

It's good to talk!

Events, coffee mornings and support groups for parents and carers



Being the parent/carer of a child or young person with a disability or special educational needs is often challenging, and parents can find it helpful to spend time talking to other parents who have similar experiences.

In this short guide we give details of a few of the local coffee mornings and other social and wellbeing events regularly run for parents of children with additional needs.

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Social and wellbeing activities for parents

Enfield Carers Centre (ECC)

The ECC runs a variety of different activities and support sessions. You will normally need to be registered with the ECC first. See [Need a Break? – Enfield Carers Centre](#)

Coffee and chat mornings are run regularly – an opportunity to enjoy some social time and meet and chat with other carers. See the ECC events calendar for details of sessions coming up [Upcoming Events – Enfield Carers Centre](#)

ECC run a variety of other social activities including going out for breakfast, health and wellbeing workshops, painting workshops [Need a Break? – Enfield Carers Centre](#)

Yoga – Fridays 3-4 pm via Zoom – suitable for all including beginners- book on 0208 366 3677

See also information on the Learning Difficulties and Autism Spectrum Disorder (ASD) Support group.

Icandance Parent therapy groups



**Parent
Therapy
Groups**

icandance offers creative, therapeutic support to families with disabled children.

Our **free** parent therapy group sessions offer a reflective, confidential space to share experiences of parenting a disabled child.

The sessions aim to improve wellbeing, explore creative responses to challenges and gain a deeper understanding of your child's needs.

Sessions are facilitated by experienced psychotherapists.

Sessions for parents of primary school aged children are at 10-11:15am on the following dates:

- 3rd October 2023 (in person)
- 7th November 2023 (online)
- 5th December 2023 (online)
- 16th January 2024 (online)
- 20th February 2024 (online)
- 19th March 2024 (in person)

Parents are asked to commit to all sessions.

If interested, please contact Juliet at juliet@icandance.org.uk or 07931 533955.

"It's been a real lifeline in a very unique situation."

icandance
believe it

Coffee mornings in schools

Many schools run coffee mornings for the parents and carers of children with additional needs. If you haven't heard about these it is worth talking to your SENCO to see if they happen at your child's school. Often external guests are invited along to these sessions to talk to parents about topics of interest.

Members of the Our Voice team are always happy to join SEND coffee mornings at schools, so please do suggest this to your SENCO if you think it would be useful.

General coffee mornings for all parents and carers

SENDIASS

SENDiass is a specialist information and advice service. As well as offering individual advice and support for parents/carers, SENDIASS runs regular coffee mornings, usually online, and usually focusing on a specific topic of interest.

We are currently awaiting details of the next session.

Please contact SENDIASS at Centre 404 for more information and to join their mailing list – email sendiassenfield@centre404.org.uk

[Zebras coffee mornings](#)

Zebras Children and Adults charity runs a free weekly drop-in 'coffee stop' for carers, parents and friends. These are every Wednesday at the Zebra's Hub on Lancaster Road (59b, Lancaster Road, Enfield, EN2 0BU). Internet access is also available at the hub. More information on their website [here](#).

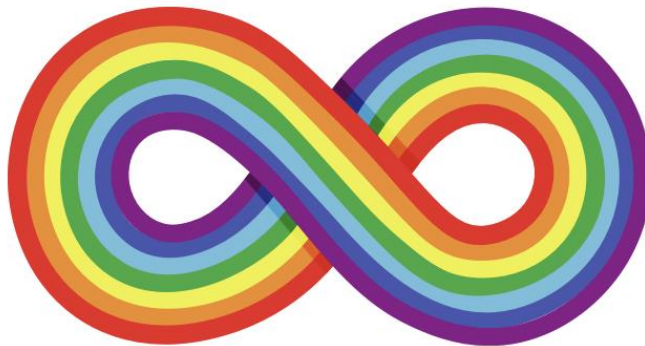
**Zebras Wednesday Coffee stop
is now also an internet cafe!
Come along and make use of
our network!**



**Come & join us at the Zebras Hub 59b
Lancaster Rd, EN2 0BU every Wednesday
10:30 -12:00
FREE coffee, tea, cake & chat - however
donations welcome!
Call 0203 441 1764 when you arrive!**

SEN COFFEE & CHAT MORNINGS

To all Parent/Carers of children on the AUTISM/ADHD Spectrum, I would love for you to join me and other parents for my SEN Coffee & Chat Mornings.



DATES RUNNING 2023

**Friday 3rd Nov
(Special guest from OUR VOICE)
Friday 17th Nov
Friday 8th Dec**

**COSTA COFFEE
16 Station Parade
Cockfosters
EN4 0DN
9.30am-11am**

**Instagram @sen_with_elena
For more info
email me on senwithelena@hotmail.com**

Coffee mornings for specific groups

Autism: Enfield Advisory Service for Autism

The Enfield Advisory Service for Autism (EASA) supports autistic children and young people (from 0-25 years) and their families.

EASA hold regular monthly 'cuppa and chat' sessions, for the parents and carers of Early Years and Primary school aged children and for the parents and carers of Secondary Aged and post 16 children and young people.

The sessions take place from 9.30 to 11 am at Russet House School, 11 Autumn Close, Enfield, EN1 4 JA.

Sessions on the second Thursday each month are for parents/carers of Early Years and Primary aged children

Sessions on the third Thursday each month are for parents/carers of Secondary aged children and young people aged over 16.

Each session has a specific discussion theme.

See [here](#) for information on forthcoming dates and topics.

ENFIELD ADVISORY SERVICE FOR AUTISM

Cuppa and Chat Sessions for Parents

Come along to:

- Meet the EASA Team
- Hear about topical issues
- Socialise with other parents

A relaxed and friendly atmosphere.

Cuppa and Chat Sessions will run monthly through the year

2nd Thursday in the month:
Parents of Early Years and Primary-aged children

3rd Thursday in the month:
Parents of Secondary and Post-16 children/young people

Time: 9:30am—11am
Venue: Dining Hall
Location: Russet House School
Autumn Close
Enfield
EN1 4JA

*Limited parking is available on site.
A small donation towards the cost of refreshments is appreciated.*

Book your place at these sessions via the EASA website.

National Autistic Society, Enfield branch (ENAS)

ENAS is the Enfield branch of the National Autistic Society. ENAS runs a variety of events for parents and carers including regular coffee mornings.

Dates of their next series of coffee mornings are currently under discussion and will be announced shortly.

Enfield Carers Centre Learning Difficulties & Autism Spectrum Disorder (ASD) Carers Support Group

The Enfield Carers Centre Learning Difficulties and Autism Spectrum Disorder (ASD) Carers Support Group meets on the first Monday of every other month from 12.30 pm to 2 pm

The next session will be on 3rd November 23 and is for the carers of children and young people under age 18. You can either book a face-to-face space (email info@enfieldcarers.org or call 020 8366 3677) or attend via

Zoom <https://us02web.zoom.us/j/9443151703>

More information [here](#).