



Contact Ealing Newsletter and Office Update 2024

The last year (2023) has been eventful at Contact Ealing, both in terms of the project and support work we do as well as for the Contact Ealing team itself. As always, we struggled with funding uncertainty at the beginning of the year but were very happy to be able to continue our work past March. Sadly three of our previous team members left the team, and we were sad to see

Satvir and Kim go earlier in the year and to say good bye to Charlotte at the end of 2023. I know many parents and partners valued Satvir's, Kim's and Charlotte's work and support highly, and we wish them the best of luck in the future.

We have been extremely fortunate to find several fantastic new team members who have joined us over the past few months and who many of you may have met already. Karimul joined us in September, Leisha in November and Tatevik in December. Fully staffed and ready to face the new year we are looking forward to meeting and working with you in the new year:

The Contact Ealing Team 2024



Brigitte Bistrick-Bryan (Manager)



Selina Eshun (Deputy Manager)

Our Family Workers



Winnie Driver



Edyta Katna



Rebecca Luke



Leon Allain



Karimul Kaur Dhillon



Zenab Abdirahman



Tatevik Vardanyan

For any queries and questions, please email us on:
For telephone enquiries please ring us on:

ealing@contact.org.uk
Tel: 0208 8406870

We hope you find something in our spring programme that is helpful to you and your family and look forward to seeing you at our events!



January — March 2024 Group Sessions

Contact Ealing Walk & Talks

(Walking & talking together with other parents as well as Contact Ealing staff & volunteers followed by a hot drink together)

Monday 15th January Walk & Talk for parents and carers of children with SEND, **Pitshanger Park, 10.30am start**, meeting point Duke of Kent car park at 10.30am

Please book to attend via this link: <https://forms.office.com/e/jFEBzxKi17>



Thursday 8th February — 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/Xr76GtqTRU>

Tuesday 12th March — Walk & Talk for parents and carers of children with SEND, **Gunnorsbury Park, 10.30am start**, meeting point at **Pope Lane car park entrance**. Please book via this link: <https://forms.office.com/e/Dw220rqrn0>



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

Monday 29th January 2024—Autism Group Coffee morning

Venue: Jamaica Blue Coffee Shop, Ealing Broadway Centre

Time: 10.30am

booking essential : <https://forms.office.com/e/XypRN9QBgu>



Thursday 22nd February 2024 - joint session with Helping Hand Project on ADHD—Introduction workshop for parents to ADHD with the ADHD Foundation—note this workshop lasts 2.5 hours!

Venue: online via zoom

Time: 6.30—9pm

Booking essential: <https://forms.office.com/e/rtQHMZqXA1>



Tuesday 19th March — Workshop on SEN support in schools

Venue: online via zoom

Time: 10.30am start,

Booking essential: <https://forms.office.com/e/vK100HudPs>

Contact Ealing Carers Group

Wednesday 31st January joint workshop with Ealing Parenting Service on SEN support available in Ealing—general introduction

Venue: online via Teams

Time: 10am

booking essential via this link: <https://forms.office.com/e/0XzsgmNp69>



Friday 2nd February joint workshop with Ealing Mencap on financial support moving into adulthood and impact on parents' benefits

Venue: online via zoom

Time: 10.30am

Booking essential via this link: <https://forms.office.com/e/33L3yCEGaY>



Thursday 21st March Parental Well-Being workshop

Venue: Ealing Central Library, Ealing Broadway Shopping Centre, upstairs meeting room

Time: 10.30am

booking essential via this link: <https://forms.office.com/e/zsimNkVs0v>



Information sessions and support for parents of children with SEND speaking community languages:

Friday 9th February 2024 Information & Advice session on SLT and SEN support for **Punjabi** speaking parents

Venue: Southall Town Hall, High Street, Southall UB1 3HA

When: 10.30am starting time

Booking link: <https://forms.office.com/e/F6bDWEpxCG>

Thursday 29th February 2024 — Joint session with Ealing Speech Therapy on **Speech & Language Therapy in Arabic and Somali**

Venue: Ealing Central Library Upstairs meeting room

Time: 10.30am

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

We are very happy to be able to offer **English Conversation classes with Madhu (Contact Ealing Volunteer)** again this term via zoom, starting on **10th January 2024:**

Time and venue: **Every Wednesday via zoom starting at 10am**

Book here to register for the group: <https://forms.office.com/e/cr1vwMAD1r>

Telephone support in community languages:

Ealing is an wonderfully diverse borough and we are proud to be able to support parents in many different languages within the staff team or with support from our amazing volunteers. Please let us know via this link if you would like to receive a call from a Family Worker or Contact Ealing Volunteer in one of the languages listed below:

Book telephone call in your language here:

<https://forms.office.com/e/VkwRRtd0GN>

We can support parents in :

Tamil / Punjabi / Arabic / Polish / Somali / Hindi / Urdu / Hebrew / Russian / Armenian / French / Spanish / Italian and German.



Additional projects and support:

Contact Helping Hands Project



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

*We are now in our third 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 Tatevik or Rebecca on:*

Tatevik: tatevik.vardanyan@contact.org.uk

Rebecca: rebecca.luke@contact.org.uk

1:1 Zoom sessions with Kathryn Rocha (Contact Ealing Volunteer 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:

Treat yourself to 45 minutes of complete relaxation being guided through it by Leah via zoom.

On Wednesday evenings via zoom at 9pm,

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



Working together with Ealing Council and partners

Ealing have asked partners (NHS, schools and voluntary sector services), children, young people and parent and carers what they need to improve, and want to let you know they are committed to improving it as quickly as possible. Click link to view priorities and actions:

[Ealing's Additional Needs SEND and Inclusion Strategy 2023-2027 presentation.pptx \(live.com\)](#)

We are delighted that so many parents we support are getting involved and sharing their experiences and ideas to help improve the lives of all families of children and young people with SEND across Ealing. We have had parent carers support our training to the SENAS team, be guest speakers at the EHCP engagement event, meet with head of services and directors across LA and NHS at various sessions as well as work more closely with the children's commissioning team.

We still have a way to go but we thank you all for participating and taking time to attend events. We value parent carers having a voice and sharing their experience to drive improvement and shape services. We want parent carers to be involved in the strategy actions and work together with Ealing and partners. Even by attending one meeting you can make a difference!

We are particularly keen to have more parents who have never joined any co-production work or feel their voice has not been heard so far. If you are interested in attending meetings with representatives from Ealing or NHS, please click on this link and leave your details.

<https://forms.office.com/e/KnP7ec5ey7> *We look forward to hearing from you!*



Selina Eshun (Contact Ealing Co-Production Lead)

Want to know more about how you can help make a change?

If yes, join our session where we cover parent participation and getting the best out of meetings with professionals.

Thursday 25th January - Co-Production workshop for parents and carers

Venue: Ealing Central Library Meeting room upstairs

Time: 10.30am start. **Booking essential via this link:**

[**https://forms.office.com/e/rjrtWD9RX1**](https://forms.office.com/e/rjrtWD9RX1)