

**In person
workshop**



WISE UP WORKSHOPS

**Empowering Parent
Carers to succeed**

Interoception

Tuesday 7th May 24 10:30 - 12:30

**@ Frome Community Hospital, Enos
Way, Frome, BA11 2FH**

We are pleased to share our WISE UP WORKSHOPS. These are open to all parent carers in Somerset who have a child with additional needs and/or a disability.

This workshop will explore what interoception the internal sense is.

Interoception is our internal body sense. It's what allows us to know what's going on inside our bodies: such as hunger, tiredness, nausea, or needing the toilet.

The session will look at strategies which may help.

**These workshops are free to attend to book your place please go to:
<https://somerseparentcarerforum.org.uk> or call 01458 259384**

