

## Welcome to Summer!



We hope you've been enjoying the brighter days and warmer weather. As we move into the new season, we're delighted to continue supporting our families through joyful play sessions, welcoming events, and practical guidance to help both children and parents thrive.

Please take a moment to review our [timetable and upcoming events](#) to see what's planned for April–July 2026. We very much look forward to welcoming you over the coming months and sharing many special moments together.

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## PARENT CARER GROUP

Our **Parent Carers Group** will resume on **Friday, 24th April** at **Windmill Children's Centre, Greenford, London, UB6 9DZ**, from **10:30am to 12:15pm**. This supportive group offers a warm space to connect with other parents to share similar experiences, while also welcoming professionals to speak on topics that matter to families. Sessions this term include topics on **Relationships 24th April, Self-Care Strategies 22nd May** and **Depression 26th June**. To book, please visit [www.ealinganchor.org.uk/events](http://www.ealinganchor.org.uk/events) or text **07483 167630**.

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## PLAY & SUPPORT AT GRANGE

Looking for a friendly space where your little one can play while you connect with other parents and carers? Our weekly **Grange Children's Centre Play & Support Sessions** are the perfect midweek boost.

Join us for relaxed, child-led play, supportive conversations, and a chance to share experiences with families who truly understand the ups and downs of parenting. Whether you're seeking ideas, reassurance, or simply a change of scenery, you'll find a warm welcome waiting for you.

Come along, unwind, and let your child explore in a safe, nurturing environment. We'd love to see you there!

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## SEASHELLS

*A Group for Children with Complex Needs or Down Syndrome*



**Seashells**, is a unique group for children with complex needs and children with down syndrome. It's a gentle space for exploring **sound, colour, and sensory exploration**. This family sensory sound-journey brings together sound, story and connection. A group for children with physical and/or medical needs. Sessions take place on **Fridays from 10:30am to 12:00pm** at **Windmill Children's Centre, Greenford, London, UB6 9DZ**. For further details go visit our website [www.ealinganchor.org.uk](http://www.ealinganchor.org.uk) or [book here](#)

## WORKSHOPS & TRAINING SESSIONS



Our workshops give parents practical tips and confidence when dealing with everyday challenges with their children. Even if you've done it before, a refresher can be really helpful, and as children grow and change, you might take away something new each time. Most sessions are online, so there's no need to go anywhere, just an hour or two and a phone, tablet, or laptop. Visit our website [upcoming events page](#) to book.

**30th April 10.30am-12.00pm (Thursday) [Legal Online Workshop](#)**—20 mins slots . Free legal advice on immigration, housing, benefits and other issues.

**11th May 10.30am-12.30pm (Monday) - [EHCP Made Easy \(Session 1\)](#)** - to understand the EHCP process, contribute to assessments, and apply EHCP support to each child's needs

**13th May 10am –11.30am (Thursday) [Successful toileting Workshop \(online\)](#)** - to understand why children may have difficulties in toilet training and learn practical strategies to support your child

**14th May 10am-11.30am (Thursday) - [Successful Sleep Workshop \(online\)](#)** - to explore reasons behind difficult sleep times, learn strategies to minimise problems and how you can support your child

**20th May 10am-11.30am (Wednesday) - [Successful Eating Workshop \(online\)](#)** to explore reasons behind difficult mealtimes, learn strategies to minimize problems and how you can support your child to develop a more variety diet.

**3rd June 10am-12pm (Weds) [Understanding Autism & Children with Communication Differences \(online\)](#)** understand communication differences while providing practical tools to reduce communication barriers.

**10th June 10am-12pm (Weds) [Supporting Children with Social Communication Differences \(online\)](#)** - helping parent carer understand & support children with autism and communication differences .

**18th June 10am -11.30am (Thursday) [Promoting Positive Behavior \(online\)](#)** - to gain awareness of what behaviors are communicating, sensory impact on behavior and learn practical strategies to support towards promoting positive behavior

**24th June 10.00am – 11.30am (Wednesday) [Understanding Sensory Difference Workshop \(online\)](#)** - 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.

**29th June 10.30am-12.30pm (Monday) - [EHCP Made Easy \(Session 2\)](#)** - to understand the EHCP process, contribute to assessments, and apply EHCP support to each child's needs

**1st July 10am –11.30am (Wednesday) [Successful toileting Workshop \(online\)](#)** - to understand why children may have difficulties in toilet training and learn practical strategies to support your child.

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## UPCOMING EVENTS

**[Parent Carer Group](#)** – 24th April, 22nd May, 26th June, 10th July (Fri) - 10.30am - 12.15pm at Windmill Children's Centre UB6 9DZ. Connect with other parents sharing common life experience, advice and emotional support. Refreshment available.

**TIME TO TALK Coffee Mornings** – 8th May & 12th June – 10.30am – 12.15pm at Windmill Children's Centre UB6 9DZ. Come along and meet other parents and carers

**Seashells Group** - 15th May & 5th June (Fri) - 10.30am - 12.15pm at Windmill Children's Centre; UB6 9DZ.

**Tooth Fairy Visit** - 28th April 11am-12.15pm (Tuesday) at Windmill Children's Centre; UB6 9DZ

**[Parent Carer Evening](#)** – 8th June 2026 – 7pm-9.45pm (Mon) - Gokyuzu; Park Royal; W3 0PA

**Hanwell Carnival** - 20th June - 12pm –6pm (Saturday) Elthorne Park Road W7 2AA. Our stall will be hosting a stall, featuring a magician, tombola, hook-a-duck, adopt-a teddy, and lucky dip. We are seeking volunteers to support us on the day. Tel/Text Joy on 07483 167630 or email [info@ealinganchor.org.uk](mailto:info@ealinganchor.org.uk) if you are able to support us working a 2 or 3 hour shift on the day. It's always a lot of fun with a great atmosphere.

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## NEWS FROM OUTREACH

Outreach Worker **Natalie Stone** is available for you at [outreach@ealinganchor.org.uk](mailto:outreach@ealinganchor.org.uk) or on **07914311298** **Mon-Fri 8am-8pm** if you would like to discuss anything.

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## SAFEGUARDING MATTERS



We've recently updated our Safeguarding Policy. Keeping children, young people, parents, and carers safe is our top priority, and promoting their welfare is everyone's responsibility. We encourage all parents and carers to take a moment to read and familiarise themselves with our updated Safeguarding Policy.

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## A REMINDER OF OUR REGULAR ACTIVITIES

**Every Tuesday** morning from 10.30am-12:15pm and Tuesday afternoon 1pm-2:15pm and Friday morning from 10.30am-12.15pm at Windmill Children's Centre; UB6 9DZ.

**Every Wednesday** afternoon form 12.45pm-2.15pm at Grange Children's Centre W5 4HN. Bookings can be made the day before online via the website.

**Music Therapy and Makaton Story Time with Ella & Sofia** is weekly on Tuesday morning 10.30am—12.15pm and afternoon 1pm-2.15pm at Windmill Children's Centre, UB6 9DZ

### **Food Surplus**

Take place usually every Tuesday and Friday at Windmill Children's Centre; UB6 9DZ.



## COUNSELLING



Our counselling team are available for **1:1 sessions online** on **Tue & Fri mornings**. Please contact our admin team at [admin@ealinganchor.org.uk](mailto:admin@ealinganchor.org.uk) or on **020 85719954**. Sessions are completely confidential and there to support you if you are struggling. We currently have spaces available, so if you would like to see a counsellor, you can complete the short form [here](#) and someone will contact you.

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## TOY LIBRARY

A colorful poster for the Ealing Anchor Foundation's Carrie's Toy Library. The poster features a teddy bear, a toy car, and various toys. It includes contact information for the Windmill Children's Centre and details about borrowing toys for free all year.

**EALING ANCHOR FOUNDATION**  
Supporting Parents & Carers in Ealing

**CARRIE'S TOY LIBRARY**

**BORROW TOYS FOR FREE ALL YEAR!**

- Check our website for the Toy of the Week!
- Check out **Toy of the Week** on our website please
- Our annual membership is **£10** so you can borrow toys throughout the **£5** year without additional payment

**Windmill Children's Centre**  
135-139 Windmill Lane  
Greenford UB6 9DZ

**Opening Times (Term Time Only)**  
**Tuesdays:** 10:30am-12pm & 1pm-2pm  
**Fridays:** 10:30am-12pm

**toylibrary@ealinganchor.org.uk**  
**info@ealinganchor.org.uk**  
**020 8571 9954**  
<https://ealinganchor.org.uk/toy-library/>

★ **Save Money** ♻️ **Reduce Waste** 😊 **Keep Playtime Fresh**  
😊 **Support Your Community** ❤️ **Tag a friend at here!**

## HOW YOU CAN SUPPORT

Please remember to use easyfundraising every time you shop online. Over 8,000 retailers will donate to us, including all the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Us-witch and many more! This means you can raise FREE donations for us no matter what you're buying. If you haven't signed up to support us yet, it's easy and completely FREE. These donations really help us, so it would be great if you could take a moment to get started!

You can find our easyfundraising page [here](#) and get **donations in one click!**

The **Donation Reminder** finds you donations when you shop on your laptop or computer.



The Do-



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**Reminder** is now also available on iPhone and iPad.

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### GIFT AID

Gift Aid is reclaimed by Ealing Anchor from the tax you have already paid for the current tax year. Your address is needed to identify you as a current UK taxpayer. For your donation to qualify for Gift Aid, please go to [www.ealinganchor.org.uk](http://www.ealinganchor.org.uk) and complete our simple form.

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### FACEBOOK

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

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### UNSUBSCRIBE

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

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## CONTACT US

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9am to 4pm (Monday to Friday)

Natalie Stone, Outreach Worker 07914 311298,

Email: [outreach@ealinganchor.org.uk](mailto:outreach@ealinganchor.org.uk)

Line: 8am to 8pm (Monday –Friday)

Maggie Rutkowska ,Toy Librarian

Email : [toylibrary@ealinganchor.org.uk](mailto:toylibrary@ealinganchor.org.uk)

Erica Giles, Admin/Transport 07483 412775

Email: [admin@ealinganchor.org.uk](mailto:admin@ealinganchor.org.uk)

Website: [www.ealinganchor.org.uk](http://www.ealinganchor.org.uk)

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## 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](mailto:info@ealinganchor.org.uk) or tel 020 8571 9954**

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### YOUR FEEDBACK IS IMPORTANT TO US!

We value your feedback and are committed to improving our service. The Ealing Anchor Foundation wants to hear about your experiences at our play & support sessions, trips, parties and parent evenings — what you enjoyed and what could be better.

Your comments help our trustees, staff and volunteers understand what we're doing well and where we need to improve.

Please email your feedback to [info@ealinganchor.org.uk](mailto:info@ealinganchor.org.uk)

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