEMBER 2025	WEDNESDAY	10th
JANUARY 2026	WEDNESDAY	14th
FEBRUARY 2026	WEDNESDAY	11th
MARCH 2026	WEDNESDAY	11th

HALIFAX CENTRAL AFTERNOON TEA

3rd Wednesday of every month (school holiday dependent)



TIME: 12:30 - 2:00

@ HANSON LANE ENTERPRISE CENTRE, HANSON LANE, HALIFAX HX1 5PG

APRIL 2025	SCHOOL HOLIDAYS	
MAY 2025	WEDNESDAY	21st
JUNE 2025	WEDNESDAY	18th
JULY 2025	WEDNESDAY	16th
AUGUST 2025	SCHOOL HOLIDAYS	
SEPTEMBER 2025	WEDNESDAY	17th
OCTOBER 2025	WEDNESDAY	15th
NOVEMBER 2025	WEDNESDAY	19th
DECEMBER 2025	WEDNESDAY	17th
JANUARY 2026	WEDNESDAY	21st
FEBRUARY 2026	SCHOOL HOLIDAYS	
MARCH 2026	WEDNESDAY	18th

HALIFAX CENTRAL COFFEE EVENING

4th Thursday of every month (school holiday dependent)



TIME: 7:00 - 8:30 PM

@ HANSON LANE ENTERPRISE CENTRE, HANSON LANE, HALIFAX HX1 5PG

APRIL 2025	THURSDAY	24th
MAY 2025	THURSDAY	22nd
JUNE 2025	THURSDAY	26th
JULY 2025	SCHOOL HOLIDAYS	
AUGUST 2025	SCHOOL HOLIDAYS	
SEPTEMBER 2025	THURSDAY	25th
OCTOBER 2025	THURSDAY	23rd
NOVEMBER 2025	THURSDAY	27th
DECEMBER 2025	SCHOOL HOLIDAYS	
JANUARY 2026	THURSDAY	22nd
FEBRUARY 2026	THURSDAY	26th
MARCH 2026	THURSDAY	26th

Please Support Us - ££££££££££

Unique Ways provides all its services free, at the point of delivery.

The funding to pay for the services and the costs associated with running the charity need to come from somewhere. Unique Ways wants to continue to provide our services for free, however, this may not be possible for much longer. As a small local Calderdale charity, we need to raise £250,000 every year to be able to continue providing all our services free to our Members. To enable us to continue, we need your support. What can you do? We have provided 3 suggestions here, please consider. Thank you.

We now have over 3,500 Members, if half (1,750) gave a regular donation of £4.00 per month, this would equate to: -

£4.00 per month X 1,750 Members = £7,000 per month X 12 months = £84,000 per year.

Please select at least one way to help us to be able to help you and your family.

1: REGULAR GIVING



This is the easiest way and most effective way to give. It is really a numbers game e.g. a large amount of people donates a small amount each month (see example above) If you wish to become a regular giver to Unique Ways.

PLEASE EMAIL: hi@uniqueways.org.uk and request a Regular Giving Form.

2: CHARITY OF THE YEAR ADOPTION (COTY)

Please ask your employer what their Charitable Giving Policy is. If they are based in Calderdale and employ Calderdale residents, do they support Calderdale charities? If they have chosen the same charity for many years, ask them, is it time for a change. Ask if you can be *the* designated Charity Co-Ordinator for the year and organise a series of fundraising initiatives throughout the year – we can help with ideas and support your efforts too.

PLEASE LET US KNOW IF YOUR COMPANY IS SUPPORTING UNIQUE WAYS.

Email: shona.walsh@uniqueways.org.uk



3: COLLECTION TIN HOST



Again, one of the simplest ways to raise money, all that is needed is a venue with a good footfall e.g. a shop, barber, hairdresser, pub, club etc.

PLEASE EMAIL US TO REQUEST A COLLECTION TIN AND WE'LL PUT YOU ON OUR DATASBASE. Shona.walsh@uniqueways.org.uk

These are just 3 ways of how you can support us, we have many more suggestions. Please see our website for more ideas. However, you decide to support us, **THANK YOU.** www.uniqueways.org.uk



Texts cost £3 plus two standard rate messages and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £3 but do not wish to receive marketing communications, text UNIQUNENINFO 3 to 70490.

T: 01422 343 090 | hi@uniqueways.org.uk | W: www.uniqueways.org.uk

- Unique Ways, Hanson Lane Enterprise Centre, Hanson Lane, Halifax, HX1 5PG

- Company Number: 05098716 | Charity Number: 1109413