



September — December 2023 Group Sessions

Contact Ealing Walk & Talks

(Walking & talking together with other parents, as well as Contact Ealing staff & volunteers)

Thursday 21st September Walk & Talk for parents and carers of children with SEND, **Gunnelsbury Park**, **10.30am start**, meeting point Popes Lane car park at 10.30am

Please book to attend via this link: <https://forms.office.com/e/tVLmk58fR5>



Monday 16th October — Walk & Talk for parents and carers of children with SEND, **Northala Heights**, **10.30am start**, meeting point at **Northala Fields Car Park (Kensington Road) entrance**

Please book to attend via this link: <https://forms.office.com/e/q4HkQRLrq6>

Thursday 23rd November — Walk & Talk for parents and carers of children with SEND, **Osterley Park**, **10.30am start**, meeting point at **Jersey Road entrance**. Please book via this link: <https://forms.office.com/e/kRke5bZs8S>

Friday 1st December — Walk & Talk for parents and carers of children with SEND, **Walpole Park**, **10.30am start**, meeting point next to playground, **Pitshanger Hut**.

Please book to attend via this link: <https://forms.office.com/e/rqQMCM9U>



Our Walk & Talks are supported by Kathryn Rocha, our Volunteer Clinical Psychologist who offers parents the chance to have an informal catch up about a particular question or issue they would like advice on.



Contact Ealing Autism Group

Our support group for parents and carers of children with Autism or social communication difficulties

Monday 25th September — Online parent workshop with Robyn Steward: My life experiences (as an autistic woman)

Venue: online via zoom

Time: 7—8.30pm

booking essential : <https://forms.office.com/e/vhEJnJ4WX4>



Friday 6th October — Joint online session with Ealing SLT as part of the **SLT awareness month**: how to support your child with social communication

Venue: online via zoom

Time: 10.30am

booking essential: <https://forms.office.com/e/Es1fdRGPIE>



Ealing Community
Partners

Thursday 12th October — joint workshop with Ealing SLT as part of the **SLT awareness month on Selective Mutism & Speech Anxiety**

Venue: Greenfield Children Centre, Southall

Time: 9.30am start,

Booking essential: <https://forms.office.com/e/Es1fdRGPIE>

Thursday 16th November—Autism Group Coffee morning at

Venue: Jamaica Blue Coffee Shop, Ealing Broadway Shopping Centre

Time: 10.30am start

Booking essential: <https://forms.office.com/e/ULPnt4Qh3d>



Tuesday 19th December — Coffee morning for parents of children with **PDA / Autism / Demand Avoidance**.

Booking essential: <https://forms.office.com/e/RuNUAWtQfi>

Venue: Jamaica Blue Coffee Shop, Ealing Broadway Shopping Centre

Time: 10.30am start



Ealing Community
Partners

Contact Ealing are proud to support the Ealing Speech & Language Therapy Awareness Month!

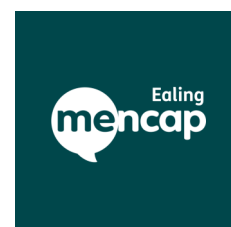


Contact Ealing Carers Group

Friday 29th September — Joint workshop with **Ealing Mencap** on **Independent Living Options**

Venue: Ealing Carer Centre

Time: 10.30am start.



Booking essential via this link: <https://forms.office.com/e/zY8YiTg5ki>

Monday 9th October - Joint session with **Ealing SLT and Ealing Anchor** as part of the Ealing SLT awareness month on Communication around Toilet Training children with SEND

Venue: Windmill Children centre, Greenford

Time: 10am start.

Booking essential via Ealing Anchor: <https://forms.office.com/e/R0S2jNDZ0p>



Ealing Community Partners

Friday 13th October Workshop on Money Matters including DLA

Venue: Ealing Central Library, Ealing Broadway Shopping Centre, upstairs meeting room

Time: 10.30am

booking essential via this link: <https://forms.office.com/e/JUsSUjSgeU>



Thursday 9th November Parental Well-Being workshop

Venue: Ealing Central Library, Ealing Broadway Shopping Centre, upstairs meeting room

Time: 10.30am

booking essential via this link: <https://forms.office.com/e/5SWLGEehjT>

Monday 11th December — Carers Group on Health issues (Asthma and Epilepsy)

Venue: Ealing Central Library meeting room (upstairs), Ealing Broadway Shopping Centre,

Time: 10.30am start.

Booking essential via this link: <https://forms.office.com/e/zZgL1tmNFg>





Joint Contact Ealing and Ealing Anchor Foundation information sessions for parents of children with SEND, speaking community languages:

Monday 2nd October – Information & Advice session on Money Matters for **Arabic, Farsi and Somali** speaking parents

Venue: Ealing Project 1 High Street, Ealing W5 5DB

When: 10.30am starting time

Booking link: <https://forms.office.com/e/dJ4zb47DFc>

Thursday 7th December 2023 Information and Advice session on Money Matters in Ealing for **Tamil, Polish and Punjabi** speaking parents and carers

Venue: Ealing Project , 1 High Street, Ealing W5 5DB

When: 10.30am starting time

Booking essential: <https://forms.office.com/e/y6i8LpxYxA>

Telephone support in community languages:

At these times parents will be able to ring Contact Ealing on the number listed and get through to a Contact Ealing volunteer speaking their language:

Tamil: **Monday 11th September, 10am — 12o'clock**

Monday 9th October, 12 — 2pm

Monday 13th November, 10am - 12o'clock

Arabic: **Friday 22nd September 10am — 12o'clock**

Thursday 12th October 1 — 2.30pm

Friday 17th November 10am — 12o'clock

Thursday 14th December 10am — 12o'clock

Polish: **Tuesday 19th September, 12 — 2pm: on 0208 8406870**

Thursday 5th October, 10am — 12o'clock : on 0208 8406870

Thursday 2nd November, 10am — 12o'clock: on 0208 8406870

Tuesday 5th December 12 - 2pm: on 0208 8406870

Somali: **Thursday 28th September, 10am 12o'clock: on 0208 8406870**



SEND Family Fun Day

Joint Family Fun Day with our SEND Partners in Ealing

(Ealing Mencap, Ealing ISAID, Ealing Anchor,
EPCF and Ealing LA)



Date: Saturday 16th September 1-3pm or 3-5pm

Venue: Enterprise Lodge, Stockdove Way, Perivale UB6 8TJ

Time: 1-3pm or 3-5pm time slots.

Bookings via this link: <https://forms.office.com/e/VfFrwbGnes>



Contact Ealing Christmas Party

for the whole family

Date: Saturday 16th December 2023

Venue: Ealing Project, 1 High Street, Ealing W5 5DB

Time: 11am to 2pm

Booking details will be shared closer to the time.



Additional projects and support:

Contact Helping Hands Project

for parents of children waiting for a neurodevelopmental assessment (ASD or ADHD)



*We are now in our third year of this project and will continue to offer specific support groups as well as individual support and advice to **parents of children on the waiting lists for CAMHS NDT's or Child Development Services in Ealing, Hounslow and Hammersmith & Fulham, waiting for an assessment for ADHD or Autism.** If your child is waiting and you would like to join us to find out more about your child's needs and how to support her / him while you wait, please contact Charlotte or Rebecca on:*

Charlotte: charlotte.girdham@contact.org.uk

Rebecca: rebecca.luke@contact.org.uk

Our **Welcome Coffee Morning** for this project will be on **Tuesday 12th September at 10am at Café Nero, 34 The Broadway, Ealing W5 2NP**

Booking to attend via this link: <https://forms.office.com/e/9FsriM1Fch>

1:1 Zoom sessions with Kathryn Rocha (Contact Ealing Volunteer Clinical Psychologist)

(1/2 hour individual time slots, booking essential! These are not therapy or assessment sessions but one off opportunities to ask specific questions or run particular issues past Kathryn who supports us as a volunteer.)

Please contact Brigitte on brigitte.bistrick-bryan@@contact.org.uk to book

Free Online Deep Rest Sessions with Leah Barnett:

On Wednesday evenings via zoom at 9pm,

Please contact Brigitte on brigitte.bistrick-bryan@contact.org.uk to receive the zoom link to join.



Would you like to volunteer for Contact Ealing?

General volunteering opportunities

We currently have opportunities for volunteers around:

- supporting group sessions,
- light office work
- helping with translation.

If you are interested please contact Brigitte on: brigitte.bistrick-bryan@contact.org.uk .

Co-production, the SEND strategy and families

Ealing local Authority have asked partners (NHS, schools and voluntary sector services), children, young people and parent and carers what they need to improve, and want to let you know they are committed to improving it as quickly as possible. In partnership they want to coproduce a single strategy and joined up system to improve outcomes for children and young people with SEND and their families.

Ealing council will be accountable for doing what they say they will and for letting people know how well they are doing. Contact Ealing will be working closely with the local authority to communicate the actions and share updates on progress being made to parents and carers, We also want to ensure you know how you can be involved in the strategy. We aim to share key messages with you at our events and pass feedback to senior leaders and key decision makers.

We value parent carers having a voice and sharing their experience to drive improvement and shape services.

We are particularly keen to have more parents who have never joined any co-production work or feel their voice has not been heard so far. If you are interested, please click on this link and leave your details.

<https://forms.office.com/e/KnP7ec5ey7> We look forward to hearing from you!

Selina (Contact Ealing Co-Production Lead)