

# THE ANCHOR TEAM: INTEROCEPTION AWARENESS TRAINING



Would you like to know more about our eighth hidden sense and how our early experiences can impact its development?

Come and join the Anchor Team's Occupational Therapist for an online experiential session to learn about the benefits of promoting Interoception Awareness.

This is a short introductory session on Interoception which is being held online on the following dates:

- Thursday 7 May 2026: 1-2.15pm - [click here to register](#)
- Tuesday 3 November 2026: 1-2.15pm - [click here to register](#)



If you would like to attend one of the above trainings, please book your space by clicking on the link above or email [ATV.anchor@oxfordshire.gov.uk](mailto:ATV.anchor@oxfordshire.gov.uk) stating your name, email address and the training date you would like to attend.