



TIMETABLE

New Term starts 9th January- 27th March Term ends

Half term 16th February - 20th February

Sessions start Friday 9th January

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 JANUARY- MARCH 2026



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

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

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

WORKSHOPS AT WINDMILL CHILDREN'S CENTRE

Intensive Interaction Workshop
10:30am-12pm
Friday 30th January

Intensive Interaction Workshop
10:30am-12pm
Friday 27th February

PARENT CARER EVENING



Monday 26th January

Venue TBC

To reserve your space 7pm- 9.45pm

OTHER ACTIVITIES THIS TERM

1:1 ONLINE COUNSELLING



ONLINE TOY LIBRARY



FOOD BANK - TUESDAY & FRIDAY
WINDMILL CHILDREN CENTRE

'TIME TO TALK' COFFEE MORNINGS



Friday 16th January

10:30am-12:15pm
Windmill Children's Centre

GREENFIELDS COFFEE MORNING

Thursday 22nd January
10:30am-11:15am
12:30am-1:00pm
Recreation Road, Southall,
UB2 5PF

ONLINE WORKSHOPS

Lego Workshop 10:30am-12pm
Monday 19th January

Colourful Semantics 10:30am-12pm
Monday 2nd February

Promoting Positive Behaviour 10am-11:30am
Wednesday 4th February

Sensory Differences Workshop 10am-11.30am
Thursday 12th February

Successful Eating Workshop 10am- 11.30am
Wednesday 25th February

Understanding Autism & Children with Communication Differences
10am-12pm Wednesday 4th March

Supporting Children with Communication Differences
10am-12pm Friday 6th March

Successful Toileting Workshop 10am -11.30am
Thursday 19th March

Successful Sleep Workshop 10am-11.30am
Wednesday 25th March

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

OTHER EVENTS THIS TERM

Heathrow Gym

Saturday 14th February

3pm - 6pm

Green Lane, Cranford,
Hounslow TW4 6DH



OUR GROUPS

PARENT GROUP

Topic: Relationships

Friday 23rd January

Topic: Self-Care Strategies for
parents

Friday 20th March

Windmill Children's Centre
10.30am-12.15pm

DOWN SYNDROME GROUP

BRUNCH

Wednesday 18th March
venue tbc
10:30am -12pm



NEW GROUP!

SEASHELLS GROUP

For children with complex needs

A space for sound, colour &
sensory exploration
Invitation only

Friday 13th February &
Friday 13th March
10:30-12pm
Windmill Children's Centre

To book and for more information telephone 0208 5719954 or
email info@ealinganchor.org.uk or visit www.ealinganchor.org.uk

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

Registered Charity Number 1196311



JOHN LYON'S CHARITY
PART OF THE HARROW SCHOOL FOUNDATION

