



January – March 2023 Group Sessions

Contact Ealing Walk & Talks

(Walking & talking together with other parents, as well as Contact Ealing staff & volunteers)



Tuesday 10th January – Walk & Talk for parents and carers of children with SEND, **Gunnersbury Park, 10.30am start**, meeting point car park coming in from Popes Lane, **Please book to attend via this link:** <https://forms.office.com/r/Q0cTRjFrGD>

Tuesday 7th February — Walk & Talk for parents and carers of children with SEN, **Brent Lodge Park (Bunny Park), 204 Church Road, Hanwell W7 3BP**

Time: 10am start Please book to attend via this link: <https://forms.office.com/r/fZYeua9D6j>

Wednesday 8th March — Walk & Talk for parents and carers of children with SEND,

Walpole Park, 10.30am start. Please book to attend via this link: <https://forms.office.com/r/MWEgj9d826>



Our Walk & Talks are supported by Kathryn Rocha, our Volunteer Clinical Psychologist who offers parents the chance to have an informal catch up about a particular question or issue they would like advice on.



Contact Ealing Autism Group

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

Tuesday 17th January — Online Workshop on: **Understanding emotions & behaviours with Ealing Speech & Language Therapist** via zoom

Time: 10am start.

Booking essential: <https://forms.office.com/r/rBaZSs37CD>

Wednesday 8th February— Introduction to **Makaton** for parents and carers with **Ealing Speech & Language Therapist, limited spaces!!**

Venue: Lido Centre, 63 Mattock Lane, West Ealing W13 9LA

Time: 10am start

booking essential : <https://forms.office.com/r/WfJ37Wai8Y>

Wednesday 22nd March — Autism Group **Coffee Morning** ,

Venue: Jamaica Blue Coffee Shop, Ealing Broadway shopping centre,

Time: 10.30am start,

Booking essential: <https://forms.office.com/e/4jVc7FSVKj>

Contact Ealing Carers Group

Wednesday 11th January —online workshop on **Transport Rights for children with SEND** hosted by **SEN Legal** via MS Teams for parents and carers,

Time: 10.30am start.

Booking essential via this link: <https://forms.office.com/r/reCCjzRh8p>

Wednesday 1st February - online workshop on: **Universal Credit, an update with DWP advisor**, 10.30am start.

Booking essential via this link: <https://forms.office.com/r/0kfCSsDSda>

Monday 6th February—online workshop (jointly with our other Contact London offices) on “**My child isn’t fine with school**” (**Emotion Based School Avoidance**) with Naomi Fisher

Time: 10.30am

Booking essential via this link: <https://forms.office.com/r/UvDT3QAWWhS>

Thursday 16th March — **Coffee morning for parents and carers**

Time: 10.30am start,

Venue: Jamaica Blue Coffee shop, Ealing Broadway Shopping Centre

Booking via this link <https://forms.office.com/r/q11vEuvVZn>



Contact Ealing Community Language Sessions

Friday 27th January – Drop In Information & Advice session for DLA / Finance advice and any other SEND related questions for **Polish** speakers.

Venue: Lido Centre, West Ealing

When: 10.30am starting time

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

Monday 13th March 2023 Drop in Information and advice session on SEND support in Ealing (finance, education and social care) for **Arabic** speaking parents and carers

Venue: tbc

When: 10.30am starting time

Booking essential: <https://forms.office.com/r/sj1u5NGg5E>

Family Day Out

February Half Term 2023: Cinema Trip for the family “Puss in Boots—the last wish”

Wednesday 15th February 2023, 11am

Venue: Ealing Project Cinema, 1 High Street, Ealing W5 5DB

Click here to register your interest: <https://forms.office.com/e/0JqXpwB4T1>

Contact Annual Meeting

Monday 20th March 2023 - Join us to find out about the past year at Contact Ealing and what is ahead for the project:

Time: 10.30am—12o'clock

Venue: tbc

Booking link: <https://forms.office.com/r/enxFsSmDPn>



Additional sessions and projects:

Contact Helping Hands Project



for parents of children waiting for a neurodevelopmental assessment (ASD or ADHD)

*We are in our second year of this project and will continue to offer specific support groups as well as individual support and advice to **parents of children on the waiting lists for CAMHS NDT's or Child Development Services in Ealing, Hounslow and Hammersmith & Fulham, waiting for an assessment for ADHD or Autism.** If your child is waiting and you would like to join us to find out more about your child's needs and how to support her / him while you wait, please contact Charlotte on:*

Charlotte: charlotte.girdham@contact.org.uk

SEN Transport Parent Focus Group

*Jointly organised with **the Ealing SEN Transport Team:***

The Ealing Children's Commissioner and SEN Transport Team would like to invite interested parents of children using the SEN Transport service to contribute to termly feedback and review meetings to help shape the service going forward. A free coffee and pastry will be included:

Date: Tuesday 7th March

Time: 10am to 11.30pm

Venue: Café Nero Upstairs, 34 The Broadway, Ealing W5 2NP

BOOKING via this link: <https://forms.office.com/r/bv85bywFPP>

Coffee morning for parents of children not able to attend school due to high anxiety (EBSA):

Due to an increase of parents asking for advice around school avoidance we would like to offer a chance for an informal catch up and chance to exchange experiences with other parents:

Thursday 2nd February, Coffee Morning,

Venue: Jamaica Blue Coffee Shop, Ealing Broadway Shopping Ctr

Booking essential via this link: <https://forms.office.com/r/r6Ztv518Yd>



1:1 Zoom sessions with Kathryn Rocha (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.)

- Monday 23rd January between 10am and 12o'clock
- Thursday 23rd February between 10am and 12o'clock
- Monday 27th March between 10am and 12o'clock

Please contact Satvir on satvir.birk@contact.org.uk to book

Free Online Deep Rest Sessions with Leah Barnett:

On Wednesday evenings via zoom at 9pm,

Please contact Brigitte on brigitte.bistrick-bryan@contact.org.uk to receive the zoom link to join.