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Emotional Wellbeing and your child – book now for Tuesday 19th November

Join Our Voice and representatives of the Educational Psychology Service and My Young Minds Enfield for this event focusing on supporting your child's emotional wellbeing, and helping them manage their fears and worries.

When: Tuesday 19th November from 10 am to 12.30 pm (registration from 9.30 am)

Where: Ponders End Family and Youth Hub, 129 South Street, EN3 4PX (near Oasis Hadley Academy).

More information on our flyer [here](#) and attached. Please book your place [here](#).


Emotional Wellbeing and your child
Tuesday 19th November

Our Voice's next parents' conference will be held with the Educational Psychology Service (EPS) and My Young Minds Enfield (MYME) on the theme of Emotional Wellbeing and your Child.

Registration from 9.30 am	
10 – 11.15 am	Overview and Q&A session
11.15 -11.30 am	Coffee break
11.30 am – 12.30 pm	Top Tips for supporting your child with their worries and fears

Plus: 1:1 appointments with a member of the EPS team (subject to availability- must be pre-booked)

- Put your questions to the senior EPS and MYME representatives
- Top tips for how to support your child with their fears, worries and anxieties
- A chance to have a 1:1 chat with a member of the Educational Psychology team about any concerns relating to your child's emotional wellbeing




Tuesday 19th November
10 am to 12.30 pm
(registration from 9.30 am)

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

Sign up [here](#)

For more information see our website [events page](#)
Or contact Our Voice on Telephone 07516 662315 or Email: info@ourvoiceenfield.org.uk



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.

The event will include a panel discussion with senior representatives of the Enfield Psychology Service (EPS) and My Young Minds Enfield/MYME (which is part of Child and Adult Mental Health Services), a workshop on supporting your child with their worries and fears, and an opportunity to pre-book 1:1 appointments with members of the EPS team.

Choosing a Primary School

Are you trying to choose a primary school for your child with additional needs?

Our Voice Parent Forum is hosting two Zoom information sessions for parents and carers, in conjunction with Enfield SENDIASS and the SEN Team.

These sessions will look at how to choose a primary school for children with additional needs, and expressing your preferences for children who have Education, Health and Care Plans (EHCPs). We will talk about what the process is, how you can get information about primary schools and what to look out for when making decisions. You will have the opportunity to ask any questions, in advance and also as part of the session.

Book your place for Tuesday 26th November from 12.30 – 2 pm [here](#)

or Wednesday 27th November from 10.30 am to 12 pm [here](#)

See our event flyer [here](#) for more information

SENDIASS

Our Voice

Transition to Primary School

ENFIELD SENDIASS AND OUR VOICE PARENT CARER FORUM - INFORMATION SESSIONS

Does your child have additional needs?

Would you like more information on choosing a primary school, and how the process works?

Enfield SENDIASS, Our Voice Parent Forum and the SEN team are hosting two **online information sessions** for parent-carers who want more information on choosing a primary school for children with additional needs, and expressing your preferences for children who have Education, Health and Care Plans (EHCPs). We will also be joined by a member of the SEN Team for additional advice on the process and timescales.

We will discuss the process, how you can get information about schools and what to look out for when making decisions.

Tuesday 26th November 2024: 12.30 – 2.00 pm
Book at: <https://choosing-a-primary-school-24-pm.eventbrite.co.uk>

Or Wednesday 27th November 10.30 am – 12.00 pm
Book at: <https://choosing-a-primary-school-24-am.eventbrite.co.uk>

The session will be hosted on Zoom. You will get the required Zoom link once you have registered. Please email Our Voice at info@ourvoiceenfield.org.uk or phone 07516 662315 if you have any problems booking.

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ENFIELD Council

Key additional information:

- If your child was born between 1 September 2020 and 31 August 2021, you will need to apply for a primary school place by 15th January 2025, ready for your child to start reception class in September 2025. This workshop will be particularly useful for parents of children in this age group, but you may also wish to attend if your child is a year or so younger, so you can start thinking about the choice of school early.
- For children with an Education Health Care Plan (EHCP), the deadline for confirming your preference is **29th November 2024**. You will be advised of the name of the school the LA is proposing to name in Section 1 of the EHCP in February 24.
- For children without an EHCP applications must be submitted by **15th January 2024**. School places will be offered on 16th April 25 (after 7 pm) and you will have until 30th April 25 to accept the place offered.
- More information and resources on our website [here](#)

Our Voice Coffee morning at the Ponders End Family Hub Wednesday 6th November



Our Voice coffee mornings and 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 coffee morning sessions at the **Youth and Family Hub** in Ponders End.

- Updates & Q&A sessions with LA and Health professionals and other speakers
- A chance to talk to members of the Our Voice team about any questions and issues
- A chance for an informal catch-up with other parent carers over a cuppa

Wed 6th Nov - Cuppa & chat
Wed 4th Dec – Short Breaks – what are they and how do they work with Miri Dhamo, Head of Joint Service for Disabled Children



Info and future dates at <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
Clement Medford room (1st Floor)
129, South Street, Enfield, EN3 4 PX
(next to Oasis Hadley Academy)
No need to book
10 am to 12.30 pm



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.

Our next Coffee morning at the Ponders End Family hub will be an informal cuppa and chat session on Wednesday 6th November. This is an opportunity to talk to the Our Voice team about any issues and concerns you may have, and to catch up with other parent carers over a cup of coffee or tea.

Details [here](#).

Save the date – guest speaker Miri Dhamo to talk about Short Breaks: Wednesday 4th December

Our last drop in coffee morning for 2024 will be on Wednesday 4th December. Our guest speaker at this event will be Miri Dhamo, Head of the Joint Service for Disabled Children, Short Breaks and Social Care. Save the date for this event – a great opportunity to find out all you need to know about how Short Breaks work, how you can find out if you are eligible, and everything else you need to know! Details [here](#).



Reminder: Wills and Trusts workshop

13th Nov 7.30 to 9 pm **or** 26th Nov 10 -11.30 am

Next month we will be holding two Zoom sessions on the important topic of wills and trusts, and how to make sure that your vulnerable dependants are protected in the long term. These sessions run in conjunction with Estate Planning Solutions and are specifically designed for the parents/carers of children and young people with additional needs. The sessions include a Q&A session as well as a short presentation. If you wish, you can also book a follow-up non-obligation individual consultation.

13th November 7.30 - 9 pm – info [here](#) and book your place [here](#)

26th November 10 am - 11.30 am info [here](#) and book your place [here](#)



Webinar:
The do's and don'ts of protecting vulnerable beneficiaries.



The right planning now is essential and can help you to prepare for the future. This free webinar covers several connected and very important topics, all based on two linked themes:

1. Protecting family wealth, so your beneficiaries inherit as much as possible.
2. Protecting your loved ones in the future so the benefit of their inheritance is protected long-term.

The webinar covers:

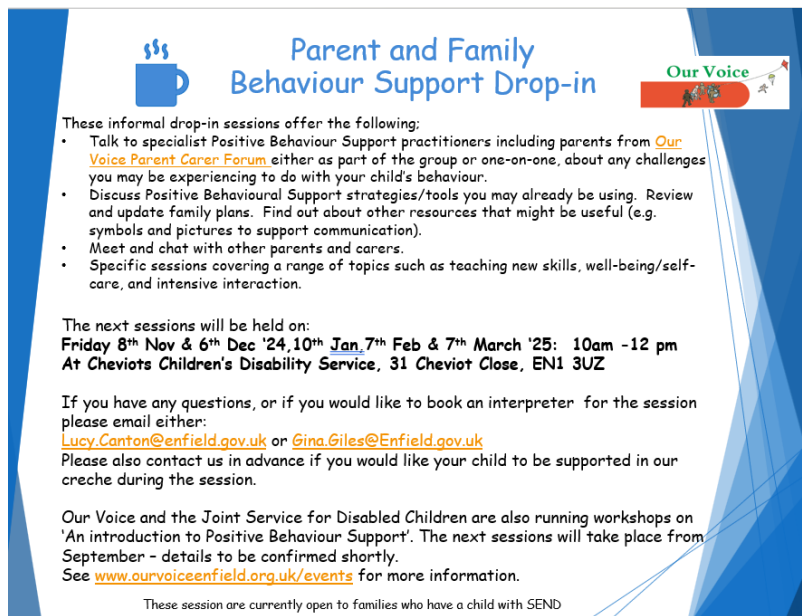
- The importance of having the right Will
- How to protect wealth to maximise inheritance
- How to avoid disinheritance threats
- How to protect your loved ones in the long term
- How to avoid loss of means tested benefits
- Common pitfalls: what you should NOT do

Positive Behaviour Support

Behaviour support drop in session 8th November

If you want to discuss specific questions about your child's behaviour, come along to the next Behaviour drop-in session which will be on Friday 8th November from 10 am to 12 noon at Cheviots Children's Centre. See [here](#) for information (including a larger version of the flyer). These sessions are run jointly by Cheviots Disability Service and Our Voice parents with personal lived experience.

Cheviots can provide creche facilities and/or translators for parents attending these sessions – please email Cheviots in advance to request – either Lucy.Canton@Enfield.gov.uk or Gina.Giles@Enfield.gov.uk



The flyer is titled "Parent and Family Behaviour Support Drop-in" and features the "Our Voice" logo. It lists the following information:

- These informal drop-in sessions offer the following:**
 - Talk to specialist Positive Behaviour Support practitioners including parents from [Our Voice Parent Carer Forum](#) either as part of the group or one-on-one, about any challenges you may be experiencing to do with your child's behaviour.
 - Discuss Positive Behavioural Support strategies/tools you may already be using. Review and update family plans. Find out about other resources that might be useful (e.g. symbols and pictures to support communication).
 - Meet and chat with other parents and carers.
 - Specific sessions covering a range of topics such as teaching new skills, well-being/self-care, and intensive interaction.
- The next sessions will be held on:**
Friday 8th Nov & 6th Dec '24, 10th Jan, 7th Feb & 7th March '25: 10am -12 pm
At Cheviots Children's Disability Service, 31 Cheviot Close, EN1 3UZ
- If you have any questions, or if you would like to book an interpreter for the session please email either:**
Lucy.Canton@enfield.gov.uk or Gina.Giles@Enfield.gov.uk
Please also contact us in advance if you would like your child to be supported in our creche during the session.
- Our Voice and the Joint Service for Disabled Children are also running workshops on 'An introduction to Positive Behaviour Support'. The next sessions will take place from September - details to be confirmed shortly.**
See www.ourvoiceenfield.org.uk/events for more information.

These sessions are currently open to families who have a child with SEND

Introduction to Positive Behaviour Support workshop 21st November

Our Voice will be running our next 'Introduction to Positive Behaviour Support workshops on Thursday 21st November at Cheviots Children's Centre, 10 am to 12 pm.

We will explore what Positive Behaviour Support (PBS) is and how families can use the techniques to prevent and manage behaviours of distress at home and work with the network of people around their child/young person to enable a consistent approach.

The training will be delivered by experts from the Our Voice team, who have lived experience of using Positive Behaviour Support with their own children.

Full details are on the attached flyer and on our website [here](#). All places must be pre-booked via Eventbrite [here](#).

Cheviots can provide creche facilities and/or translators for parents attending these sessions – please include this in your booking form



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.

Book now for their next Cuppa and Chat sessions 9.30 to 11 am at Russet House School.

- Thursday 14th November – for Early Years and Primary Aged children – Behaviour as Communication
- Thursday 21st November - secondary and post 16 children and young people – exams and revision

Details and booking links [here](#).



Please book your space on the EASA website
www.enfieldasa.org.uk

9:30am–11:00am
Russet House School,
Autumn Close, Enfield, EN1 4JA

ENFIELD ADVISORY SERVICE FOR AUTISM

EASA

Cuppa and Chat

MONTHLY SESSIONS FOR PARENTS AND CARERS

- Meet the EASA team
- Hear about topical issues
- Socialise with other parents
- Friendly & relaxed atmosphere

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

3rd Thursday of the month:
Secondary and Post-16 children & young people

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

Time to play sessions

Time to play sessions are for children aged 18 months to 3 ½ years, and are held at Russet House School. There are a currently places remaining for their next session on Thursday 7th November 9.30 – 11 am at Russet House School. These sessions are often fully booked some time before the date so if you are interested we recommend you book as soon as possible [here](#).



Time to play

for families with autistic children
between the age of 18 months and 3 years 6 months

If you have a young autistic child or they are on the autistic pathway (i.e. waiting for a diagnosis assessment) then these sessions are suitable for you!

Play-based sessions to focus on the key developmental differences in autism

- Social understanding and communication
- Flexible thinking, information processing and understanding
- Sensory processing and integration

1st Thursday of the month
09:30am – 11:00am
Russet House School
Autumn Close
Enfield
EN1 4JA

Book online at www.enfieldasa.org.uk

admin@enfieldasa.org.uk
0208 353 4196

Autism Central: events from the London Autism Hub

The London Autism Central Hub offers guidance to families, carers and personal assistants of autistic people. This includes opportunities to book one-to-one appointments and a range of different workshops. You can see details and booking links [here](#). The next online sessions for parents and carers during November are:



- **Understanding Sensory processing** – Tuesday 12th November 7 – 9 pm
- **Getting extra help at school** – what additional help autistic children are entitled to in educational settings – Friday 15th November 10 am – 12 pm
- **Understanding Autism** – Tuesday 19th November 7 – 9 pm
- **Personal Budgets and employing personal assistants (PAs)** Wednesday 20th November 10 am – 12 pm
- **Supporting Sleep** – understanding common issues and tips & strategies to help - Tuesday 26th Nov 7 – 9 pm
- **Autism and Mental Wellbeing** – understanding the Autistic experience, common mental health difficulties and how to support wellbeing - Wednesday 27th November 7 – 9 pm

Play and Leisure

See our [‘What’s On?’ Guide to Play and Leisure](#) (last updated 9th Sept) for information about SEND-specific and inclusive leisure activities and days out in and around the Enfield area. We have also begun gathering information on some activities taking place over the summer holidays – see our website [here](#).

London Zoo accessible sessions

London Zoo provides a programme of inclusive events with several sessions taking place this half term:

Their next **Relaxed opening** tour will be an early opening 8.30 to 10 am whilst the Zoo is closed to the general public) giving an opportunity to visit part of the zoo whilst it is quiet and calm enough to be a comfortable experience for autistic and neurodivergent children and adults, as well as other people who can benefit from this relaxed environment. Relaxed openings are free to book, but you will need tickets to access the zoo which can be booked online.

The last session for 2024 will be on **Tuesday 29th October** from 8.30 am. Information and details of how to book [here](#).



There will be an **Audio Described** tour on **Thursday 31st October**. This 2-hour tour of the Zoo starts from 10.45 a.m. Audio Description is provided to support blind and partially sighted people to get up close and personal with the animals, guiding the group around the Zoo on a route that includes some tactile models of the animals and, when available, an animal experience. Information and booking [here](#).

There will be a **British Sign Language** day on **Monday 28th October** with two 2-hour, tours - delivered in British Sign Language - exploring different areas of the zoo, starting at **11.15 am** in the morning, and **2.15 pm** in the afternoon. The presentations are delivered by deaf presenter John Wilson and will help you learn more about the animals at London Zoo and ZSL’s global conservation work. Information and booking [here](#)



Whipsnade Zoo

If you are able to travel further afield Whipsnade Zoo, their next relaxed opening will take place on Sunday 27th October from 9 am to 10 am. See [here](#) for details and to book. You can also see their useful page on [Accessibility and Inclusivity | Zoological Society of London \(ZSL\)](#) with information about disabled parking, accessible toilets, wheelchair access, high multi-sensory areas and more. Note the [‘Penguin Pass’](#) for visitors with additional needs, which can be downloaded to allow you to avoid any queues.

Play session for autistic children from ENAS

ENAS (the Enfield Branch of the National Autistic Society) would like to invite Autistic children and their families to the next of their monthly Sunday play sessions, this Sunday 27th October from 1.30-3.30 at Walker School, The Green, Southgate. See flyer for more details.

Please contact ENAS via email if you need more information at emma@enfieldnas.org.uk.

Enfield NAS Play Sessions in memory of John Bowden Baker

at
Walker Primary School
The Green, Waterfall Road
Southgate, London N14 7EG

Enfield NAS would like to invite you with your autistic child/children and their siblings to an autism-friendly play session on the following dates:

Sunday 29th September 2024
Sunday 27th October 2024
Sunday 24th November 2024

Times: 1.30-3.30pm

Welcome to two hours of autism-friendly family fun! This is a chance for children of all ages to play, and parents/carers to relax and meet with other parents/carers. Art materials and board games will be provided inside and outside there is an extensive secure playground with a variety of different pieces of play equipment for children to enjoy. We will also make sure there is a quieter area to escape to if needed.

This is a play session organised exclusively for children with autism and their siblings. **Parents/carers must stay on site with their children at all times and are responsible for their own children at all times.**

There is no need to book – just come along. No entry fee is charged but if you would like to make a donation to cover some of the costs then pop something in our collection box – donations are always gratefully received! Please feel free to bring your own healthy snacks – we will provide tea, coffee and soft drinks.

There is no on-site parking available at Walker School, but there is a public car park next door which may have spaces and plenty of parking in the streets near the school. Several buses (229, 121, 298, W6) stop at The Green, close to the school, and Southgate Tube Station is approx. 10 mins walk away.

Please take note that dogs are not permitted on site.

For more information regarding the play sessions please email: emma@enfieldnas.org.uk

All dates and information in this update are correct to the best of our knowledge at the time of writing but please do confirm details directly with the organisers before attending any events.

Please note that our update contains information and events from external contributors. The views expressed by contributors may not always be those of Our Voice and inclusion in our update should not be taken to mean that Our Voice endorse any particular organisation, event or service.

We hope that you have found our update useful. If you have any feedback, or anything that you think we could be telling our families about, please let us know.

Our contact details are:

Telephone 07516 662315 Email: info@ourvoiceenfield.org.uk

Website: www.ourvoiceenfield.org.uk

You can also follow us on our Facebook page at

<https://www.facebook.com/ourvoiceenfield/> on [Twitter@EnfieldOurVoice](https://twitter.com/EnfieldOurVoice) and on

Instagram at <https://www.instagram.com/ourvoiceenfield/>



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