



Contact Ealing timetable: Jan – Mar 2025
Enquiries: ealing@contact.org.uk

Spring
Term 2025

Walk & Talks

Autism Group

Carers
Group

Community
languages

Autism &
Carer group
Workshops

January


21st January
10.30am - 12pm
Gunnery Park.





22nd January
10.30am - 12pm
Welcome Coffee Morning
Jamaica Blue.



23rd January
10.30am - 12.30pm
Farsi Session
with Ealing
Anchor at
Hanwell
Community
Centre.

30th January
10am - 12.30pm
 Learning Difficulties
in School
Southall Town Hall.
Speaker: Ms. Alison
Tower,




February

10th February
10.30am - 12pm
Blondin Park



3rd February
10.30am - 12pm
Coffee Morning
Jamaica Blue

13th February
10am - 11am
Welcome
Session for New
Parents (Online)



7th February
10am - 12.30pm
Post 16 Information
Morning (EPCF & LA)

March


19th March
10.30am - 12pm
Brent River
Park

11th March
10.30am - 12pm
Coffee Morning
Jamaica Blue



3rd March
6.30pm - 7.30pm
Welcome
Session for New
Parents (Online)

TBC
10.30am - 11.30pm
Polish Session



6th March
10.30am
Online
Joint session with SLT
on Speech anxiety &
selective mutism



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Additional projects and support

Contact Helping Hands Project for parents of children waiting for a neurodevelopmental assessment (ASD or ADHD)

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.



Please contact: [Rebecca rebecca.luke@contact.org.uk](mailto:Rebecca.rebecca.luke@contact.org.uk)
or Tatevik: tatevik.vardanyan@contact.org.uk



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.

To book, please contact Brigitte:
brigitte.bistrick-bryan@contact.org.uk

Free Online Deep Rest Sessions with Leah Barnett

Wednesday evenings 9.00 pm

Treat yourself to 45 minutes of complete relaxation being guided through it by Leah Barnett via Zoom.
online via zoom [Click to book](#)



English Conversation classes



Wednesday mornings 10.00 am

We are very happy to be able to offer English Conversation classes with the wonderful Madhu (Contact Ealing Volunteer) again this term.
online via zoom [Click to book](#)



Telephone support in community languages

Book telephone call in your language here: [Click to book](#)



We can support parents in Tamil / Punjabi / Arabic / Polish / Somali / Hindi / Urdu / Hebrew / Russian / Armenian / French / Spanish / Italian and German