Welcome

Contact Ealing Office Newsletter October 2019

Address: Contact Ealing, St. George’s Community Centre,
8-12 Lancaster Road, Southall, UB1 1NW.
Telephone: 020 8571 6381 Email: ealing@contact.org.uk

In this edition of our newsletter we have included details of our October Half-term Bowling Trip for families and our Seasonal Party in December celebrating Contact’s 40th Birthday.

We have also included information about our Carers Support Group and Early Years Support Group workshops/activities and much, much more…. Last but not least, why not take a look at Fledglings which is our online shop which is full of aids and equipment designed to make life a little bit easier and more fulfilling for you and your child.

Our helpline

- Freephone: 0808 808 3555
  9.30 a.m. - 5:00 p.m. Monday-Friday; free from UK landlines and UK mobiles
- 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)
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2. Contact Ealing Summer Trips 2019
3. Contact Ealing Advice and Information Drop In Sessions
4. October Half Term Trip 2019 and Party in December 2019
5. Contact Ealing Workshops, Classes and Support Groups
6. European Union Settlement Scheme
7. Ealing Parent/Carer Forum
8. Fledglings

Meet the Team

Satvir Birk
Parent Advisor/Inclusion Coordinator

Warda Mohamed
Family Worker

Alamara Awan
Family Worker

Suraj Singh
Pilates/Fitness Instructor and Volunteer

Helen Jackson
Manager

Haram Ahmed
Volunteer
Summer Holiday Family Outings/Trips 2019

We had a great Summer with you this year and we really enjoyed meeting many of you for the first time. Contact Ealing provided 7 Family outings/trips during the Summer Holiday period and all were well attended and enjoyed.

**Bournemouth Beach—28th August 2019**

Here are some of the things you said:-

“Everything went well and nothing could have been done better. I felt happy and relaxed and all the family had a lovely day out at the sea side.”

“My kids enjoyed it so much, it was so much fun”

“It was good for me and my family as it is a bit hard to drive for that length of time with special needs kids. The staff were helpful”

**Thames Valley Adventure Playground—31st July 2019**

“The whole day went well. The kids really enjoyed all the activities. The sensory room was very good.”

“The children enjoyed the splash area and go carting. The weather was lovely and we had a good time”.
Do you require 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 by telephone on 020 8571 6381. Please ask for Warda Mohamed or Alamara Awan to arrange an appointment. You can also contact us by email at:

ealing@contact.org.uk

Drop In Advice Sessions (no need for an appointment)

If you need advice quickly and don’t have time to make an appointment come and visit us at our Contact Ealing Office in Southall on the below dates and times:

Tuesday 5th November - Times From 10:00a.m. To: 12:00p.m.
Tuesday 19th November - Times From 10:00a.m. To: 12:00p.m.
Monday 16th December -Times From 10:00a.m. To: 12:00p.m.
Thursday 23rd January (2020)-Times From 12:00p.m. To: 2:00p.m.

We will also be holding an Information and Advice Drop in Session at the Greenfields Nursery School and Children’s Centre,

Address: Recreation Road, Southall, UB2 5PF.

Date: Thursday 31st October 2019
Time: From: 9.30 a.m. To 11.30 a.m.

Refreshments will be available.
Half Term Event

This October Half term, we will be Bowling at Airport Bowl Heathrow

Date: Tuesday 22nd October 2019

Times From 11:00a.m. to 1:00p.m.

Address : Airport Bowl Heathrow, Bath Road, Harlington, Middlesex, UB3 5AL.

Cost: £3:00 per child.

Travel: parents will need to make their own transport arrangements to and from Airport Bowl Heathrow

Spaces are limited so please book as soon as possible by contacting Satvir Birk on 020 8571 6381

Party in December

We would like to invite you to a Party in celebration of Contact’s 40th birthday and Christmas seasonal greetings. There will be a DJ, music and dancing, party food, children’s entertainment (including Santa) and presents.

Date: Saturday 7th December 2019

Times: 12:00p.m. to 4:00p.m.

Venue: St Georges Community Centre, 8-12 Lancaster Road, Southall, UB1 1NW.

Cost: £3:00 per family

Book as soon as possible by contacting Satvir Birk on 020 8571 6381 or email us at: ealing@contact.org.

Please kindly note our trips and events are correct at the time of publishing. There may be minimal changes to some details.

Thank you. Contact Team
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.

You can amend or remove your details or change how we contact you whenever you wish by contacting Contact at: ealing@contact.org.uk

Online Payments:
We accept online payments via our just giving page.
https://www.justgiving.com/fundraising/Contact-Ealing

Please leave your full name and the amount you have donated
This money will then be transferred to the Ealing Office Office.
Booking Form – October Airport Bowling Trip & December Party

Please fully complete this form, sign and return to Contact Ealing, St Georges Community Centre, 8-12 Lancaster Road, Southall UB1 1NW or email at: ealing@contact.org.uk.

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 trips? ____________

Do you require the help/assistance of our volunteers during the events? ____________

Total number of people attending trips ____________

Please indicate if you require coach transport on the day ( Y / N )

Please complete this booking form (for bowling trip) and return back to the Southall office by 21/10/2019.

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<thead>
<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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### October Half Term Trip-Bowling and Party in December 2019

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<th>Where</th>
<th>Date and Times</th>
<th>Cost</th>
<th>Please Tick your choice</th>
<th>Travel arrangements</th>
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<tr>
<td>Airport Bowl-Heathrow</td>
<td>Tuesday 22nd October 2019</td>
<td>£3 per child</td>
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<td>Please meet us at venue as no transport is provided.</td>
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<td>Address: Bath Road,</td>
<td>11.00a.m. to 1:00p.m. (Meet at 10.45a.m.)</td>
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<td>Harlington, Middlesex,</td>
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<tr>
<td>Party in December</td>
<td>Saturday 7th December 2019</td>
<td>£3 per family</td>
<td></td>
<td>Please meet us at venue as no transport is provided.</td>
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<tr>
<td>(Contact’s 40th Birthday)</td>
<td>From: 12:00p.m. To: 4:00p.m.</td>
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<td>Address: St Georges</td>
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<td>Community Centre,</td>
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<td>8-12 Lancaster Road,</td>
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<td>Southall, UB1 1NW.</td>
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### Have Your Say

**Why not join our Contact Ealing Steering Group**

At Contact Ealing those of you who are registered as our parents or carers can help make decisions such as which activities/trips, workshops and events you would like us to organise for you and your children/young people.

Our Steering Group Meetings take place approximately every 6 weeks and are held at our Southall Office. Times will be from 10:00a.m. to 12:00p.m. and refreshments will be available. The dates for the next meetings are as follows:

- **Monday 4th November 2019**
- **Monday 2nd December 2019**

We do seek your views by asking you to complete the trip/event and workshop evaluation forms so that we can plan the things that you would like and feel are important for you and your family but there is nothing like meeting you in person and listening to your views and ideas.

If you would like to attend the meetings please contact us by telephone or email to confirm that you will be attending.

**Telephone:** 020 8571 6381  **Email:** ealing@contact.org.uk
Carers Support Group Sessions - Venue: Contact Ealing (Southall Office)

Would you like to find out about benefit entitlements? If you would like to know more then why not join us by attending our Carers Support Group Sessions. Contact Satvir Birk on 020 8571 6381 to book your place or email us at ealing@contact.org.uk

Benefits & Advice Workshop
Date: Thursday 17th October 2019
Times From 10:00a.m. to 1:00p.m.
Venue: Contact Ealing, Southall Office
Workshop Content: A workshop for parents regarding benefits you may be entitled to and how to claim. We will cover the following: Tax credits, income support, DLA/PIP, Carers Allowance and Universal Credit.

Presenter: Alaina Dingwall

Building Independence for the Future Workshop
Date: Thursday 7th November 2019
Times From 10:00a.m. to 1:00p.m.
Venue: Contact Ealing, Southall Office
Workshop Content: A workshop for parents of young people aged 13+ years who want to know more about how to support their young person into adulthood - discussing topics like fears, daily living, travel and the importance of support networks. Parents of younger age children are welcome to attend.

Presenter: Alaina Dingwall

English as a Second Overseas Language (ESOL) Classes
Times from 10:00a.m. to 12:00p.m.

Would you like to develop your English spoken and written language skills in a small and friendly environment? If yes, then why not join us and attend our ESOL classes. These are free for our registered Contact Ealing members.

ESOL classes will be held on Wednesdays (except during school half term periods)

Venue: Contact Ealing office in Southall.

These will begin from Wednesday 11th September 2019, there will be x12 ESOL classes as part of a course. Certificates will be provided for parents who are able to complete the course. Dates now as follows: 9th October, 16th October, 6th November, 13th November, 20th November, 27th November, 04th December.

Places still available so why not come and join in?

The ESOL classes will be delivered by the Adult Community Development Academy Skills

ACDA Skills Training
ADULT & COMMUNITY DEVELOPMENT ACADEMY
European Union (EU) Settlement Scheme – An Update

The European Union Settlement Scheme (EUSS) is being introduced because after Brexit the UK will no longer be a country within the European Union. This means that people from other European Union countries living and working in the UK will not legally be allowed to stay here without applying successfully through the scheme.

Where to go for help?

West London Equality Centre and Ealing Community Voluntary Service run the EUSS support service for Ealing and Hounslow.

Email: EUSS@WLEC.NET Telephone: 08000 564745

The Government website for further information is below:

https://www.gov.uk/settled-status-eu-citizens-families

Home Office Support Resolution Centre 0300 123 7379

For people with a hearing impairment text the word “VISA” to 07537 416 944

Pilates Classes

Would you like to have some time to relax and get some gentle exercise? Then why not join us for Pilates classes with Suraj who is our qualified Pilates and fitness instructor. Dates, times and venue details are below:

Tuesday 29th October 2019 and Tuesday 5th November 2019

From: 10.00am To: 12:00pm

Venue: Jasmine Community Centre, Lancaster Road, Southall, Middlesex, UB1 1NR.

Class content
1. Posture improvement and correct way of movement in day to day life (Biomechanics)
2. Correct alignment of body
3. Common back, neck, shudder pain problems
4. Nutrition
5. Break down of exercises which can be done at home
6. Muscle toning, strength
7. Improvement, mobility, flexibility and stretching

(A Limited number of mats will be available so if you can bring your own mat this would be welcome.)

To book your place call Satvir Birk on 020 8571 6381 or email us at: ealing@contact.org.uk

Suraj holds Pilates classes privately so if you are interested you can email him on singh.sid91@gmail.com or contact him by telephone on 07850 454209

The Social Communication Assessment Pathway - An Assessment of Autism in Ealing

Do you have a child under 5 years and want to know about the assessment process for a diagnosis of Autism in Ealing. If you do then we have the NHS Speech and Language Therapy Service providing information about this for you as part of our Early Years Support Group. Dates, times and venue information below

Tuesday 12th November 2019
Times From: 12.30p.m. To: 2:30p.m.

Venue: Greenfields Nursery School and Children’s Centre, Recreation Road, Southall, UB2 5PF.

To book your place call Satvir Birk on 020 8571 6381 or email us at: ealing@contact.org.uk
The Ealing Parent Carer Forum is an independent group of just over 1,000 parents and carers of children and young people with special educational needs and disabilities in Ealing.

They organise regular information events for parents and carers and keep you up to date with everything in the Ealing SEND world.

Their purpose is to give parents a voice in influencing Ealing’s special needs services. Their membership is free, you can join them by emailing info@epcf.org.uk

These are their information & support events for parents and carers, Autumn Term 2019:

**October:**

15\textsuperscript{th} October 2019: Drop-In Session on **Free Health Checks for children and young people over 14 years old with Learning Difficulties**, 10am at Ealing Central Library, Ealing Broadway Shopping Centre, upstairs meeting room (lift available)

**November:**

15\textsuperscript{th} November 2019 (all day workshop, but possible to attend just half a day): Workshop on **Challenging Behaviour** (Mark Brown, 10am) followed by lunch and separate workshops at 1pm on PDA, Sensory Integration and ADHD, St Andrews Church Centre, Mount Park Road, Ealing W5 2RS

**December:**

6\textsuperscript{th} December 2019: Social with EPCF partners, Lido Centre, 10am

17\textsuperscript{th} December 2019: Information session (jointly with CONTACT) on **Money Matters (DLA, PIP, grants etc)**, 10am at Lido Centre, 63 Mattock Lane, W13 9LA.

**EPCF Representation and Participation opportunities autumn 2019**

22 November EPCF Forum Meeting and AGM, Lido Centre 10am
Termly meetings of the SEN support in mainstream schools group (please contact them on info@epcf.org.uk if you would like to join)
Other individual work, please email them for details
Fledglings – Contact’s new online shop

With over 450 practical products to choose from. Now open for business, our online shop is full of aids and equipment designed to make life a little bit easier and more fulfilling for you and your child. This includes our best sellers like swimwear and accessories, cutlery, continence products, toys and learning resources - all of which have been specifically designed for children with a disability or special educational need.

The website address is: www.fledglings.org.uk

Contact Website

www.contact.org.uk

To help parents find the advice they need quickly and easily please take a look at our Contact website. We have the following tools on the website which you may find useful.

**Our Common Questions tool** which will help guide you through our online education and learning information (and benefits, grants and money from 6 April) Turn2us

**Online benefits calculator**, offering independent information on benefits and other financial help you might be entitled to as a parent of a disabled child

**Turn2us online grants finder** to find out if your family can apply for a charity grant

**Live Chat** from our website helps you find information on your rights to services and support

Our library of podcasts available on our website

Keep up to date with the latest developments by signing up to our [What’s New e-newsletter](#) including details of online Q&A sessions focussing on key issues and concerns with tips and advice
Contact Ealing Dates to Remember 2019

* **October Half Term Family Trip**
> **Date:** Tuesday 22\(^{nd}\) October - Airport Bowl (Bowling) Times From 10:45a.m. to 1:00p.m.

* **Drop In Advice Sessions**
> **Date:** Tuesday 5\(^{th}\) November – Contact Ealing (Southall Office)
  Times From: 10:00a.m. To: 12:00p.m
> **Date:** Tuesday 19\(^{th}\) November - Southall Ealing (Southall Office)
  Times From: 10:00a.m. To:12:00p.m
> **Date:** Thursday 31\(^{st}\) October - Greenfields Nursery School and Children’s Centre
  Times From: 9.30a.m. To 11.30 a.m.

* **Pilates Classes (Carers Support Group)**
> **Date:** Tuesday 29\(^{th}\) October - Jasmine Community Centre
  Times From: 10.00a.m. To 12:00pm
> **Date:** Tuesday 5\(^{th}\) November - Jasmine Community Centre
  Times From: 10.00 a.m. To 12:00pm

* **Social Communication Assessment Pathway - An Assessment of Autism in Ealing (Early Years Support Group)**
> **Date:** Tuesday 12\(^{th}\) November 2019 - Greenfields Nursery School and Children’s Centre
  Times From: 12.30p.m. To: 2:30p.m.

**Benefits & Advice Workshop (Cares Support Group)**
> **Date:** Thursday 17\(^{th}\) October - Contact Ealing (Southall Office)
  Times From 10:00a.m. to 1:00p.m.

**Building Independence for the Future Workshop (Carers Support Group)**
> **Date:** Thursday 7\(^{th}\) November 2019 - Contact Ealing (Southall Office)
  Times From 10:00a.m. to 1:00p.m.
Please only fill this registration form if you haven’t registered with us yet or would like to update your details.

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<th>Main Carer’s Name:</th>
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<tr>
<td>Signature:</td>
<td>Home number:</td>
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<td>(verbal consent can be given if GDPR statements have been read)</td>
<td>Email:</td>
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<th>Date:</th>
<th>Full address:</th>
<th>What support group would you like to join with us?</th>
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<td>Carer’s support group □ Early years support group □</td>
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<td>Divorced</td>
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**PART TWO – INFORMATION ABOUT YOUR CHILD/REN (please continue on a separate piece of paper if necessary)**

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**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 □