



TIMETABLE

New Term starts 5th September- Term ends 19th December

Half term 27th October - 31st October

Welcome to Ealing Anchor Foundation

A support group for parents/carers of babies and children who are differently abled.

Offering a range of activities, training, counselling and outreach support for families.

OUR SESSIONS ARE HELD AT

Windmill Children's Centre
135 Windmill Lane Greenford UB6 9DZ



Grange Children's Centre
Church Place, London W5 4HN



Carmelita House
21-22 The Mall London W5 2PJ



TIMETABLE SEPTEMBER- DECEMBER 2025



TUESDAY

Windmill Children's
Centre

MORNING

Music Therapy
Play & support session
10:30am - 12:15pm

AFTERNOON

Music Therapy
1:00pm - 2:15pm

1:1 Counselling

Toy Library

WEDNESDAY

Grange Children's
Centre

AFTERNOON

Play & support session
12:45pm - 2:15pm

&

Portage Group Sessions

THURSDAY

Carmelita House

MORNING

Drop-in Advice &
register session
9:30am - 12:30pm

FRIDAY

Windmill Children's
Centre

MORNING

Play & support session
10:30am - 12:15pm

&

Portage Group Sessions

1:1 Counselling

Toy Library

Bookings for the Play & Support sessions are open online, ONE day before each session. Bookings for other events, can be made at anytime online.

To book and for more information
telephone 020 8571 9954
info@ealinganchor.org.uk
www.ealinganchor.org.uk

PORTAGE PALS SESSIONS

Grange Children's Centre
Wednesdays 12:45-2:15pm
and
Windmill Children's Centre
Fridays 10:45am-12:10pm

[Register your interest](#),
telephone 020 8571 9954 or email
info@ealinganchor.org.uk

'TIME TO TALK' COFFEE MORNING



Friday 26th September
10.30-12.15pm
Windmill Children's Centre

GROUPS

PARENT GROUP

Managing Anger & Stress
Tuesday 16th September
Low self esteem
Tuesday 7th October
Grief and loss
Tuesday 21st October
Windmill Children's Centre
10.30-12.15pm

TOTS 21 DOWN SYNDROME GROUP
Friday 7th November
10:30am - 12pm

PARENT CARER EVENING

Monday 6th October
Venue TBC
7pm- 9.45pm



ONLINE WORKSHOPS

EHCP made easy - Session One Ensuring your views are heard

Monday 22nd September 10.30am-12.30pm

Session Two Contents of EHCP

Monday 13th October 10.30am-12.30pm

Session Three Annual Reviews

Monday 20th October 10.30am-12.30pm

Successful Toileting Workshop
Wednesday 8th October 10am - 11.30am

Successful Sleep Workshop 10am-11.30am
Thursday 16th October

Successful Eating Workshop 10am- 11.30am
Thursday 23rd October

Promoting Positive Behaviour 10am-12pm
Wednesday 5th November

Legal Workshop
Wednesday 12th November 9.30am-11.30am

Understanding Communication
Thursday 13th November 10am-11.30am

Supporting Communication
Thursday 20th November 10am-12pm

Sensory Differences Workshop 10am-11.30am
Thursday 27th November

OTHER EVENTS & ACTIVITIES THIS TERM

FAMILY FUN DAY

ENTERPRISE LODGE, STOCKDOVE WAY, GREENFORD, UB6 8TJ

SATURDAY 13TH SEPTEMBER

TWO SESSIONS AVAILABLE

12PM-2PM
& 2PM - 4PM

TOOTH FAIRY VISIT

TUESDAY 30TH SEPTEMBER

10:30AM-12:15PM

1:1 ONLINE COUNSELLING

ONLINE TOY LIBRARY



To book and for more information
telephone 020 8571 9954
or email info@ealinganchor.org.uk
or visit www.ealinganchor.org.uk

to book, click on the name or date of the workshop or go to our website

EALING ANCHOR FOUNDATION



Supporting Parents & Carers in Ealing

Admin Office: Grove House 77 North Road, Southall. UB1 2JL

info@ealinganchor.org.uk

Telephone 0208 571 9954



Website www.ealinganchor.org.uk



Facebook: [Ealing Anchor Foundation](https://www.facebook.com/EalingAnchorFoundation)



https://www.instagram.com/anchor_ealing/?hl=en

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