

ISSUE 14

Jan 2026 - April 2026

WINTER-SPRING 2025/2026



Happy New Year 2026! We hope you all enjoyed a wonderful and relaxing break. As we begin a new term, we're excited to continue supporting our families with engaging sessions, events

and activities, with practical guidance to help both children and parents thrive. Please take a moment to look through our [timetable](#) to see what we have planned. We're very much looking forward to welcoming you back and seeing you throughout the term.

TRANSPORT



Transport is available for **Tuesday & Friday morning Play & Support sessions only (subject to application approval)**. Families who need transport can book **door-to-door** for sessions, at £3 and events at £6.00 (*up to 4 family members*).

PARENT CARER GROUP

Our Parent Carers Group will resume on **Friday, 23rd January 2026**, at **Windmill Children's Centre, Greenford, London, UB6 9DZ**, from **10:30am to 12:00pm**. The group offers a warm space to connect with other parents who share similar experiences, whilst also welcoming professionals to speak on topics that matter to our families. Topics are on "**Relationships- How does having a child with additional needs impact your relationships and friendships**", **23rd January** and "**Self-Care Strategies for Parent Carers**," **20th March**. To book your place, please visit www.ealinganchor.org.uk/events

EASY FUND RAISING



We have registered **Ealing Anchor Foundation** with [Easyfundraising](#), which means over 7500 brands will now donate to us for **FREE** every time you use easy fundraising to shop with them. It won't cost you any extra. The cost is covered by the brand.

Brands pay us a commission because when you start your shop from [Easyfundraising website](#) or [App](#), they can see we sent you to them. If you make a purchase, a commission is generated and we turn that into a donation—magic! Please watch the short video [here](#). These donations will help us significantly so please sign up to support us. It's completely free and doesn't take long. You can also find all the information regarding this process on the [Ealing Anchor Foundation Facebook page](#)

SEASHELLS - A SPECIAL PLACE FOR FAMILIES

We are excited to introduce **Seashells**, a unique group created especially for children with complex needs and their families.



Seashells offers a gentle, calming environment filled with **sound, colour, and sensory exploration**—a space where children can relax, listen, and let their imagination run free. This family sound-journey brings parents and children together through **sensory storytelling**, where sound becomes story and story becomes connection.

Sessions are by invitation only and will begin on:

Friday, 13th February, 10:30am – 12:00pm

Windmill Children's Centre, Greenford, London, UB6 9DZ

If you have a child with complex needs and feel they would benefit from this group, please TEL 020 8571 9954

Our [website](#) and [Ealing Anchor Foundation Facebook page](#) has lots of information on what's happening and is

WORKSHOPS & TRAINING SESSIONS



Our workshops are aimed to give parent/carers skills and knowledge to support their child's needs, development and challenges that may arise. Every term we provide a range of workshops and we strongly encourage all parents to join us as there are lots of practical tips for everyone. See the full list below.

9th January & 27th February 2026 10.30am-12.00pm Intensive Interaction Workshop—2 sessions, Windmill Children's Centre UB6 9DZ. These workshops will focus on developing awareness to support your child's communication, psychological and emotional development.

19th January 2026 Lego Workshop (online) 10.30am—12pm - Join us for a fun, supportive LEGO workshop designed especially for children with additional needs. Build, create, and explore at their own pace in a calm, encouraging environment. Let's celebrate creativity and confidence—one brick at a time!

2nd February 2026 Colorful Semantics workshop (online) 10.30am-12pm - designed to support language development in a fun, structured way. Learn to build sentences using color-coded prompts, helping boost communication skills in a calm, encouraging environment. A great way to learn, play, and grow!

4th February 2026 Promoting Positive Behaviour (online) 10am-12pm - to gain awareness of what behaviors are communicating, sensory impact on behavior and learn practical strategies to support towards promoting positive behavior

12th February 2026 Sensory Differences Workshop 10.30am—11.30am (online) - designed to help children explore and understand their sensory needs through calming, hands-on activities. This session offers a safe space to discover what feels comfortable, build confidence, and enjoy meaningful sensory play at their own pace.

25th February 2026 Successful Eating Workshop (online) 10am-11.30am to explore reasons behind difficult mealtimes, learn strategies to minimize problems and how you can support your child to develop a more varied diet.

4th March 2026 Understanding Autism & Children with Communication Differences (Online) 10am-12pm designed to help children on the autism spectrum explore and strengthen communication skills.

11th March 2026 Supporting Children with Communication Differences Workshop (online) 10am-12pm practical strategies to support communication, using visuals

19th March 2026 Successful Toileting Workshop (online) 10am—11.30am - to understand why children may have difficulties in toilet training and learn practical strategies to support your child

25th March Successful Sleep Workshop 10am-11.30am (online) - to explore reasons behind difficult sleep times, learn strategies to minimise problems and how you can support your child

UPCOMING EVENTS

'Time to Talk' Coffee Morning— 16th January – 10.30am—12.15pm at Windmill Children's Centre UB6 9DZ.

Coffee Morning—22nd January 1st Session – 10.30am—11.15am. 2nd Session 12.30am-1.00pm at Greenfields Children's Centre, Recreation Road, Southall UB2 5PF.

Parent Carer Evening—26th January 2026— 7pm-9.45pm - Venue to be confirmed

Heathrow Gym Soft Play Outing—14th February 2026 – 3pm-6pm. Green Lane, Cranford, Hounslow TW4 6DH

TOTS 21 - Down Syndrome Group Brunch—19th March 2026 - 10.30am - 12pm - Venue to be confirmed

Book [here](#) or email info@ealinganchor.org.uk for more information.

CELEBRATING WORLD BOOK DAY

We will be celebrating **World Book Day** throughout the week, starting **Tuesday, 3rd March. Here's what's happening:**

- **Dress Up Fun:** Encourage your child to come dressed as their favorite character.
- **Special Sessions:** Join us for an engaging session filled with sensory stories and activities.
- **Free Gifts:** Every child will receive a **free book and a book token** to keep the joy of a love for books alive at home.

Let's make this World Book Day a celebration to remember!

NEWS FROM OUTREACH

My name is **Natalie Stone** and I am the Outreach Support Worker. Most of you know me and if you don't, I look forward to meeting you.

You are welcome to contact me by email, phone, text or whatsapp on outreach@ealinganchor.org.uk or **07914311298** **Mon-Fri 8am-8pm** if you would like to discuss anything, ask a question or have a chat.

When a family is referred to us at Ealing Anchor, we are only too aware of the many challenges our families face on a daily basis. Taking the first step, can be daunting but we are here to walk with you .

Please remember that we are just a phone call away. The **Outreach Support Line** offers support and a befriending/social contact service for advice and guidance to parents and carers of children who are differently-abled. We are also here if you just need someone to talk to and are available via zoom, email, text and social media. If your child is now in school and you are in need of a friendly listening ear or just want to come in for a chat with other parents and carers who have similar issues, our door is always open.

As we enter a new year, with long months of uncertainty ahead, you may be feeling worried or wondering will things ever change. But one thing is certain, we will face this journey together. We will together grow , learn, laugh and cry together, so a huge welcome to all new and existing parent carers for 2026!

Natalie

SAFEGUARDING MATTERS



Your child's safety is our highest priority. If you have any concerns or need advice, please contact our

Designated Safeguarding Lead: Joy Barton 07483 167630 or email info@ealinganchor.org.uk

You can also request the full safeguarding policy. Together, we create a safe and supportive environment for every child.

A REMINDER OF OUR REGULAR ACTIVITIES

Play & Support sessions

Tuesday morning from 10.30am-12:15pm &

Tuesday afternoon 1pm-2:15pm at Windmill Children's Centre,Greenford.

Wednesday afternoon at Grange Children's Children's Centre, South Ealing from 12.45pm-2.15pm.

Friday morning from 10.30am-12.15pm at Windmill Children's Centre, Greenford.

Bookings can be made the day before online via the website.

Music Therapy and Makaton Story Time with Ella I

Tuesday morning 10.30am—12.15pm

Tuesday afternoon 1pm-2.15pm

Food Bank

Tuesdays and Fridays.

COUNSELLING

Our counselling team are available for [1:1 sessions online](#) Mon-Fri. Sessions are completely confidential and there to support you if you are struggling. If you would like to see a counsellor, you can complete the short form [HERE](#) and someone will contact you.

TOY LIBRARY



Carrie's Toy library focuses on sensory learning with fun and creativity. Families can choose to loan quality, educational SEND toys, games and activities for a minimal fee of £1 per toy. Visit the [Toy Library](#) page on our website for more details and instructions for joining.

If you have any questions please contact our Toy Librarian at toylibrary@ealinganchor.org.uk .

For more information and to register your interest, [email info@ealinganchor.org.uk](mailto:info@ealinganchor.org.uk) or [tel 020 8571 9954](tel:02085719954). Please book for up coming Term.

HOW YOU CAN SUPPORT

If you haven't signed up yet, it's easy and completely FREE. 7,400 brands will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Every donation you raise makes a difference to us so please sign up [here](#) & share today. Here are just some of the thousands of brands who will donate to us when you shop online:

You can also get [donations in one click!](#)

The [Donation Reminder](#) finds you donations when you shop on your laptop or computer.

The [Donation Reminder](#) is now also available on iPhone and iPad.



YOUR DONATIONS GO FURTHER WITH GIFT AID

Did you know that if you are a UK taxpayer, you can boost your donation by **25% at no extra cost to you** through Gift Aid?

Gift Aid allows charities to reclaim tax on your donation, meaning every £1 you give becomes £1.25. This extra support helps us provide more resources.

If you'd like to help, simply tick the Gift Aid box when making a donation and ensure you've paid enough tax to cover the claim.

Thank you for making a big difference with a small step!

FACEBOOK

By using the Donate button on our [Facebook page here](#), you can donate in just a few taps without leaving Face-book. You can also choose to give a one-time or monthly recurring gift.

UNSUBSCRIBE

If you would like to unsubscribe from receiving updates, email notifications or newsletters/timetables, please click [here](#)

CONTACT US

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Email: outreach@ealinganchor.org.uk
Line: 8am to 8pm (Monday –Friday)

Maggie Rutkowska ,Toy Librarian
Email : toylibrary@ealinganchor.org.uk

Erica Giles, Admin/Transport 07483 412775
Email: admin@ealinganchor.org.uk

Website: www.ealinganchor.org.uk

VACANCIES AT EALING ANCHOR

Admin Volunteer – responsible for providing admin support to assist with the smooth running of the service. 8 hours per week, over two days. Travel expenses reimbursed.

Play Workers—for the weekly play sessions

Event Volunteers—to help at fundraising and family social events

Trustees to join our management committee

For more information and to request an application pack, please email info@ealinganchor.org.uk or tel 020 8571 9954

YOUR FEEDBACK IS IMPORTANT TO US!

We value your thoughts and comments on how we can continue to improve our service and Ealing Anchor Foundation is committed to listening and responding to the views and experiences of our parent carers and their families.

We want to hear about experiences of your visits to the play & support sessions, trips, parties and parent evenings. We want to know what you liked and didn't like. We will listen to your comments and respond accordingly. Your feedback is very important because it helps our trustees, staff and volunteers understand where we need to make improvements and where we are providing a good service.

You can email your comments to info@ealinganchor.org.uk

