



September - December 2021—Group Sessions

Walk & Talks

(supported by Clinical Psychologist K Rocha attending Oct—Dec walks)

Tuesday 21st September – Walk & Talk for parents and carers of children with SEND, **Gunnersbury Park, 10.30am start . Booking essential!**

Wednesday 20th October—Walk & Talk for parents and carers of children with SEND, **Northala Heights, 10.30am start . Booking essential!**

Thursday 25th November—Walk & Talk for parents and carers of children with SEND, **Walpole Park, 10.30am start . Booking essential!**

Thursday 9th December—Walk & Talk for parents and carers of children with SEND, **Osterley Park, 10.30am start . Booking essential!**

Autism Group

Wednesday 15th September—in person **coffee morning** with general Autism support information, Pret A Manger upstairs Ealing, 10.30am start, **booking essential**

Monday 11th October—7pm online group session , topic to be confirmed , **booking essential**

Wednesday 17th November—in person **coffee morning** with **oral hygienist**, Pret A Manger Ealing , 10.30am start, **booking essential**

Wednesday 15th December— online (zoom) group session on topic of **fussy eating** with the SEND & Inclusion Team, **booking essential**, 10.30am start

Carers Group

Wednesday 22nd September – online (zoom) joint group session with PESTS on topic of **Sibling Support**, **booking essential**, 10.30am start

Wednesday 6th October—online (zoom) joint group session with Ealing ISAID on topic of **Mediation (tbc)**, **booking essential**, 10.30am start

Monday 8th November—online (zoom) group session on topic of **ADHD** with a speaker from the **ADHD Foundation**, **booking essential**, 7pm start

Tuesday 7th December—online (zoom) information session on **DLA**, **booking essential**, 10.30am start



Community Language Sessions

Friday 24th September – Community Languages Group for Punjabi, Hindi, Bengali and Urdu parents. **Booking essential**

Where: Dormers Wells Children Centre

When: 10.30am starting time

Friday 19th November Community Language Group for Punjabi, Hindi, Bengali and Urdu parents. **Booking essential**

Where: Dormers Wells Children Centre

When: 10.30am starting time

Free English conversation group with Madhu

Wednesdays at 10am, starting on 22nd September, at St Andrews Church Centre Mount Park Road, Ealing W5 2RS. **Booking essential!**

Please contact Brigitte.Bistrick-Bryan@contact.org.uk to book .

1:1 Zoom sessions with Kathryn Rocha (Clinical Psychologist)

(1/2 hour individual time slots, booking essential!)

4th October 10am to 12o'clock

22nd November 10am to 12o'clock

14th December 10am to 12o'clock

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:

September: Wednesday 15th & 29th at 9pm

October: Wednesday 13th and 27th at 9pm

November: Wednesday 10th and 24th at 9pm

December: Wednesday 1st and 15th at 9pm



Clothes Bank events—BOOKING ESSENTIAL

*Every 2nd Friday of the month during term time. Please contact **Brigitte.Bistrick-Bryan@contact.org.uk** to book .*

Friday 10th September – Dormers Wells Children Centre, 11am start

Friday 8th October—Dormers Wells Children Centre, 11am start

Friday 12th November—Dormers Wells Children Centre, 11am start

**Friday 10th December—Dormers Wells Children Centre,
11am start**

To protect us all from Covid 19, we will ask you to adhere to the following safety precautions:

For the Clothes Bank at Dormers Wells Children Centre: please wear a mask covering your mouth and nose whilst inside the Children Centre.

For the Community Language Group at Dormers Wells Children Centre: please do a lateral flow test before you come to the session and wear a mask.

For the English conversation group: If you are not fully vaccinated or have recovered from Covid, we would ask you to do lateral flow test before the sessions to protect the other parents and our volunteer teacher. Please wear a mask.

For the Autism Group Coffee morning: Please do a lateral flow test before you come to the session.

For all events: Please do not attend if you have covid symptoms! Thank you for your understanding!

To register for any of the above events / workshops please complete our registration form over leaf and email to ealing@contact.org.uk, stating clearly the workshop or online support group you would like to attend.

If you would like to attend but are unable to complete our registration form please contact Satvir or Brigitte on the following email addresses:- savir.birk@contact.org.uk or Brigitte.Bistrick-Bryan@contact.org.uk

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