



## September—December 2022 Group Sessions

### Walk & Talks

*(Walking and chatting together with Contact Ealing staff and volunteers)*

**Thursday 8th September – Walk & Talk**—jointly run with “Let’s Go South-all”(Special fitness focus, all levels welcome; new term & new you!) for parents and carers of children with SEND, **Southall Park, 10.30am start** Please book to attend via this link:

<https://forms.office.com/r/vj5ZJfrEGx>

**Thursday 6th October — Walk & Talk** for parents and carers of children with SEND, **Blondin Park, 10.30am start** with new Ealing Head of SEN and ELP SEND Lead visiting to meet parents. Please book to attend via this link:

<https://forms.office.com/r/TjUsgXFEWc>

**Thursday 10th November—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/zZepMicunH>

**Monday 5th December — Walk & Talk** for parents and carers of children with SEND, **Pitshanger Park, 10.30am start**. Please book to attend via this link:

<https://forms.office.com/r/qpA0ytivtw>

### Autism Group

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

**Thursday 22nd September — Workshop on EHCPs with South Acton Children Centre SENCo at South Acton Children Centre, 11am start. Booking essential:**

<https://forms.office.com/r/vCmV4vnL8i>

**Tuesday 18th October— Online workshop on Legal protections to ensure the future wellbeing of your child with SEND for parents and carers, 7pm start, booking essential :**

<https://forms.office.com/r/XCK7u3sdMB>

**Wednesday 16th November — Autism Group Coffee Morning , venue to be confirmed, 10.30am start, Booking essential**

<https://forms.office.com/r/PyB8KSa8pp>



## Carers Group

**Tuesday 27th September**—online workshop on **Growing Up & Puberty** via zoom for parents and carers, 10.30am start. **Booking essential via this link:**

<https://forms.office.com/r/rLK4rNcBy5>

**Thursday 13th October** — **Workshop on DLA**, jointly with **South Acton CC**, at **South Acton Children Centre**, 11am start. **Booking essential via this link:**

<https://forms.office.com/r/wMV2iVbrL8>

**Monday 7th November**—Online workshop on **ADHD with ADHD Foundation** jointly run with **EPCF and ADHD Support Ealing**, 7pm start, **booking via this link:**

<https://forms.office.com/r/Kid0B9TYeX>

**Tuesday 29th November**—**Workshop on self care and parental wellbeing**, for parents and carers of children with SEND, venue **Westside Youth Centre**, 10.30am start, **booking via this link:**

<https://forms.office.com/r/pNgdt31ZdV>

## Community Language Sessions

**Drop in information sessions for parents speaking Punjabi, Hindi, Bengali, Urdu or Somali**

**Monday 12th September 2022** – Education, Finances and Your parental rights- Joint ‘drop in’ session with Ealing ISAID & Sikh Human Rights group. All faiths and religions welcome. **Where: Venue Gurdwara Sri Guru Singh Sabha (downstairs library) Guru Nanak Road, Southall UB2 4NP**

**When: 10.30am** starting time

**Booking essential :** <https://forms.office.com/r/Wpmb7scNGf>

**Wednesday 9th November 2022** online workshop on “**Making sense of Autism**” for **Somali parents** of children with Autism or Social Communication Difficulties, joint workshop with other Contact London offices

**When: 10.30am** starting time

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



## 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)

### Transition into Adulthood Event

*Jointly organised with **Ealing ISAID**, this is an information workshop for parents with services presenting on their **Preparing for Adulthood** offer:*

**Ealing ISAID Post 16 advisor, SENAS Team Post 16 Coordinator, Connexions Advisor on their services, Social Service Transition Team - tbc, Family Information Service**

**Date:** Thursday 3rd November

**Time:** 10am to 1pm

**Venue:** Westside Youth Centre

Parents will be able to ask questions of all services present. The event includes a lunch. **BOOKING ESSENTIAL** via this link:

<https://forms.office.com/r/wiaX6AX5Uk>

### Parents of Girls with Autism and / or ADHD

Following up on our previous coffee morning for parents of girls with neurodevelopmental differences we would like to offer another catch up session:

**Monday 19th September 10.30am**, Coffee Morning, venue tbc, Booking essential via this link: <https://forms.office.com/r/z9cMpi9BYE>