

15 January 2026



Newsletter



Thank you to all those who attended our interactive sensory workshop.

It was amazing to see both new faces and our regulars come together. The workshop was well attended, and the feedback we received was truly uplifting.

One young person shared:

“It was very informative and helped me understand how sensory needs link with emotional regulation and how everything works together.”

Across our three workshops, each session was thoughtfully linked and intertwined, helping participants build understanding step by step — and most importantly, everyone had a great time!

If you'd like to join our next workshop, keep an eye on our page for upcoming dates.



Upcoming Events

Upcoming Six-Week Family Workshops – Starting March

We'll be hosting our six-week workshop programme, starting Saturday 7th March (morning time TBC). The workshops are free and open to up to 15 families and their children, with limited spaces available.

You're welcome to attend even if you don't have children, and we're also accepting referrals for individuals or families who may benefit.

☕ Refreshments will be provided, and travel support may be available for those who need assistance to attend.

👉 Register your interest via our social media.



✨ What's New in 2026

We're delighted to welcome Eunice, Kay, Manal, and Olukemi to the Rising Ohana's team. They join us as our Event Organiser, Mentor, Therapist, and Accountant, strengthening the support we're able to offer to our community.

We're currently expanding our services to include therapy sessions, supporting individuals at different stages of their journey. We are also accepting referrals, allowing us to provide tailored support alongside our workshops and programmes.



☀️ What You've Missed | What's New in 2026 So Far



We would like to take a moment to thank UnLtd for awarding Rising Ohana's the Fundraising and Social Entrepreneur Award. This support has been instrumental in allowing us to continue delivering our workshops and expanding the work we do within the community.

We are incredibly grateful to UnLtd for believing in our vision and for their continued support, which enables us to provide accessible workshops and tailored support to individuals and families who benefit from our services.

We've also been proud to collaborate with Neurodiversity Practice, supporting one of our parents to access specialist courses. The feedback from this collaboration has been extremely positive. One parent shared that the course helped them better understand their own emotional regulation needs while they continue to work through their mental health journey and await NHS referrals, which can take time. The course provided timely and meaningful support during this waiting period.

As we move forward in 2026, we're continuing to liaise with partner organisations to strengthen our services and explore the best ways to support our community. We're also recruiting volunteers to support our upcoming workshops.

✨ Snippets and highlights from our recent workshops will be shared across our TikTok, Facebook, Instagram, and LinkedIn pages — giving a glimpse for those who attended and those who weren't able to join us.

More updates coming soon.