



## **Contact Ealing Newsletter and Office Update** **Autumn Term 2025**

Welcome to the latest edition of the Contact Ealing Newsletter, we hope you had a good summer. We are happy to invite you to our busy schedule over the coming weeks and months.

We have just come back from several Family Days out, thanks to the generosity of the John Lyons Charity and the Ealing HAF programme. We were able to offer 4 trips this summer, see details on pages 2 and 3. We are very aware that many more families than we had capacity for wanted to come and are so sorry to have to disappoint many. There is a SEND Family Fun Day coming up soon, and we hope to be able to offer places to some of the families who may have lost out on a place on our trips this summer.

You may remember that we informed you in July that due to loss of some funding we had to say good bye to several much valued colleagues, Selina, Zenab, Winnie, Leon and Edyta.

The remaining Contact Ealing Team will continue to offer advice and support to parents of children with additional needs living in Ealing, and we have a packed programme of events coming up. We are particularly excited about a new project where we can support parents directly in some of Ealing's special schools, please see details on pages 9 and 10.

We look forward to seeing many of you soon.

### **The Contact Ealing Team**

Brigitte



Rebecca



Karimul



Tatevik



For any queries and questions, please email us on: [ealing@contact.org.uk](mailto:ealing@contact.org.uk)  
For telephone enquiries please ring us on: Tel: 0208 8406870

***We hope you find something in our autumn programme that is helpful to you and your family and look forward to seeing you at our events!***



## Contact Ealing Summer trips 2025

Children and parents had a wonderful time at Bournemouth Beach, London Zoo, Coral Reef Waterworld and Hobbledown Heath Farm. The weather was kind to us on most occasions, and we even got to pose with the Children's Commissioner for a large group picture in the Zoo. See below some pictures and feedback from parents and children:



### **Bournemouth Beach Trip**

"Thank you to all the team for a lovely day out. It's a great opportunity to meet with other parents and children"

"I loved being friends with the ocean. I could not think of anything I did not like"



### **Trip to London Zoo**

"Thank you so much for today's trip to London Zoo, we all had a fantastic time, and the food was great. All the staff were so supportive thank you once again."

"I really liked the trip. My favourite part was when we saw the monkeys and the Indian part. I also really liked the capibaras, but I hated walking as my legs got tired. Afterall it was a good experience."





## Contact Ealing Summer trips 2025 contd.



### Feedback from children and parents:

#### Coral Reef HAF Trip

*"I liked everything, my favourite was the water slide!"*

*I liked the pool and the mini slide on the pirate ship!"*

*"Slides were scary but he loved playing in the water with his sister and friends."*

**Feedback Form Children**  
If your child or young person attended this event, please ask them how much they enjoyed it, and let us know by using the smiley faces below!

Etoria

Is there anything in particular your child enjoyed or did not like on the trip?  
*it was very fun and I loved most of the slides  
Time as a family*



#### Hobbledown Heath HAF trip:

*"I loved the outside play area and the inside one. I also liked the obstacle course and the slides!"*

*"I really liked everything, my favourite was when we went to the slides."*



## SEND Family Fun Day 2025:

To start the term, we are very happy to welcome families to another joint SEND Family Fun Day with our friends and partners at Ealing Mencap, Ealing SENDIASS, the Ealing Parent Carer Forum and the Ealing Anchor Foundation.

Come and join us for this Fun Day at Ealing Mencap's Enterprise Lodge in Stockdove Way, Perivale UB6 on

**Saturday 13th September** either for the:

**Morning session: 12o'clock—2pm or**

**Afternoon session: 2-4pm**

As in previous years, there will be pizza, entertainers, music, face painting, some sportive activities, henna painting and much more.

**Due to venue restrictions, booking is essential! Please register for spaces via this link**

<https://forms.office.com/e/EVUyxPzNvQ>

**or this QR code:**

**Please note that this is a joint event and our partners will run separate booking systems.**



SEND Family Fun Day - for families of children with SEND on Saturday 13th September 2025





## September — December 2025 Group Sessions

### Contact Ealing Walk & Talks

*(Well-being support for parents and carers: Walking & talking together with other parents as well as Contact Ealing staff & volunteers followed by a hot or cold drink together)*

**Monday 29th September 2025 at 10.30am: Walk & Talk in Northala Fields**, meeting point Kensington Road car park, you can register to attend here: <https://forms.office.com/e/wb6fEmkbbH>



*We will be joined on this walk by Fabiola Peacock, Head of SEND & AP Services, LB Ealing*



**Thursday 23rd October 2025 at 10.30am: Walk & Talk in Osterley Park**, meeting point Jersey Road entrance. You can register to attend here:

<https://forms.office.com/e/AYB0KBeSGF>

*We will be joined on this walk by Fabiola Peacock, Head of SEND & AP Services, LB Ealing*

**Wednesday 3rd December 2025 at 10.30am Walk & Talk in Walpole Park**, meeting point next to playground / Pitshanger Hut, you can register to attend here:

<https://forms.office.com/e/gAcVEck2eG>

*We will be joined on this walk by Aretha Banton, Assist Director SEND & Inclusion, LB Ealing*





## Contact Ealing Autism & ADHD Group

*Our monthly support group for parents and carers of neurodivergent children*

**Wednesday 24th September 2025—Autism & ADHD Group workshop with HEHF MIND and the EPCF on Emotion Based School Avoidance**

The session will include advice on possible prevention and what to do next if your child becomes school avoidant, as well as an introduction to the Circle Café service.



We're here to fight  
for mental health

Registered charity no. 801259 | [fahmind.org.uk](http://fahmind.org.uk)



**Venue:** Circle Café, 46 South Ealing Road, W5 4QA

**Time:** 11am

**booking essential:** <https://forms.office.com/e/g1yHApasf6>

**Wednesday 15th October 2025 - Autism & ADHD Group Coffee morning**

**Venue:** Jamaica Blue Café, Ealing Broadway Shopping Centre

**Time:** 10.30am

**Booking essential:** <https://forms.office.com/e/0fk9vgZxU0>



**Tuesday 11th November 2025: Joint online workshop with Ealing Speech & Language Therapy Service on AAC (Augmentative and Alternative Communication)**

**Venue:** Carmelita House

**Time:** 9.30am until 11am

**Booking essential via this email:** [wlm-tr.sltuniversalservices@nhs.net](mailto:wlm-tr.sltuniversalservices@nhs.net)



**Ealing Community  
Partners**



## Contact Ealing Carers Group

*Support groups, events and workshops for parents and carers of children with any type of additional needs aged 0-25 years old*

**Tuesday 16th September 2025: Online workshop with Ealing Parenting Service: Introduction to support for families of children with additional needs in Ealing**



**Venue:** Online via Teams

**Time:** 10am

**Booking essential via this link:** <https://forms.office.com/e/0bxrpa321e>

*Once registered, parents will be sent the zoom link to join shortly before the day of the workshop.*

**Thursday 13th November 2025 at 18.30: Online workshop on benefits post 16 (PIP, Universal Credit etc)**

**Venue:** zoom

**Time:** 18.30

**Booking essential via this link:** <https://forms.office.com/e/7MEdBgc2PJ>

*Once registered, parents will be sent the zoom link to join shortly before the day of the workshop.*



**Thursday 20th November 2025: Parent and carer information event on Preparing for Adulthood with Paul Lowery (solicitor from Boyes Turner LLP)**

**Topics to be covered:** *Wills & Trusts / move to adult social care / Deputyship and Power of Attorney*

**Venue:** Westside Centre, West Ealing

**Time:** 10am - 2.30pm

**booking helpful via this link:** <https://forms.office.com/e/1LKyRGPb51>

**Monday 1st December 2025: Carers Group Coffee morning**

**Venue:** Jamaica Blue Café, Ealing Broadway Shopping Centre

**Time:** 10.30am

**Booking essential:** <https://forms.office.com/e/9S3rFfUU38>





## Information sessions and support for parents of children with SEND speaking community languages:

**Thursday 25th September 2025 Information & Advice drop in session for Punjabi, Hindi and Urdu speaking parents**

**Venue:** Southall Town Hall, High Street, Southall UB1 3HA

**When:** 10.30am starting time

**No need to book!**



**Friday 17th October 2025 — Community Language**

**Coffee morning for Arabic speaking parents with researchers on experiences with support in education**

**Venue:** Jamaica Blue Coffee morning

**Time:** 10.30am

**Friday 5th December 2025—Money Matters online workshop for Polish speaking parents**

**Venue:** zoom (online)

**Time:** 10.30am

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

### Telephone support in community languages:



*Ealing is an wonderfully diverse borough, and we are proud to be able to support parents in many different languages within the staff team or with support from our amazing volunteers. Please let us know via this link if you would like to receive a call from a Family Worker or Contact Ealing Volunteer in one of the languages listed below:*

**Book telephone call in your language here:**

<https://forms.office.com/e/VkwRRtd0GN>

**We can support parents in :**

**Tamil / Punjabi / Arabic / Polish / Somali / Hindi / Urdu / Hebrew / Russian / Armenian / French / Spanish / Italian / Portuguese and German.**



## Benefit advice and support in Ealing Special Schools thanks to funding from the Ealing Household Emergency Fund

We were very happy to have been successful in our application for funding from the Ealing Household Support Fund. Over the next 2 terms it will enable us to support parents and carers at 4 of Ealing's specialist schools and South Acton Children Centre with monthly benefit and form filling support sessions.



### If your child attends

**John Chilton school (either site),  
St Anns School,  
Belvue School,  
Springhallow school or  
South Acton Children Centre,**

#### DO YOU NEED HELP WITH DLA, PIP OR OTHER BENEFITS?

Does your child attend Belvue School, St Anns School, John Chilton School, Springhallow school, or South Acton Children Centre?

Thanks to support from the Ealing Household Support grant Contact Ealing are offering monthly intensive support sessions at these venues. Each session will be led by a Contact Ealing Family Worker and supported by multi-lingual volunteers.

**Support with PIP applications | DLA  
Univesal Credit | General benefits advice**

Look out for dates at your setting soon!

For any questions about this project, please contact [ealing@contact.org.uk](mailto:ealing@contact.org.uk)



**contact** For families  
with disabled children

Funded by  
UK Government

Contact is a trading name of Contact a Family. Charity registered in England and Wales (264912) and Scotland (SC039169).

**you can book to attend one of our benefit support sessions there, see details for dates on the next page.**



## Benefit Advice and Support in Ealing Special Schools thanks to funding from the Ealing Household Emergency Fund

### Benefit support sessions at St Ann's school in Hanwell:



Every 3<sup>rd</sup> Monday of the month  
10am to 1pm

Monday 15<sup>th</sup> September

Monday 13<sup>th</sup> October

Monday 10<sup>th</sup> November

Monday 8<sup>th</sup> December

### Benefit support sessions at John Chilton School



Every 3<sup>rd</sup> Tuesday of the month  
from 10am to 1pm

Tuesday 16<sup>th</sup> September Bengarth Site

Tuesday 21<sup>st</sup> October Orchard Site Tues-

day 18<sup>th</sup> November Bengarth Site Tues-

day 16<sup>th</sup> December Orchard Site

### Benefit support sessions at Belvue School



Every 2<sup>nd</sup> Friday of the month

9.15am to 12.15pm

Friday 12<sup>th</sup> September

Friday 10<sup>th</sup> October

Friday 14<sup>th</sup> November

Friday 12<sup>th</sup> December

### Benefit support sessions at Springhallow School



On these Wednesdays from 9.30am to  
12.30pm at the main school site

Wednesday 17<sup>th</sup> September

Wednesday 22<sup>nd</sup> October

Wednesday 19<sup>th</sup> November

Wednesday 17<sup>th</sup> December

### South Acton Children Centre

On these Thursdays from 10am to 1pm



Thursday 11<sup>th</sup> September

Thursday 9<sup>th</sup> October

Thursday 13<sup>th</sup> November

Thursday 11<sup>th</sup> December



Funded by  
UK Government



## Additional projects and support:

### **Early Years Drop in Sessions in Greenford and Hanwell**

Information, advice and support for parents of children under 5 with additional needs with questions around their children's needs and health services at

**Greenford Library, 23 Oldfield Lane South, Greenford UB6 9LG**

**Time: Every Friday morning during term time, 9am—11.30am**

*Please note that the main library is currently closed, you need to come to the side entrance on the right hand side of the building (follow the ramp).*

**Hanwell Community Centre, Westcott Crescent, W7 1PD**

**Time: Thursday 18th September 9.30am—11.30am**

**For questions, please email: [eyhealthdropin@contact.org.uk](mailto:eyhealthdropin@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 who supports us as a volunteer.)*

Please contact your allocated Family Worker or the team on:

[ealing@contact.org.uk](mailto:ealing@contact.org.uk) to book

### **Free Online Deep Rest Sessions with Leah Barnett:**

**Treat yourself to 40 minutes of complete relaxation being guided through it by Leah via zoom.**

**On Wednesday evenings via zoom at 9pm,**

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

# contact

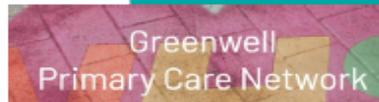
For families  
with disabled children

In Contact  
EALING



## Contact Ealing term time Early Years Drop in Sessions in Greenford Library, Fridays 9am—11am

No booking necessary!



### Healthy Start for Your Little Ones

Weekly Health Drop-in Sessions for Children Under 5's, For Parents/Carers



**Opening Hours:**  
🕒 9:00 am - 11:30 am  
📅 Every Friday in Greenford Library  
(Term time only)  
Oldfield Lane South,  
Greenford, UB6 9LG

If you have any questions, please contact us:

✉ [EYhealthdropin@contact.org.uk](mailto:EYhealthdropin@contact.org.uk)  
☎ Phone: 0208 8406870



### Our Services

including regular visits of specialists



• **Speech & Language Therapy:** Tips for supporting language development, signs of speech delays.



• **Oral Hygiene Specialist:** Dental best practices, making brushing fun.



• **Asthma Nurse:** Managing asthma, creating asthma-friendly environments.



• **SEND Family Workers:** Guidance for children with Special Educational Needs.  
• **Financial Support:** Help with child benefits and family schemes.



• **Education Support:** School admissions, extracurricular activities.

• **Digital Access Assistance:** Help with email setup and online services.

We are building a nurturing community together. Our volunteers are here to help you in: Arabic, Polish, Russian, French, Hindi, Punjabi, Urdu, and Tamil

contact For families with disabled children



## **Contact Ealing supporting Co-Production in Ealing: Working together with Ealing Local Authority and Health Services**

*We often get asked by Ealing SEND Service Leads as well as Health Leaders if we and the parents we support can contribute lived experiences to the Local Authority's and Health Services' self evaluation and service development. Whenever we have capacity and can support any co-production or parent engagement event, we will contact you to ask if you would like to join. We are always keen to hear from more parents who have never joined any co-production work or feel their voice has not been heard so far.*



### ***Do you want to know more about how you can help to improve services?***

*If yes, contact us on [ealing@contact.org.uk](mailto:ealing@contact.org.uk) to indicate which area of co-production work you would be most interested in. We are regularly asked to support meetings with professionals from Health, Education and Social Care services in Ealing and would love to enable more parents to contribute.*



### Information on our partners

We are sometimes asked who can support parents and carers once their child turns 25. We are happy to share information on the Ealing Carer Partnership, see details below. They will also attend our PfA event in November to introduce their services to parents:



# ARE YOU A CARER?

Looking after or helping someone?  
If yes, we offer FREE support, wellbeing activities, respite, life coaching & events

Call us: 0203 4759891  
Email: [info@ealingcarerspartnership.org](mailto:info@ealingcarerspartnership.org)

[www.ealingcarerspartnership.org](http://www.ealingcarerspartnership.org)

