My name is Charlotte and I work with the Autism West Midlands Herefordshire and Worcestershire Community Services Team. We are offering a series of seven free webinars exploring different aspects of autism in children and young people, open to all parents, carers, and professionals living in Herefordshire and Worcestershire, therefore, we wanted to share the details with you! Each webinar will provide information, strategies, and insights to support understanding and confidence when working with or caring for autistic individuals. If you're unable to attend a live session, you can still register to receive a recording, which will be available to watch for up to two weeks afterwards. Below are the details for these webinars alongside the registration links:

If you would like to share the information about these webinars with any parents/carers please do feel free!

Autism and Anxiety Webinar – Wednesday 21st January 2026 10am-12pm
Autism West Midlands is the leading charity in the West Midlands, providing support, advice and guidance for those with autism. We use our expertise to enrich the lives of those diagnosed with autism, awaiting their diagnosis or identifying as autistic, and encourage them to develop confidence, understanding and skills to reach their fullest potential in life. The Herefordshire and Worcester team have organised this free webinar for parents, carers and professionals of children and young people living in the Herefordshire and Worcestershire area, which will focus on what is Anxiety, the relationship between Autism and Anxiety, the circle of Anxiety and coping and management strategies. Can't attend live? Still book your place and catch up with a recording that will be sent and accessible for 2 weeks after the webinar.

Registration Link: https://3edea674-300a-4420-9f42-a09bb5469dc4.webinarninja.com/live-webinars/10719516/register

Autism and Communication Webinar – Wednesday 28th January 10am-12pm
Autism West Midlands is the leading charity in the West Midlands, providing support, advice and guidance for those with autism. We use our expertise to enrich the lives of those diagnosed with autism, awaiting their diagnosis or identifying as autistic, and encourage them to develop confidence, understanding and skills to reach their fullest potential in life. The Herefordshire and Worcester team have organised this free webinar for parents, carers and professionals of children and young people living in the Herefordshire and Worcestershire area, which will focus on what communication is, the relationship between Autism and communication, and strategies that might help. Can't attend live? Still book your place and catch up with a recording that will be sent and accessible for 2 weeks after the webinar.

Registration Link: https://3edea674-300a-4420-9f42-a09bb5469dc4.webinarninja.com/live-webinars/10719517/register

Autism and Sensory Differences Webinar – Wednesday 4th February 10am-12pm
Autism West Midlands is the leading charity in the West Midlands, providing support, advice and guidance for those with autism. We use our expertise to enrich the lives of those diagnosed with autism, awaiting their diagnosis or identifying as autistic, and encourage them to develop confidence, understanding and skills to reach their fullest potential in life. The Herefordshire and Worcester team have organised this free webinar for parents, carers and professionals of children and young people living in the Herefordshire and Worcestershire area, which will focus on Autism and sensory differences, addressing sensory differences and useful resources. Can't attend live? Still book your place and catch up with a recording that will be sent and accessible for 2 weeks after the webinar.

Registration Link: https://3edea674-300a-4420-9f42-a09bb5469dc4.webinarninja.com/live-webinars/10719518/register

Autism and Behaviour Webinar – Wednesday 11th February 10am-12pm
Autism West Midlands is the leading charity in the West Midlands, providing support, advice and guidance for those with autism. We use our expertise to enrich the lives of those diagnosed with autism, awaiting their diagnosis or identifying as autistic, and encourage them to develop confidence, understanding and skills to reach their fullest potential in life. The Herefordshire and Worcester team have organised this free webinar for parents, carers and professionals of children and young people living in the Herefordshire and Worcestershire area, which will focus on what behaviour is and why it might be happening and how we can analyse and develop emotional understanding. Can't attend live? Still book your place and catch up with a recording that will be sent and accessible for 2 weeks after the webinar.

Registration Link: https://3edea674-300a-4420-9f42-a09bb5469dc4.webinarninja.com/live-webinars/10719519/register

Navigating the System Webinar – Wednesday 18th February 10am-12pm
Autism West Midlands is the leading charity in the West Midlands, providing support, advice and guidance for those with autism. We use our expertise to enrich the lives of those diagnosed with autism, awaiting their diagnosis or identifying as autistic, and encourage them to develop confidence, understanding and skills to reach their fullest potential in life. The Herefordshire and Worcester team have organised this free webinar for parents, carers and professionals of children and young people living in the Herefordshire and Worcestershire area, which will focus on educational difficulties, online safety, employment and education, disclosure and benefits. Can't attend live? Still book your place and catch up with a recording that will be sent and accessible for 2 weeks after the webinar.

Registration Link: https://3edea674-300a-4420-9f42-a09bb5469dc4.webinarninja.com/live-webinars/10719521/register

Autism and the Teenage Brain Webinar – Wednesday 25th February 10am-12pm
Autism West Midlands is the leading charity in the West Midlands, providing support, advice and guidance for those with autism. We use our expertise to enrich the lives of those diagnosed with autism, awaiting their diagnosis or identifying as autistic, and encourage them to develop confidence, understanding and skills to reach their fullest potential in life. The Herefordshire and Worcester team have organised this free webinar for parents, carers and professionals of children and young people living in the Herefordshire and Worcestershire area, which will focus on changes in the brain, how growing up and Autism interact, how to support your Autistic teen and useful resources. Can't attend live? Still book your place and catch up with a recording that will be sent and accessible for 2 weeks after the webinar.

Registration Link: https://3edea674-300a-4420-9f42-a09bb5469dc4.webinarninja.com/live-webinars/10719522/register

Supporting your Autistic Teen – Wednesday 4th March 10am-12pm
Autism West Midlands is the leading charity in the West Midlands, providing support, advice and guidance for those with autism. We use our expertise to enrich the lives of those diagnosed with autism, awaiting their diagnosis or identifying as autistic, and encourage them to develop confidence, understanding and skills to reach their fullest potential in life. The Herefordshire and Worcester team have organised this free webinar for parents, carers and professionals of children and young people living in the Herefordshire and Worcestershire area, which will focus on how to support your teen including useful ideas and resources. Can't attend live? Still book your place and catch up with a recording that will be sent and accessible for 2 weeks after the webinar.

Registration Link: https://3edea674-300a-4420-9f42-a09bb5469dc4.webinarninja.com/live-webinars/10719523/register

If you have any questions about these webinars or any of the other support we offer in Herefordshire and Worcestershire please don't hesitate to contact us at herefandworcs@autismwestmidlands.org.uk

Kind Regards,
Charlotte

Charlotte Rowley

Autism Specialist Advisor