

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.

Contents

Social and wellbeing activities for parents.....	2
Our Voice drop-in cuppa and chat service at Ponders End Youth and Family Hub.	2
Enfield Carers Centre (ECC).....	3
Coffee mornings in schools	3
General coffee mornings for all parents and carers.....	3
SENDIASS.....	3
Zebras coffee mornings	4
SEN Coffee and chat mornings, Cockfosters	5
Coffee mornings for Autism groups.....	6
Autism: Enfield Advisory Service for Autism.....	6
National Autistic Society, Enfield branch (ENAS).....	7
Enfield Carers Centre Learning Difficulties & Autism Spectrum Disorder (ASD) Carers Support Group.....	7

Social and wellbeing activities for parents



Our Voice drop-in cuppa and chat service at Ponders End Youth and Family Hub.

Our Voice runs regular drop-in sessions at the Youth and Family Hub in Ponders End. We hope to begin running sessions at the Craig Park Hub soon.

The next sessions at Ponders End will be:

- Wednesday 6th March 10 am to 1 pm – an informal drop-in chat session – come along to chat to members of the Our Voice team and other parent carers over a cup of tea or coffee.
- Tuesday 19th March – we will be joined by our special guest Dr Rachel Walker from Enfield’s Advisory Service for Autism (EASA). Rachel will talk about the support offered by EASA for autistic children and young people and their families (irrespective of whether or not the child/young person has a formal diagnosis) and answer your questions.



During the summer term we plan to hold our cuppa and chats at Ponders End Wednesdays from 10 am to 12.30 pm on 17th April, 8th May, 5th June and 3rd July. We are currently confirming our guest speakers for these sessions.



Our Voice drop-in service

For parents/carers of children & young people aged 0-25 with Special Educational Needs/ Disabilities

At the Ponders End Family and Youth Hub



Join members of the Our Voice team for our regular drop-in sessions at the **Youth and Family Hub** in Ponders End.


Wednesday 6 th Mar Cuppa & Chat	10 am to 1 pm
Tuesday 19 th Mar With special guests Enfield Advisory Service for Autism	12 pm to 2 pm

See the **Our Voice events page** for more information and further dates.
<https://www.ourvoiceenfield.org.uk/events>

Our Voice is the official parent carer forum supporting the families of children and young people aged 0 -25 years with Special Educational Needs or Disabilities, living or attending school in the London Borough of Enfield. We are not part of the Local Authority but we work with them to improve services for the families that we represent.

Ponders End Youth and Family Hub
129, South Street, Enfield,
EN3 4 PX
(next to Oasis Hadley Academy)

Drop in – no need to book



An opportunity to talk to one of the parent carers from the Our Voice team about any questions you may have, and to chat with other parents of children with additional needs.

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.

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 run 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

Zebra's coffee mornings

Zebra's 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](#).

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



**Come & join us at the Zebra's 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 2024

**Friday 12th January, Friday 2nd February, Friday 1st March
Friday 5th April, Friday 3rd May
Friday 7th June & Friday 5th July**

(All joined by OUR VOICE team member)

**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 Autism 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.

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 on Thursdays (10.30 am – 11.30 am) at local venues.




Parent/Carer Coffee Mornings 2024

Held at a local venue -
10am - 11.30am
Thursdays;
1st February
7th March
2nd May
6th June
4th July
5th September
3rd October
7th November

*Feel welcome to
pop along to meet
other
parents/carers,
have a chat and
stay for tea!*

Contact us: Sandeep & Natasha
@ enfield@nas.org.uk
07757 120 777

The National Autistic Society is a charity registered in England and Wales (269420) and in Scotland (SC039427).



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 sessions will be on

Friday 5th April with CAPE and Enfield Council's Transition team to look at moving from child to adult services (known as transition), meet members of the CAPE Parents group for the parents of adults with learning disabilities.

Friday 7th June –Our Voice and Zebras- meet members of Our Voice to find out about what we do. Learn about Zebras charity.

You can either book a face-to-face space (email info@enfieldcarers.org or call 020 8366 3677) or attend via Zoom (joining details on the link below).

More information [here](#).