



April—July 2023 Group Sessions

Contact Ealing Walk & Talks

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

Thursday 27th April – Walk & Talk for parents and carers of children with SEND, **Perivale Wood**, **10.30am start**, meeting point Perivale Tube Station at 10.15am



Perivale Wood is a nature reserve, **NO DOGS PLEASE on this walk.**

If the teacher strike is going ahead on this day, you are very welcome to bring your children!

Please book to attend via this link: <https://forms.office.com/e/8EUw0BegtU>

Monday 15th May — Walk & Talk for parents and carers of children with SEND, **Osterley Park**, **10.30am start**, meeting point at Jersey Road entrance

Please book to attend via this link: <https://forms.office.com/e/FGUcTQKYY8>



Wednesday 14th June — Walk & Talk for parents and carers of children with SEND, **Walpole Park**, **10.30am start**, meeting point at playground

Please book via this link: <https://forms.office.com/e/YbfW03SkbW>

Thursday 13th July — Walk & Talk for parents and carers of children with SEND, **Blondin Park**, **10.30am start**, meeting point at Blondin Avenue entrance

Please book to attend via this link: <https://forms.office.com/e/1AueprFcff>

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

Thursday 25th May — Joint online parent workshop on Sleep with EPCF

Venue: online via zoom

Time: 10am to 2pm

booking essential : <https://forms.office.com/e/1Jfi6vemcP>

Thursday 22nd June — Autism Group Coffee morning

Venue: Jamaica Blue, Ealing Broadway Shopping Centre

Time: 10.30am

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

Wednesday 5th July — Independent Living options— joint workshop with Ealing Mencap

Venue: Carer Centre, Sycamore Lodge, 1 Edgecote Close, Acton W3 8PH

Time: 10.30am start,

Booking essential: <https://forms.office.com/e/zY8YiTg5ki>

Contact Ealing Carers Group

Friday 21st April — online workshop on DLA—via zoom for parents and carers,

Time: 10.30am start.

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

Tuesday 16th May - Workshop on: EHCPs , tbc

Time: 10.30am start.

Venue: Ealing Project

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

Monday 22nd May Carers Group Coffee Morning

Venue: Jamaica Blue, Ealing Broadway

Time: 10.30am

booking essential : <https://forms.office.com/e/EAJxxVG9He>

Monday 17th July — Launch of “SEN Activities Booklet” with Ealing Commissioning Team

Venue: Ealing Project, Ealing Broadway

Time: 10.30am start.

Booking essential via this link: <https://forms.office.com/e/TD0QFAiUK8>



Contact Ealing Community Language Sessions

Monday 24th April – Joint Information & Advice session with Ealing Anchor Foundation for **Farsi** speakers.

Venue: Lido Centre, West Ealing

When: 10.30am starting time

Booking link: <https://forms.office.com/e/455wAsBQ8x>

Monday 12th June 2023 Drop in Information and Advice session on SEND support in Ealing for **Tamil** speaking parents and carers

Venue: Ealing Project

When: 10.30am starting time

Booking essential: <https://forms.office.com/e/Fib7c0uJUF>

Family Day Out

May Half Term 2023: Trip for the whole family to Thames Valley Adventure Playground

Wednesday 31st May 2023, 10am coach departure from Dormers Wells Children Centre

Venue: Thames Valley Adventure Playground, Bath Road Taplow, Maidenhead, Berkshire

BOOKING ESSENTIAL via this link:

<https://forms.office.com/r/Ps1kkxnXdb>



Spaces are limited and will be allocated on a lottery system.



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 or Rebecca on:*

Charlotte: charlotte.girdham@contact.org.uk

Rebecca: rebecca.luke@contact.org.uk

Disability Multi Sports session for children with SEND as part of our partnership with British Land Ealing (Ealing Broadway):

Date: Wednesday 21st June

Venue: Nuffield Health Centre Studio 2

Time: 5—6pm, followed by snack for the children in the Health Centre Café area

This event will be led by Disability Sports Coaches.

Bookings will open mid May .



Additional Well-Being support for parents & carers:

Wednesday 7th June — Afternoon Tea for Parents and Carers—limited availability!!

Time: 12 o'clock start

Venue: Patisserie Valerie Ealing
Broadway



BOOKING IS ESSENTIAL FOR THIS EVENT AS SPACES ARE LIMITED! We will only be able to admit parents on the day who have received booking confirmation from us! Thank you for your understanding!

Bookings via this link: <https://forms.office.com/e/8hVTrrxwXg>

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.)

Please contact Brigitte on brigitte.bistrick-bryan@@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.



Would you like to volunteer for Contact Ealing?

General volunteering opportunities

We currently have opportunities for volunteers around:

- supporting group sessions,
- light office work
- helping with translation.

If you are interested please contact Brigitte on: brigitte.bistrick-bryan@contact.org.uk .

Co-Production

Co-production is when parents and professionals work together, recognising each other's expert knowledge, to design, develop and improve services for children with special educational needs/disability in the local area.

At Contact Ealing, we value and encourage parent carer participation to feedback your experiences to local authority officers, education and health professionals. We know how much our parent carers have appreciated meeting professionals at our coffee mornings as well as walk and talks, and we are particularly pleased with our recent engagement with the local authority to help improve the SEN transport service. An outcome of this has been that parent carer voice directly led to the introduction of new monthly 'SEN transport surgeries' whereby parents can now book to meet their transport coordinator and discuss their individual issues they may be having.

We will be continuing to work with our SEND partners (e.g. EPCF, Ealing ISAID, the Ealing Anchor Foundation, Ealing Mencap and others) and the local authority to improve outcomes for children with SEND in Ealing. We are keen to have more parents involved in coproduction, particularly from parents who have never joined any co-production work or feel their voice has not been heard so far. If you are interested, please click on this link and leave your details. <https://forms.office.com/e/KnP7ec5ey7>

We look forward to hearing from you!

Selina (Contact Ealing Co-Production Lead)