



## January –March 2023 Group Sessions

### Contact Ealing Walk & Talks

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



**Tuesday 10th January – Walk & Talk** for parents and carers of children with SEND, **Gunnersbury Park, 10.30am start**

**Please book to attend via this link:** <https://forms.office.com/r/Q0cTRjFrGD>

**Wednesday 8th March — Walk & Talk** for parents and carers of children with SEND, **Walpole Park, 10.30am start.**

**Please book to attend via this link:** <https://forms.office.com/r/MWEgj9d826>

*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.*

**This term we are also trialling 2 more sessions with a focus on physical exercise, as ran successfully in September 2022. These sessions will be supported by a qualified exercise lead:**



**Tuesday 7th February — Parent support session with gentle exercises,**

Venue: **Brent Lodge Park (Bunny Park)**, 204 Church Road, Hanwell W7 3BP  
Time: **10am start**

**Please book to attend via this link:** <https://forms.office.com/r/fZYeua9D6j>

**Tuesday 21st February—Parent support session with gentle exercises**

Venue: **Brent Lodge Park( Bunny Park)**, 204 Church Road, Hanwell W7 3BP  
Time: **10am start**

**Please book to attend via this link:** <https://forms.office.com/r/mbmtf1zs3M>



## Contact Ealing Autism Group

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

**Tuesday 17th January** — Online Workshop on: **Understanding emotions & behaviours with Ealing Speech & Language Therapist** via zoom

**Time:** 10am start.

**Booking essential:** <https://forms.office.com/r/rBaZSs37CD>

**Wednesday 8th February**— Face to face Workshop on **Makaton** for parents and carers with **Ealing Speech & Language Therapist**

**Venue:** tbc

**Time:** 10am start

**booking essential :** <https://forms.office.com/r/WfJ37Wai8Y>

**Wednesday 22nd March** — Autism Group **Coffee Morning** ,

**Venue:** to be confirmed, Coffee Shop in central Ealing

**Time:** 10.30am start,

**Booking essential:** <https://forms.office.com/e/4jVc7FSVKj>

## Contact Ealing Carers Group

**Tuesday 10th January** —online workshop on **LA Travel Assistance** workshop with **SEN Legal** via zoom for parents and carers,

**Time:** 10.30am start.

**Booking essential via this link:** <https://forms.office.com/r/reCCjzRh8p>

**Wednesday 1st February** - online workshop on: **Universal Credit, an update with DWP advisor**, 10.30am start.

**Booking essential via this link:** <https://forms.office.com/r/0kfCSsDSda>

**Monday 6th February**—online workshop (jointly with our other Contact London offices) on “*My child isn’t fine with school*” (**Emotion Based School Avoidance**) with Naomi Fisher

**Time:** 10.30am

**Booking essential via this link:** <https://forms.office.com/r/UvDT3QAWWhS>

**Thursday 16th March** — Online workshop on **Toilet Training (informal exclusions)** with **SEND & Inclusion Team**,

**Time:** 10.30am start

**Booking via this link** <https://forms.office.com/r/q11vEuvVZn>



## Contact Ealing Community Language Sessions

**Friday 27th January – Drop In Information & Advice session** for DLA / Finance advice and any other SEND related questions for **Polish** speakers.

**Venue:** Lido Centre, West Ealing

**When:** 10.30am starting time

**Booking essential :** <https://forms.office.com/r/UDYWWhhBkde>

**Monday 13th March 2023 Drop in Information and advice session** on SEND support in Ealing (finance, education and social care) for **Arabic** speaking parents and carers

**Venue:** tbc

**When:** 10.30am starting time

**Booking essential:** <https://forms.office.com/r/sj1u5NGg5E>

## Family Day Out

### February Half Term 2023: Cinema Trip for the family

**Wednesday 15th February 2023**

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

***Bookings will open mid January***

## Contact Annual Meeting

**Monday 20th March 2023** - Join us to find out about the past year at Contact Ealing and what is ahead for the project:

**Time:** 10.30am—12o'clock

**Venue:** tbc

**Booking link:** <https://forms.office.com/r/enxFsSmDPn>



## Additional sessions and projects:

### Contact Helping Hands Project



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

*We are in our second 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 on:*

**Charlotte:** [charlotte.girdham@contact.org.uk](mailto:charlotte.girdham@contact.org.uk)

### SEN Transport Parent Focus Group

*Jointly organised with **the Ealing SEN Transport Team:***

*The Ealing Children's Commissioner and SEN Transport Team would like to invite interested parents of children using the SEN Transport service to contribute to termly feedback and review meetings to help shape the service going forward. A free coffee and pastry will be included:*

**Date:** Tuesday 7th March

**Time:** 10am to 11.30pm

**Venue:** Café Nero Upstairs, 34 The Broadway, Ealing W5 2NP

**BOOKING** via this link: <https://forms.office.com/r/bv85bywFPP>

### Coffee morning for parents of children not able to attend school due to high anxiety (EBSA):

Due to an increase of parents asking for advice around school avoidance we would like to offer a chance for an informal catch up and a chance to exchange experiences with other parents:

**Thursday 2nd February, Coffee Morning, venue tbc,**

Booking essential via this link: <https://forms.office.com/r/r6Ztv518Yd>