



April—July 2022 — Group Sessions

Walk & Talks

(Walking and chatting together with Contact Ealing staff and volunteers as well as other parents and carers through Ealing parks, supported by Clinical Psychologist K Rocha)

Tuesday 14th June — Walk & Talk for parents and carers of children with SEND, **Gunnersbury Park, 10.30am start . Booking essential!**

Tuesday 5th July — Walk & Talk for parents and carers of children with SEND, **Walpole & Lammas Park, 10.30am start**, supported by **Izra Bernard, Ealing Family Information Service. Booking essential!**

Autism Group

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

Friday 17th June — Contact Ealing Autism Group visits Springhallow School Coffee Shop. Get to know one of Ealing's Autism specific special schools from a different perspective and meet some of the pupils working in the Coffee Shop —**numbers limited, booking essential**

Thursday 14th July - Coffee morning with Adele Francois, **Oral Hygienist** supporting, 10.30am start, **Patisserie Valerie, Ealing Broadway**

Carers Group

Tuesday 21st June —Online workshop for parents and carers on **Money Matters** including **Blue Badge applications. Booking essential** 10.30am to



Community Language Sessions

Drop in information sessions for parents speaking Punjabi, Hindi, Bengali, Urdu or Somali

Contact Brigitte on brigitte.bistrick-bryan@contact.org.uk to book to attend

Friday 20th May 2022 –Information and advice on SEN support in schools, including EHCPs Advice and Support Drop In for parents speaking Punjabi, Hindi, Bengali, Urdu, Arabic or Somali speaking. **Booking essential**

Where: Dormers Wells Children Centre

When: 10.30am starting time

Friday 8th July Information and advice on DLA and PIP for Punjabi, Hindi, Bengali, Urdu, Arabic or Somali speaking parents. **Booking essential**

Where: Dormers Wells Children Centre

When: 10.30am starting time

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.)

- Thursday 9th June between 10am and 12o'clock
- Tuesday 12th July 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, contact Brigitte to be sent the zoom link to join:

Weekly sessions on Wednesday evenings at 9pm



Separate sessions and new projects:

CAMHS Neuro-developmental Waiting List Support Project

We are in our second year now 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 waiting lists in Ealing, Hounslow or Hammersmith & Fulham, waiting for an assessment for ADHD or Autism. If your child is waiting and you would like to join to find out more while you wait about your child's needs and how to support her / him in the meantime, please contact Brigitte or Charlotte on:

Charlotte: charlotte.girdham@contact.org.uk

Brigitte: brigitte.bistrick-bryan@contact.org.uk

DLA Application Support Sessions at West Ealing Library:

We are trying to reach more parents with practical advice on how to complete the challenging DLA application forms by holding these sessions in West Ealing Library.

Spaces are limited, so PLEASE book to attend. *We won't be able to do the writing for you but will guide parents in the room through the questions and advise on what to write:*

Wednesday 25th May , 12-2pm , BOOKING ESSENTIAL

Wednesday 8th June, 12-2pm , BOOKING ESSENTIAL