Our Chief Executive, Srabani Sen, awarded an OBE

Everyone at Contact a Family is delighted that our Chief Executive, Srabani Sen, has been awarded an OBE for services to children and families in the Queen's birthday honours list published on Saturday 15 June.

Commenting on Srabani's award, Chair of Contact a Family, Paul Streets said: "We are delighted at the news of this well deserved honour. Srabani is incredibly passionate about Contact a Family and the work it does supporting families with disabled children. It has been a great few years of achievement for Contact a Family.

"Under Srabani's leadership, the charity has become a real force for change, helping families with disabled children across the UK overcome the barriers they face and raising awareness of the issues that affect them.

"Trustees and staff are all very proud that the work she does leading this unique charity has been recognised."

Srabani said: "This award really belongs to all the staff, volunteers and Trustees of Contact a Family, who do such fantastic work. Hopefully it will also help put the spotlight on the lives of disabled children and their families."

Srabani has been Chief Executive of Contact a Family since 2008. She is also a board member of ACEVO (Association of Chief Executives of Voluntary Organisations) and the Every Disabled Child Matters alliance. She is a member of the co-ordinating committee of the End Child Poverty campaign and was recently a commissioner on the Big Society Commission. She currently sits on the Department for Education’s National Advisory Group for disabled children.

Before joining Contact a Family, Srabani was Chief Executive of Alcohol Concern.
Hello everyone, welcome to our last newsletter of 2013.

Summer has been interesting as ever with various events and trips. Thanks to our funders, London Borough of Ealing (Short breaks & Summer holiday grant), Help a Capital Child, Awards for All and John Lyons.

Our recent service consultation had 67 participating parents/carers and 16 professionals across the Ealing borough. Massive thanks to all of you for your support and overwhelmingly positive feedback.

I’m also delighted to let you know that the Ealing and Southall project has received funding from Sport England for running sport training sessions for disabled children aged 14+ years and their families, including siblings and parents/carers. We have also secured funding from Heathrow community grant for running awareness raising sessions in various Children’s centres in the Ealing. These sessions will commence from January 2014.

Another interesting activity to share. I took a personal challenge with other shipmates to row 21 miles down the River Thames on 7 September to raise funds for Contact a Family to support families of disabled children. It was an amazing experience and I’m pleased to share that team was supported massively by friends, families and donors. Thanks to everyone!

Last but not least, there is a lot you will find in this issue. So please take time to read it thoroughly to learn about upcoming BFI IMAX trip, sports training sessions, Christmas party, Carers group, Parent support group, Autism group and ADHD group.

Asha Yadav

First aid training for parent/carers

We will be running a first aid training course for all parents in January next year. This is very essential for you to learn and is being run because of huge demand. The first aid training will also help parents and carers control their emotions during a highly stressful and critical situation, so they can make a difference in promoting recovery and possibly saving a life.

**When:** 23 January 2014 - from 10:30 till 1:30pm  
**Where:** Southall Office  
**Cost:** £2 per person  

Tea/coffee and light snacks will be available on the day.

Essential First Aid training-all ages (adults, children & infants) It covers:
- communication and casualty care
- primary survey (how to assess the casualty)
- unconsciousness (recovery position)
- choking
- bleeding
- chest pains
- casualty not breathing (CPR).

To book your place please call Yasmin on 020 8571 6400. For working parents we can run another session on a Saturday morning if you let us know.
Summer trips update
Another summer is now well behind us but what a fun-filled summer it was. We had lovely weather with trips to Brighton and Southend seaside, Kew gardens, London Duck tour bus and London eye, sports fun sessions and cookery sessions. It is so rewarding to see families enjoying themselves, meeting new friends, socialising and having a break from their normal daily routine. Most of these trips were attended by around 100 people and wheelchair accessible coaches were provided.

We had also arranged for volunteers to assist parent/carers who had requested help which was very much appreciated, as this gave them a chance to relax and enjoy themselves.

We would like to thank all our volunteers who have been supporting us regularly in the office and during the events, even if only once. With their help we are able to run the service we provide very smoothly.

Upcoming events
Now that autumn is upon us we have been busy planning further activities and outings so do read on to find out more about the upcoming events:

- A trip to Imax Cinema, watching the movie ‘Thor: The Dark World’ during the October half term break on 1 November.
- Our famous Christmas Party on Saturday 7 December at Featherstone Sports Centre, Southall.
- New classes : Yoga, Dance and Tae kwon-do organised for everyone in the family aged 14 and over at Featherstone Sports centre starting November.
- Autism and ADHD groups starting 1 October at Lido Centre, Ealing office
- Carers Group at the Southall office
- First aid training for parent/carers in 23 January 2014

Please find enclosed information for all the above events and ensure the booking forms are completed and returned back to the Southall office on time with your payment.

Christmas Closure
Our office will be closed during the Christmas period from Friday 20 December 2013 and will reopen on Monday 6 January 2014 at the usual time of 9am.
Hello everyone, welcome to our October newsletter. I am sure everyone is well over the excitement of the summer holidays by now as it can be quite challenging keeping the children entertained.

**Drop-in sessions:** Our drop-in sessions will continue every Wednesday from 10am to 12pm. You are welcome to pop in without an appointment for a 15 minute slot on this day or alternatively we can offer you a one-to-one appointment for help with DLA forms, Blue Badge forms, Carers Allowance, or anything else to do with your child's condition. Please call the number above to book an appointment.

**First Aid Training:** This has been requested by many of you so you will be happy to know we will be running this on 23 January 2014. Please book as soon as possible as there are limited spaces. We may be able to another session on a Saturday for working parents, so please do let us know if you require a weekend session.

**Carers groups:** Our groups for parents (please see list below) run every other Thursday in term time only. So if you would like to join please call us on the number above so that we can add your name to our list and you will get a text reminder sent a few days before.

<table>
<thead>
<tr>
<th>Date</th>
<th>These groups are held at Southall office, St George's Community Centre, 8-12 Lancaster Road, Southall UB1 1NW</th>
<th>Fee</th>
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<tbody>
<tr>
<td>12 September</td>
<td>10:30am Alex Webber, Speaker from Continyou Come and learn about how Parent Partnership can help you with your child's educational needs 12:15pm Lunch</td>
<td>£2.00</td>
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<tr>
<td>26 September</td>
<td>10:30am Speaker Joanna Pavlides Benefit workshop on discretionary payments and crisis benefits 12:15pm Lunch</td>
<td>£2.00</td>
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<tr>
<td>10 October</td>
<td>Bowling and pizza at Park Royal Acton 11:00am meet at the office or make your own way to Park Royal Meet in Park Royal for 11:45am.</td>
<td>£2.00</td>
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<tr>
<td>24 October</td>
<td>10:15am Aromatherapy massage with Pammi Speaker Marianne Sherlock, Family Information Officer Updating everyone about services in Ealing</td>
<td>£2.00 Group</td>
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<td>£2.00 Massage</td>
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<td>7 November</td>
<td>10:30am Hazel Alexander from DWP Workshop on recent changes in welfare benefits</td>
<td>£2.00</td>
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<tr>
<td>21 November</td>
<td>10:30am Last Group this year: Christmas Celebrations Speaker Sharon Clarke from family fund Workshop on Family Fund grants &amp; update on recent changes Secret Santa fun: challenge is to buy a present for £1 and bring in wrapped ready to be exchange.</td>
<td>£2.00</td>
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<tr>
<td>23 January</td>
<td>First Aid Training (St John Ambulance) 10:15 am till 1:30pm (please do not be late and book in advance) Tea/coffee and light snacks provided</td>
<td>£2.00</td>
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<tr>
<td>13 February</td>
<td>To Be Confirmed</td>
<td>£2.00</td>
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Hello everyone and hope you have enjoyed the weather in the summer holidays. We are currently only working on Tuesdays at the Lido Centre. We are in the process of starting the Autism groups and the ADHD groups again which will be run by Yasmin. Please note these groups will be:

- new format, parent friendly, very informal, time for parents to chat amongst themselves informally and to exchange ideas with lunch included

Our Autism group is run especially for you! Without your support and attendance there will be no group as we need at least four parents to attend each session or we will have to cancel. Please support us to support you in making an effort to attend and see for yourself how we have changed the groups to make it more comfortable for you. We will be inviting speakers from 11am till 12:30pm. Afterwards we will give you an hour to talk about anything you want and share your experiences with other parents.

We want to hear more from you and run the groups the way you want, so please do not be shy in coming forward with your suggestions.

For all the newcomers we have a fantastic parent, Denise Braithwaite, who will be at the door to welcome you on your arrival so that you do not feel nervous about walking in alone. Please do feel free to contact Denise directly for more information on 07923 465 811.

**ICT support training**
We may be able to offer some beginner courses for parents who are on benefits some time in the early new year. These will be free or at low cost. So do watch this space!

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**These groups are held at Ealing office, Lido Centre, 63 Mattock Lane, West Ealing W13 9LA**

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<tr>
<th>Date</th>
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<td>1st October</td>
<td><strong>Autism Workshop</strong>: Stacey Sinclair from the national autistic society</td>
<td>£2.00</td>
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<td>Signing - Why should I learn if my child understands me?</td>
<td>Lunch Included</td>
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<td>Why sign when we can both speak?</td>
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<td>22nd October</td>
<td><strong>ADHD Workshop</strong>: Speaker-Wendy Smith</td>
<td>£2.00</td>
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<td>Come and learn how you can help your child with ADHD by understanding and accepting.</td>
<td>Lunch Included</td>
</tr>
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<td>19th November</td>
<td><strong>Autism Workshop</strong>: Dawn Clegg from Spring Hallow School</td>
<td>£2.00</td>
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<td>Behaviour management and challenges we face everyday with our children.</td>
<td>Lunch included</td>
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<td>21st January</td>
<td><strong>Autism Workshop</strong></td>
<td>£2.00</td>
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<td></td>
<td>To be confirmed</td>
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<tr>
<td>4th February</td>
<td><strong>ADHD</strong></td>
<td>£2.00</td>
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<td></td>
<td>To be confirmed</td>
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**Contact a Family Ealing & Southall**: 020 8571 6381 / 020 8571 6400 / 020 8280 2267
The government has increased the age to which all young people in England must continue in education or training, requiring them to continue until the end of the academic year in which they turn 17 from 2013 and until their 18th birthday from 2015.

Parents who are on a low income or unemployed and meet eligibility criteria may be eligible for 15 hours of free childcare. For more information, or to find out if you are eligible, please contact the Family Information Service on 020 8825 5588 or email children@ealing.gov.uk

On the 27 August 2013, Child and Adolescent Mental Health Services (CAMHS) moved to a new address: 1 Armstrong Way, Southall UB2 4SA

Join Inspector Roundel for an amazing travel adventure at the London Transport Museum.

Three SEN workshops available for all children with ASD and their families/carers

When: Sunday 29 September 2013 @ 9am to 11am
      Sunday 27 October 2013 @ 9am to 11am
      Sunday 17 November 2013 @ 9am to11am

Where: London Transport Museum, Covent Garden Piazza, London WC2E 7BB
Nearest tube: Covent Garden
Cost: All three events are FREE of charge. To book your free place or for more information please contact 020 7565 7298

Ealing Relationship Abuse Project (RAP)

Ealing Relationship Abuse Project is to provide support to children and young people aged 4-18 (up to 25 years for vulnerable adults) who are exposed to domestic abuse or who are affected by relationship abuse. For more information, please contact Marsha Mattis: 020 7259 2424 / marsha.mattis@vslondon.org

Women only information event at Greenford hall

This two day women only event on Tuesday 19 and Thursday 21 of November aims to:
- provide information about local support services, including various women and girls' groups/projects
- increase women's awareness and understanding of issues relating to safeguarding children and young people
- offer local women the opportunity to spend time in a women-only space and meet new people.

For further information please contact Karolina: Karolina@ealingcvs.org.uk

Contact a Family Ealing & Southall : 020 8571 6381 / 020 8571 6400 / 020 8280 2267
If you would like further information for any of the following issues on benefits and what this will mean to you and your family, please call

**Contact a Family’s freephone helpline on 0808 808 3555**

**Personal Independence Payment (PIP) is here.**
PIP is a new disability benefit that will be replacing Disability Living Allowance (DLA) for adult claimants. The government has recently laid new regulations (rules) which will delay the introduction of PIP for existing DLA claimants until the 28 October 2013. As a result of this change, young people on DLA who turn 16 on or after 28 October will have to claim Personal Independence Payment (PIP). Originally it had been intended that this would apply to young people turning 16 after the 6 October 2013.

**Benefit cap is introduced nationally**
Under the new benefit cap, the government will limit the total amount that an out-of-work family can receive in certain benefits. This will be £500 per week for couples and lone parents and £350 per week for single people. However, it is important to remember that you are exempt from the cap if you, your partner or a dependent child is getting DLA or PIP. This is another reason why families with a disabled child should consider claiming DLA if they have not already done so.

**Council Tax discounts for carers extended**
The government has extended eligibility for a Council Tax discount in England and Wales to those carers looking after someone living with them on DLA middle rate care, or any rate of the daily living component of PIP.

**Children in hospital and Motability cars**
The government has scrapped rules that allowed DLA mobility payments to continue in hospital indefinitely. However, they recently announced that Motability will delay recovering a car for a short period of up to 28 days after the DLA payments have stopped, and that Motability also has the discretion to defer the return of a car for a longer period on a ‘case-by-case basis’.

**‘Looked after’ children and Universal Credit**
Under Universal Credit, no payments will be made for a child who is living away from home and who has ‘looked after’ status. Parents who have a disabled child with looked after status and who is in either residential care or residential school can contact our freephone helpline for further advice about how this is likely to affect them.

**Further benefit cuts announced – keep in touch with Contact a Family**
In June’s spending round statement, the Chancellor announced further future benefit cuts. Families with a disabled child looking for advice on any aspect of the benefits system can call Contact a Family’s freephone helpline on 0808 808 3555, or look on our Facebook page.

**National Minimum Wage rise may be bad news for some carers**
Next month the National Minimum Wage (NMW) for those aged 21 and over will be increased from £6.19 to £6.31 per hour. Whilst this is good news for most low paid workers, it may cause problems for some parents on low earnings if they are claiming both Carer's Allowance and Working Tax Credit. If you think this will affect you, seek further advice urgently about whether there are any deductions that can be made from your earnings to help you retain carer's allowance. Call our freephone helpline on 0808 808 3555 for more information.
Thor: The Dark World

Friday 1 November 2013
Watch the movie at BFI Imax cinema London

Thor: The Dark World is an upcoming superhero film featuring the Marvel Comics character Thor, produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures.

Following the 'Avengers Assemble', 'Thor: The Dark World' finds Thor fighting to restore order across the cosmos, as a mysterious race led by the vengeful Malekith threatens to plunge the universe back into darkness.

If you would like to book a place for your family for the trip, please complete the attached booking form. We will inform you soon after the closing date if you have been allocated the requested places.

Charge for adults and carers £6, children under 14 £4

Southall coach pick up point
Parents to meet outside Southall office at 9am, coach departs at 9.15am

Ealing coach pick up point
Parents to meet outside St Andrew's Church, Ealing at 9am, coach departs at 9.15am

Return departure
For both Southall & Ealing coaches, meet up at 3.15pm, coach departs from London Imax at 3.30pm. Approximate arrival time back at the office 4.30pm.

Programme of the day:
9am Families to arrive at coach pickup points
10.30am approximate arrival time in London
   Free time
11.10am Meet up, back at drop off point
11.20am Walk down to Imax Cinema with the group
12noon Film performance for Thor the movie
   Running time to be confirmed
   (approximately 2hrs & 30mins)
3.15pm Board coach for return journey
4.30pm approximate arrival time back in office

Film information

To be released on 01/11/13
Genre: Action, Adventure, Fantasy
Cast members: Chris Hemsworth, Natalie Portman, Christopher Eccleston
Directed by: Alan Taylor
Language: English
To be certified: 12A

Contact a Family Ealing & Southall: 020 8571 6381 / 020 8571 6400 / 020 8280 2267
Yoga, dance & movement and Tae kwon-do classes

We are very excited to inform you that we have been funded by Sport England to run Yoga, dance & movement and Tae kwon-do classes at the Featherstone Sports Centre. These classes are for all family members aged 14 and over. Sport England is working to increase the number of people who play sport regularly and aims to make their lives better through sport.

Each activity will run for 12 weeks at a time, during the following months:
- November 2013 to February 2014
- February to May 2014
- May to July 2014

Please find the list dates for the first quarter in the attached booking form.

Yoga

Venue: Featherstone Sports Centre, Montague Waye, Southall UB2 5HF
When: Thursday evening, one hour from 7pm to 8pm
Cost: £12 per person for 12 classes

These classes are run by Featherstone Sports Centre, every week on a Thursday evening from 7pm to 8pm for 1 hour. Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. There's some evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains including lower back pain, depression and stress.

Dance and movement

Venue: Featherstone Sports Centre, Montague Waye, Southall UB2 5HF
When: Saturday morning, one hour from 11.30am to 12.30pm
Cost: £12 per person for 12 classes

These classes are run by an instructor Jarnail Singh who teaches Bhangra dance at the sports centre every Saturday 11.30am to 12.30pm for one hour. Dancing is an enjoyable way to be more physically active and stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits. Bhangra dancing is a traditional form of Indian folk dance performed in the Punjab region of India. The dance is characterized by fast beating, energetic music with strong percussion and colorful, playful dancing. The high energy of Bhangra dance is fun for all ages. Dancing has become such a popular way to be active and keep fit and has many health benefits.

Tae kwon-do

Venue: Featherstone Sports Centre, Montague Waye, Southall UB2 5HF
When: Saturday morning, one hour from 10.30am to 11.30am
Cost: £12 per person for 12 classes

These classes are run by an instructor Mr Khera at the sports centre from 10.30 to 11.30am every Saturday. Taekwon-do is a version of unarmed combat designed for self defence. It is the scientific use of the body for self defence, a body that gains the ultimate use of its faculties through intensive physical and mental training. Taekwon-do uses mental training and the techniques of unarmed combat for self defence as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the opponents.

If you would like to book a place for your family for any of the above classes then please complete the attached booking form. We will inform you after the closing date if you have been allocated the requested places.

Contact a Family Ealing & Southall: 020 8571 6381 / 020 8571 6400 / 020 8280 2267
Saturday 7 December 2013
Party starts at 12noon until 3pm
at Featherstone Sports Centre
11 Montague Waye, Southall, UB2 5HF

Included:
Children’s entertainment,
party games, disco,
Face Painting, Henna Art, Tombola,
Bouncy castle,
Guess the sweets in the jar competition,
Art and craft competition,
Father Christmas - Presents for all the children
Buffet Meal and refreshments
Family photos for just £5 (optional)

If you are interested in attending the party then please do complete the attached form and return this to the Southall office with payment, (cheque or cash) by Friday 15 November, as we need to arrange suitable presents for all the children attending the party.

Entrance Fee: Adults £3, Children up to 19 years £2

Staff contacts on the day:
Raj - 07946 357131 and Yasmin - 07580 302 936

PROGRAMME
12 pm Arrivals
Children’s entertainment
Disco
Face painting
Henna artist
Tombola
Bouncy Castle
Family portraits
Games and competitions

1.15pm Buffet Lunch
2pm Father Christmas

Ample parking available in the grounds of Featherstone High School.
These trips are for Contact a Family 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 members) may attend if there are spaces please contact the office, they will have to pay the full cost and cannot be guaranteed a place.

If you cannot come to 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 on the waiting list. Last minute cancellation refunds will only be available in case of emergencies and upon receipt of a doctors note.

Parents and carers are responsible for their children at all times. Parents and carers must be in a fit condition to care for their children; if we have reason to question this then we may ask an individual or a family to return home.

We can allocate a volunteer to assist the parent/carers who are traveling or attending the trip on their own, with their special needs child.

Families should be prepared for events, and bring appropriate clothing, footwear, spare money, bottled water, sun cream etc if appropriate. Families will be notified of any special requirements.

Under no circumstances will staff tolerate verbal or physical abuse from children, parents and carers or other relatives during family outings, or other activities organised by Contact a Family. The behaviour of children, parents and carers, or other relatives when attending an event or activity should not affect the health and safety or wellbeing of others.

Parents and carers will be responsible for any damage they or their children cause on an event or activity, either through negligence or deliberate action.

Under no circumstances will Contact a Family tolerate the consumption of alcoholic beverages whilst attending any events.

Please note that Contact a Family cannot be held responsible for any items that have been lost or stolen during an event or activity.

Under no circumstances will Contact a Family tolerate acts of criminal conduct of any kind and will report criminal activity if necessary. Under no circumstances should parents and carers behave in a way which could bring the organisation into disrepute.

Families attending events must abide by instructions issued by Contact a Family staff and, in addition, adhere to any specific instructions relating to hired transport, such as use of car seats or seatbelts on coaches, consumption of food and drink etc.

Contact a Family staff, and any organised transport, will not wait for families or individuals who are late and have been informed of the arrival and departure times. Any family running late must call the office to notify the staff by the arrival time stated in the newsletter.

Allocation of seats during our coach trips: front seats are to be kept free for families whose children have mobility problems and the back seats near the tail lift for those whose children are in wheelchairs.

To avoid any problems on return journey families must sit in the same seats as on the outward journey. On return journey the coach cannot stop for individual drop off points. Travel sickness may occur, please ensure you have plastic bags handy, in case your child is travel sick.

Parents and carers with younger children are solely responsible for providing suitable car seats for their children. Parents and carers are responsible for ensuring seat belts are used on any transport provided. Coach companies do not provide booster seats and are not liable in respect to the safety of the child.

Please note failure to adhere to the above could result in you and your family being sent home from the event and you incurring the transport costs.

Please sign the attached booking form; agreeing to the conditions above set out by Contact a Family, and for the responsibility of your children’s safety at all times.
# About Contact a Family

Across the UK, a child is diagnosed with a severe disability every 25 minutes. While some children need hospital care, 98% of disabled children live at home with parents or other family member who may not have expected to be in this position, but who quickly has to become an expert.

When parents find out their child is disabled, they feel isolated and alone, usually because they don’t know anyone else facing the same problems. They want contact with another family that has been through a similar experience and they want information about their child’s disability.

Contact a Family is the only UK-wide charity providing advice, information and support to the parents of all disabled children, no matter what their disability or health condition. We also enable parents to get in contact with other families, both on a local and national basis. Each year we reach at least 275,000 families.

## Call the freephone helpline: 0808 808 3555

9:30am to 5:00pm Monday to Friday

- **for information** on disabilities and medical conditions
- **for advice** on assessments, breaks, benefits and finances
- **for signposting** to support groups, organisations and services
- **for linking** to other families
- **for listening ear**

## Acknowledgements

Contact a Family Ealing and Southall would like to thank:

- Ealing Council
- Heathrow Community Fund
- Family Fund
- True Colours
- Sport England
- Other statutory and voluntary agencies in Ealing
- Our National Head Office
- Other London projects
- Our Steering Committee members
- Our volunteers

for helping to make our work and events programme such a success

The views expressed in this newsletter are not necessarily those of Contact a Family.
Please fully complete the booking form, sign & return back to the Southall Office by 
**Friday 15 November with your payment, cheques to be made payable to Contact a Family.**

Name of parent/carer attending the trip ____________________________________________

Second parent/Carer, if attending the trip __________________________________________

Full address: __________________________________________________________________

Postcode : ________________________________________

Home tel. number: ______________________ Mobile number: ______________________

Email address ________________________________________________

Religion _______________ Language spoken at home_____________ Ethnicity ____________

<table>
<thead>
<tr>
<th>Child's full name</th>
<th>Child's age &amp; gender</th>
<th>Date of birth:</th>
<th>Disability/special need (if any):</th>
<th>School:</th>
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**Charge for adults/carers £3, children under 19 yrs £2**

Total number of adults (over 19 years) _______ Payment £_________

Total number of children (under 19 years) _______ Payment £_________

Total number of adults & children attending _______ Total payment enclosed _______

I agree to abide by the rules/terms and conditions set out for trips by Contact a Family, 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 a Family to use any photos taken of me and my family at this event for Contact a Family publications

Signature : ................................................................. Date :....................

*Please make cheques payable to: Contact a Family* and return booking form with payment to Contact a Family, St Georges Community Centre, 8-12 Lancaster Road, Southall UB1 1NW

email : ealingandsouthall.office@cafamily.org.uk

Contact a Family Ealing & Southall : 020 8571 6381 / 020 8571 6400 / 020 8280 2267
### Booking form for Yoga, Dance and Tae Kwon-do classes

Please list below names of all adults and children over 14 years old attending classes:

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<th>1.</th>
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**Yoga classes**
*Thursdays 7 to 8pm*
*Cost £12 for 12 weeks*

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<tr>
<th>1st Quarter - 12 weeks</th>
<th>2nd Quarter - 12 weeks</th>
<th>3rd Quarter - 12 weeks</th>
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<tbody>
<tr>
<td>7 November to 30 January</td>
<td>6 February to 24 April 2014</td>
<td>1 May to 17 July 2014</td>
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</tbody>
</table>

**Tae kwon-do classes**
*Saturdays 10.30 to 11.30am*
*Cost £12 for 12 weeks*

<table>
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<tr>
<th>1st Quarter - 12 weeks</th>
<th>2nd Quarter - 12 weeks</th>
<th>3rd Quarter - 12 weeks</th>
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<tbody>
<tr>
<td>9 November to 8 February</td>
<td>15 February to 3 May 2014</td>
<td>10 May to 26 July 2014</td>
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**Dance classes**
*Saturdays 11.30am to 12.30pm*
*Cost £12 for 12 weeks*

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<th>1st Quarter - 12 weeks</th>
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<th>3rd Quarter - 12 weeks</th>
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<tr>
<td>9 November to 8 February</td>
<td>15 February to 3 May 2014</td>
<td>10 May to 26 July 2014</td>
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The yoga, dance and tae kwon-do classes will run 3 times for a period of 12 weeks each. Please tick your preference of classes and also the quarter you would like to attend in.

<table>
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<tr>
<th>Number of people attending</th>
<th>Number of classes booked</th>
<th>Payment enclosed</th>
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I agree to abide by the rules/terms and conditions set out for trips by Contact a Family, venues and transport and I will be responsible for my children’s safety at all times.

Signed: ___________________________ Date: ________________

Please complete, sign and return the booking form by Thursday 17 October with payment to Contact a Family, St Georges Community Centre, 8-12 Lancaster Road, Southall UB1 1NW

email: ealingandsouthall.office@cafamily.org.uk

Please make cheques payable to: Contact a Family

Contact a Family Ealing & Southall: 020 8571 6381 / 020 8571 6400 / 020 8280 2267
Please fully complete both sides of the booking form, sign & return back to the Southall Office by **Thursday 17 October** with your payment, cheques to be made payable to Contact a Family.

Name of parent/carer attending the trip ____________________________________________

Second parent/Carer, if attending the trip _________________________________________

Full address: ___________________________________________________________________

Postcode: ____________________________________________________________________

Home tel. number: ___________________ Mobile number: _______________________

Email address ________________________________________________________________

Religion: __________________ Language spoken at home: __________ Ethnicity: ________

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<tr>
<th>Child’s full name plus all siblings attending the trips:</th>
<th>Child’s age &amp; gender:</th>
<th>Date of birth:</th>
<th>Disability/ special need (if any):</th>
<th>School:</th>
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Total number of adults and children attending the trips? ____________________

Are there any wheelchair users attending the trips? _________________________

Do you need the wheelchair to be clamped in the coach? ___________________

Does your child use a buggy/pushchair? ________________________________

Do you require the help/assistance of our volunteers during the trips? ______

Due to limited spaces, new families and families who did not manage to go on recently organised trips will be given first priority and then other families. Please do apply even if you have been to our recent trips as there is always a chance you may be able to attend.

We will inform all the families of their seat allocation after the closing date. Please complete this booking form and return back to the Southall office with your payment by Thursday 17 October. We will post out confirmation letters to the families that have been allocated their requested seats and to the families that have been put on a waiting list.

Please turn over the page, complete and sign before sending back with your payment.

**Contact a Family Ealing & Southall : 020 8571 6381 / 020 8571 6400 / 020 8280 2267**
We have two coach pick up points for the below trip, please choose your preferred point:

1. Contact a Family, Southall office
   St Georges Community Centre, 8-12 lancaster Road, Southall UB1 1NW
   Driving and parking at the Southall office: The office is in a residential parking zone area. You can display your mobility badge and park your car outside the office for the day or free parking is available at the end of Lancaster Road, on the left hand side.

2. Ealing pick up point
   St Andrews Church, Mount Park Road, Ealing W5 2RS
   Driving and parking at Ealing: The Church is in a residential parking zone area. You can display your mobility badge and park your car outside the Church for the day. Families can no longer use St Andrews Church car park during our trips. Pay and display parking is also available five minute walk.

3. Don’t mind either pick point from above, wherever seats are available

Charge for adults and carers £6, children under 14 £4
Booking for number of adults (14 years old and over) ___ £___________
Booking for number of children (under 14 years old) ___ £___________
Total amount of money enclosed £________________ cash / cheque

I agree to abide by the rules/terms and conditions set out for trips by Contact a Family, 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 a Family to use any photos taken of me and my family at this event for Contact a Family publications

Signature: ................................................................................ Date: ..............

Please return the booking form with payment to

Contact a Family,
St Georges Community Centre,
8-12 Lancaster Road,
Southall UB1 1NW

Telephone 020 8571 6381 email: ealingandsouthall.office@cafamily.org.uk

Please make cheques payable to: Contact a Family