Contact Ealing office newsletter: February 2019

Contact would like to wish everyone a Happy New Year and a warm welcome to 2019.

Contact Ealing is back with more workshops, support group sessions and events in 2019.

Contact is a charity for families with disabled children. We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed. Therefore, we support families with the best possible guidance and information by bringing families together to support each other and to campaign, volunteer and fundraise to improve life for themselves and others.

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Our helpline

- Freephone: 0808 808 3555 9.30 a.m - 5:00 p.m. Monday-Friday; free from UK landlines and UK mobiles (Answer within five rings)
- Facebook: facebook.com/contactfamilies (Response within two working days)
- Twitter: @contactfamilies (Response within two working days)
- Email: helpline@contact.org.uk (Response within 10 working days)
Meet the team!

Helen Jackson
Helen.Jackson@contact.org.uk
Manager, available Mon—Fri 9:00 to 16:30

Olivia Germaine
Olivia.Germaine@contact.org.uk
Family Support Worker, available Mon–Fri 9:30 to 16:00

Bharati Limbu
Bharati.Limbu@contact.org.uk
Parent Advisor and inclusion co-ordinator, available Mon-Thur 9:30 to 15:30

Christmas Party Event

Our Christmas Party for children and families was a success and it was made possible by our staff, volunteers and steering committee members who helped with the planning and preparation and in addition by working on the day of the event. We would also like to thank Stephanie Armstrong for being our helper on the day!

Want to book an appointment?

If you would like to book an appointment to seek advice, information or need support filling in an application form, then please contact the Southall office on 020 8571 6381 or contact us by email at: Ealing@contact.org.uk

Should you no longer need or are unable to attend the appointment then please get in touch as soon as possible so this appointment can be offered to another family. We may be able to reschedule your appointment providing you contact us to arrange this. Please note if you are later than 15 minutes, we may provide the next family waiting with the appointment.

For all other enquires relating to trips, events and workshops then please contact Bharati Limbu directly Bharati.limbu@contact.org.uk

Please email or call us if you wish to join our steering committee. If you leave a message, please allow up to 2 working days for a response.

Newsletter Publications

Our Contact Ealing newsletter is available via email. Therefore, if you haven’t already told us your email address, please call our office at 020 8571 6381 or email us at Ealing@contact.org.uk to update your email address and ensure you receive your copy of the newsletter.
News and Information

Early Start Ealing

Early Start Ealing is a holistic integrated service for families in Ealing – pregnant mums, expectant dads, parents, babies and children and young people; bringing together workers from children’s centres, early years, health and other specialist services.

**Early Start Ealing teams include:** Health visitors, Community nursery nurses, Speech and language therapist, Early Start Workers and Early Start SEND workers, School nursing teams and Social workers

Early Start teams deliver services, from the home, from Ealing’s networks of children’s centres and community bases.

Help at Home – Early Start Ealing may be able to offer more targeted support at home with your child’s health and development (behaviour, learning, sleep, toileting, routines) particularly if your child is making less than expected progress. Your local children’s centre can talk to you about accessing universal services and referrals into Early Start Ealing.

Contact Details for Early Start Ealing: Ealing, Southall & West Ealing Team 020 3313 7848

**Ealing’s SEND Local Offer**

Contact Ealing would like to share with parents information regarding Ealing’s SEND Local Offer. We are promoting this information on behalf of Ealing Local Authority.

**Ealing’s SEND Local Offer**

www.ealinglocaloffer.org.uk

The SEND Local Offer website is for children, young people and families living with Special Educational Needs and / or Disability. It’s everything you need to know about local services and provision; including:

- Early Years and childcare
- Links to SEND provision within all schools
- Education, Health & Care (EHC) Assessments & Plans
- Health services
- Leisure activities
- Social care services, including short breaks
- Travel assistance
- Money and benefits
- Preparing for Adulthood (for ages 14-25)

The Local Offer website is continuously undergoing development to ensure it responds well to the needs of the families that use it. You can help us get it right, by giving feedback and responding to consultation opportunities; which we promote on the website and our Facebook page **Enable Ealing Families.**

www.facebook.com/enableealingfamilies
Workshops and Support Groups

Our support group sessions for parents are free of charge, however, we welcome contributions from parents. Any amount would be gratefully received and will be used towards the cost of guest speakers and refreshments for the workshops and support groups. Booking is required and spaces are limited. Spaces will be given on a first come, first served basis. Please call our Southall office to book your place at 020 8571 6381.

**Carer’s Support Group**

Venue: Contact Ealing Southall Office
Address: St. Georges Community Centre, 8-12 Lancaster Road, Southall, UB1 1NW
Times: From 10:00a.m. to 12:00 p.m.
Dates and Topics:
Thursday, 7th February 2019 - Sleep by Mark Brown
Thursday, 7th March 2019 State Pension
by Colin Morris from the Department of Work and Pensions

**Autism Support Group**

Joely Colmer is a young woman with Autistic Spectrum Condition who has written a best selling book called “My Fairy Jam Jar”. Joely has provided presentations as part of our Autism Support Group which have been very popular and well attended by parents. You will have the opportunity to purchase Joely’s bestselling book at our workshops!

Here’s what our parents had to say following Joely’s workshop:

“I’ve gained an insight to my daughter’s world”
“I’ve learned how my child feels during a meltdown.”
“I’ve learned how to help and support my child during a meltdown.”

**Autism Support Group Events with Joely Colmer**

Venue: Contact Ealing Southall Office
Address: St. Georges Community Centre, 8-12 Lancaster Road, Southall UB1 1NW.
Times: From 10:30a.m. to 12:30 p.m.
Dates and Topics:
Friday, 15th February 2019 - Hidden Gifts
Friday, 15th March 2019 - Hidden Hardships
Early Years Support Group - For parents with children under 5 years old with special additional needs

Venue: Greenfields Children Centre
Address: Greenfields Children’s Centre, Recreation Road, Southall, UB2 5PF

Times: From 12:30 p.m. to 14:30 p.m.

Dates and Topics:
Tuesday, 29th January 2019 - Sensory Issues
Tuesday, 26th February 2019 - Healthy Eating
Tuesday, 26th March 2019 - An Introduction to Education, Health and Care Plans
Tuesday, 30th April 2019 - Toilet Training for Children with Additional Needs

Half Term Event

Date: Wednesday 20th February 2019

This February half term, we will be visiting the Ceramics Café in West Ealing. Join us for a fun 2 hour creative session with lots of painting.

Spaces are limited so please book ASAP.

Parents will need to make their own transport arrangements to and from the Ceramics Cafe and remain with their children during the session activities. We will be arranging two sessions on this day and session times will be confirmed after your booking has been made. Limited free street parking is available.

♦ Address: Ceramics Café, 6 Argyle Road, West Ealing, London W13 8AB
♦ Cost per child £3
♦ Session 1. Times From 10:00a.m. to 12:00 p.m.
♦ Session 2. Times From 13:00 to 15:00p.m.

By bus: From Southall 427 and 207 bus Stop: Dean Gardens Bedford Road
        From Ealing 427/207/483 Bus Stop: Northfield Avenue and E7/E11 Bus Stop: West Ealing

By train: TFL train to West Ealing Station

Please note, ceramics are displayed in ceramic café and therefore, children must be supervised at all times.
If you wish to attend, please read the terms and conditions carefully and fill in the booking form.

The booking form and payment need to reach us by Friday, 15th of February 2019! Spaces will be given on a first come, first served basis. We are unable to reserve spaces without the booking form and payment. Contact staff will confirm your booking by contacting you by telephone or email following your payment.

Terms and Conditions

These trips are for Contact Ealing registered members. Please send your payment with your form. We will notify you if you have a place at any of our events. Extended family and friends (non registered members) may attend only if there are spaces. Priority will be given to parents/carers and their disabled children.

If you are unable to attend any of the events you have paid for, please let us know as soon as possible so that we can offer your place to another family.

Parents and carers are responsible for their children at all times. Families should be prepared for events and accidents and bring appropriate/spare clothing, footwear for their child. Parents will also be responsible for providing their child with refreshments.

By filling out your details on the booking form, you understand and agree to your details being entered onto the Contact database. Your personal data will be held and used in accordance with the Data Protection Act 1998 and GDPR, and will not be shared with any third parties for commercial use. It will only be used by Contact for the purpose of informing you about news, information and events. Normally we will contact you by email however we may also contact you in writing. We would also like to contact you occasionally, by post or email and text message about opportunities with Contact to support families of disabled children. This could include information about our campaigns and fundraising. We won’t overwhelm you with lots of information that you don’t want. If you are happy for us to do this please tick the box below.

☐ I am happy to be contacted about campaigns and fundraising

You can amend or remove your details or change how we contact you whenever you wish by contacting Contact at Ealing@contact.org.uk
Booking Form For Families

Please fully complete this form, sign and return to Contact Ealing, St Georges Community Centre, 8-12 Lancaster Road, Southall UB1 1NW by Friday, 15th February 2018. Payment will be collected same time to confirm your allocation of space.

Name of parent attending the trip:_____________________________________________________________

Second parent/Carer, if attending:______________________________________________________________

Full address: _______________________________________________________________________________

Postcode: __________________________________ Email: __________________________________________

Home tel: __________________________________ Mobile: _________________________________________

Religion _________________________Language: ______________________Ethnicity :____________________

Are there any wheelchair users attending these event? ____________

Do you require the help/assistance of our volunteers during the event?__________

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<tr>
<th>Name of your child/sibling</th>
<th>Gender</th>
<th>DOB/Age</th>
<th>Disability if any</th>
<th>School</th>
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Please note you will have to make your own way to the Ceramics Café.

I agree to abide by the rules/terms and conditions set out for trips by Contact Ealing, venues and transport and I will be responsible for my children’s safety at all times.

Signed: …………………………………………… Date ……………………………

Photo consent (optional) I hereby authorise Contact Ealing to use any photos taken of me and my family at this event for Contact a Family publications.

Signature: …………………………………………… Date ……………………………
Main Carer’s Name: ____________________________
Signature: ____________________________ (verbal consent can be given if GDPR statements have been read)
Date: ____________
Mobile number: ____________________________
Home number: ____________________________
Email: ____________________________
Full address: ____________________________
What support group would you like to join with us?
Autism support group □
Carer’s support group □
Early years support group □
Date of Birth of main carer: ____________
Nationality: ____________________________
Ethnicity: ____________________________
Religion: ____________________________
Language: ____________________________
Marital status: □Divorced □Married □Separated □ Single □Widowed

PART TWO – INFORMATION ABOUT YOUR CHILD/REN (please continue on a separate piece of paper if necessary)

Full Name of child: ____________________________
Date of Birth: ____________
Disability: ____________________________
Full Name of child: ____________________________
Date of Birth: ____________
Disability: ____________________________
Full Name of child: ____________________________
Date of Birth: ____________
Disability: ____________________________

PART FIVE: PRIVACY NOTICE

At Contact we are committed to protecting your privacy. Whenever you share personal data with us we aim to be clear with you, and not to do anything with your data that you wouldn’t reasonably expect us to do. We will never sell your personal data to other organisations and will only ever share it in appropriate, legal or exceptional circumstances. We will only send e-newsletter and marketing communications to those that have explicitly stated that they are happy for us to do so via their preferred channel(s) (e.g. email, SMS, phone) or where we have a legitimate interest reason for doing so. These communications include information about Contact’s services supporting families with disabled children, and offers and information about how you can become involved, including fundraising, campaigning and volunteering. [https://contact.org.uk/privacy](https://contact.org.uk/privacy)

ARE YOU HAPPY FOR US TO GET IN TOUCH WITH YOU?
By email □ By post □ By phone □ By SMS □

WHAT WOULD YOU LIKE TO RECEIVE FROM US? Tick the box selecting what you would like to receive from us:

Campaign updates about opportunities to take action on the big issues facing families □ (email only)
Fundraising updates about opportunities to support our work □

Office Use Only:
Discussed Privacy Notice □
Consent Recorded □
Entered on Database □
Groupcall registered □